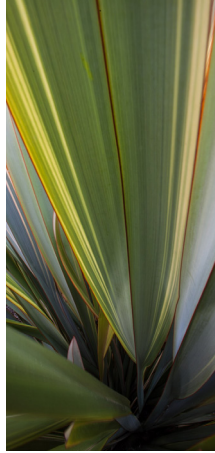




# accents

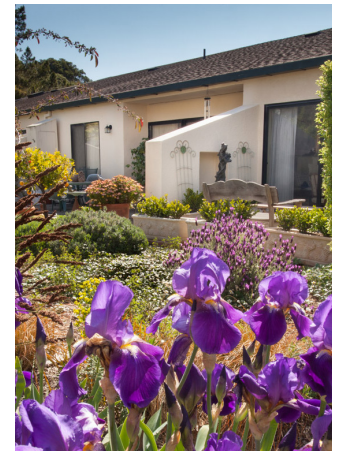
FORTNIGHTLY PUBLICATION - FEBRUARY 5-18, 2021



## Is this Covid-19?



They say the virus is all around us, and it is. But this photo is not of Covid. Though it looks like it. Those who walk our perimeter road these days are familiar with these spiny balls, which LOOK like Covid-19 but are not. These hard balls contain no seeds, but are found in abundance these days round our lovely, colorful Liquid Amber trees.



"Despite the Pandemic We Can Expect Spring!"





**NEXT COUNCIL MEETING**  
TUESDAY FEBRUARY 9, 2021  
at 9:30 am

Please join this Virtual meeting via ZOOM,  
hosted by Ken Johnson. Residents wishing to attend  
should contact Ken by email: kjohnson99@aol.com

## LIBRARY NOTES

### BOOKS SELECTED FOR FEBRUARY 2021

#### Fiction

**ANXIOUS PEOPLE\***

**Fredrik Backman**

#### Mystery

**SNOW**

**John Banville**

**MOONFLOWER MURDERS**

**Anthony Horowitz**

**STILL LIFE**

**Louise Penny**

**LONG RANGE**

**C. J. Box**

**THE BUTCHER OF BERNER**

**STREET\***

**Alex Reeve**

#### Biography

**MENGELE\***

**David Marwell**

**BEETHOVEN\***

**Jan Caeyers**

#### Sociology

**THE SECOND MOUNTAIN: A Quest**

**For a Moral Life**

**David Brooks**

#### Earth Science

**WE ARE THE WEATHER: Saving**

**The Planet Begins at Breakfast**

**Jonathan Safran Foer**

\*Donation \*\*MacCulloughFund \*\*\*Wagner Fund  
\*\*\*\*\*

#### DVDS

Many thanks and kudos to Claire Rugg  
who has selected, ordered, catalogued,  
and shelved DVDs for the CVM Library these past  
several years. Her skill and  
diligence will be hard to duplicate.

The Residents' Survey of Library use  
will determine where we go from here.

The Library Committee



On Valentine's  
Day, Special  
Events and  
Dining Services  
will celebrate  
Life, Love and  
Friendship  
with Valentine  
themed meals,  
decorations and

two "Music and Dance" variety shows featuring Manor  
residents in the Meeting House.

We will observe social distancing and wear masks in  
the morning and afternoon shows.

Valentine's Day, a resident favorite every year, will be  
our first event since Christmas and represents a small  
step to Manor normalcy.

Seating is limited so sign up early on the Bulletin  
Board and join your friends in the Meeting House at  
10:30 am or 2:30 pm.

Ladies: Do you remember when you were young and  
could hardly wait for Valentine's Day?

Gentlemen: Do you remember if you ever remembered  
Valentine's Day?

Well, it is coming on Sunday, Feb. 14th. If there is any  
inclination for wanting to give a treat to someone you  
love or like, Accents has been told that:  
The R.O.S.E has the answer. We are here, quick,  
convenient and with gift certificates.  
Your loved one, or friend, can choose what she or  
he wants. Try this out. You will be thanked. Happy  
Valentine's Day to one and all.

### NEW/SOON-TO-BE RESIDENTS

Hersch & Shirley Loomis  
Barbara Fowble  
Sandy Storm  
Martin & Karen Wiskoff

Beverly Hamilton  
James & Betty Kasson  
Roberta Bialek-Elliott

### HAPPY BIRTHDAY

2/6  
2/7  
2/12

Jo C.  
Joan K.  
Susan M.

2/18

Lari N.

### IN MEMORIAM

12/4 Betty Holmgren  
1/27 Claude "Skip" Keyzers



## GENTLE THOUGHTS ABOUT GRIEF & GRIEVING

~~~~~  
"Grief is not a disorder, a disease or a sign of weakness. It is an emotional, physical, and spiritual necessity, the price you pay for love. The only cure for grief is to grieve."

Dr. Earl A. Grollman, "Living When A Loved One Has Died"

~~~~~  
"The tears mean that you loved him or her. Tears are a compliment. They show that his or her life meant something." Mick Erickson, VNA Hospice Chaplain  
"Putting something in writing somehow gives it power." Chaplain Erickson on keeping a journal of grieving..

~~~~~  
"Moving forward with your life does not mean you will forget. Once you come to realize that you will never forget your lost loved one, you can truly start to heal. We grieve because we have loved. That connection cannot be broken."

From VNA "When You Are Grieving"

~~~~~  
"...broken hearts are what give us strength, and understanding, and compassion. A heart never broken is pristine, and sterile, and will never know the joy of being imperfect." Author Unknown

~~~~~  
"Be gentle with yourself as you grieve. Remember that grief is a process, not an event," VNA

~~~~~  
The Ways We Grieve: Tears...Talking...Listening...Writing...Denial

"It may help to realize life is never going to be the same as it was before. But you can be okay again. You can find a new normal."

~~~~~  
"Routines involving the person who died have been disrupted. Now you may dread those scheduled times because they feel empty."

~~~~~  
"How can the dead be truly dead when they still live in the souls of those who are left behind?"

Carson McCullers, "The Heart is a Lonely Hunter"

### Have you heard Cicero on CNN recently?

"There is no greater satisfaction to be had in life than a leisurely old age devoted to knowledge and learning." AND..."The particular fruit of old age, as I have said, is the memory of the abundant blessings of what has come before." Marcus Tullius Cicero, died 7 December, 43 BC

Roman statesman, lawyer and scholar

## WHILE I, WITH MORE SOUL THAN A BIRD

I saw him clearly. Indecisive as squirrels can be when traffic approaches.

Though I thought we had an understanding, I felt and heard the impact.

I accepted my responsibility for his fate with damp eyes and sailed on.

Then traffic was halted due to a fallen tree across the road.

I turned around, thinking "Well, I'll look for him..." And there he was on the road, twitching a bit.

I put him in my car and took him home. He was a perfect gray squirrel with a magnificent tail. Is his life of any lesser value than mine? I asked that question repeatedly.

I dug a hole in the garden, cut a long-stemmed rose and placed it in the curvature of his body, secured by his tail. Then I covered him.

I still check to see if his grave is intact. It has not been violated.

Do I have more soul than a squirrel? I think not.

FOOTNOTE: The opera "Life Is A Dream" is the story of Prince Segismundo and his troubled relationship with his father, King Basilio. Segismundo sings "While I, with more soul than a bird, enjoy less liberty..."

September, 2010

Janet McDaniel

## HALF-FAST WALKERS RESUME

February 11, Thursday, depart from Chapel  
at 9AM for Carmel Meadows  
SEE BULLETIN BOARD FOR SIGN UP





## Staff Spot - A brief profile of our staff

### MICHELLE RACH OUR PASTRY AND CAKES CHEF

Early morning, 4 am finds Michelle the first

person in the CV Manor kitchen. Breakfast pastry with our coffee-- home baked pastry, is what many of us look forward to. Like her "sweet cream cheese puff"—using the ingredients cold butter as in a puff pastry and cream cheese, a carried over recipe from her three years of training at Pleasant Hill Culinary School. When there, she focused on baking and restaurant management. Michelle says "You can't rush baking"—evident in the puffs and her feather light scones, and her Buche de Noel -- Yule log.

Prior to Culinary School, Michelle attended U C Davis where she took up Business Management, and her first job out of college was at an Asbestos Abatement Company. From there, luckily for us, she had a "trial by fire" job as Assistant Pastry Chef at Pebble Beach Golf Club where there were huge events like tournaments and weddings. The focus there was "get it done"—interestingly, a rallying cry of her mother, who not only



ran a household, was a 4H Club leader, was involved in fund raising, but also owned and ran a community newspaper in the city of Orange in Orange County. Michelle delivered the newspapers to subscribers on horseback. The family also had goats, turkeys, chickens—a small farm on only one acre. Michelle, of course, belonged to 4 H. Mom cooked dinner, but "never" desserts. Enter Michelle—she got her flour from a Mormon Farmer who ground his own wheat, a very important part of bread baking. Even as a small girl, she got her training so that now she can lift 50 pound bags of flour.

Also luckily for us, Michelle, who has been our Pastry Chef at CV Manor for 18 years, also had a part time job at Asilomar Conference Center, Pacific Grove. Greg, our Executive Chef worked there, we needed a Chef, and the rest is history. The accompanying photograph is Michelle's 19 year old son, Max on the left, her daughter Lilli 21 on the right, and believe it or not, Michelle in the center. Max just graduated high school and is in the Covid wait and see spot, and Lilli lives and works in Ft Collins, Colorado.

Our Pastry Chef is a vibrant, can do woman who has done a lot. Thankfully.



Selma Petker

\*Starting with the next issue of "Accents" we will sometimes go further afield for long time staff notables-- all staff being part of the CV Manor family of residents and staff.

#### PUBLICATION STAFF

ACCENTS is published by and for the residents of Carmel Valley Manor, a Life-Care Community at 8545 Carmel Valley Road, Carmel, CA 93923.

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or from the Director of Community Relations, Angie Machado

(831) 626-4867 or (800) 544-5546

ADDRESS SERVICE REQUESTED