

HOSPITAL SKETCHES



"Hospital Sketches" (1863) is a compilation of four sketches based on letters Louisa May Alcott sent home during the six weeks she spent as a volunteer nurse for the Union Army during the American Civil War in Georgetown. Early in the war she joined local women who volunteered to sew clothes and provide other supplies. Then on her 30th birthday November 29, 1862 she decided to do more. And by December 11 she received orders to go to Georgetown, outside Washington, DC. When she arrived, many wounded soldiers from the Battle of Fredericksburg awaited

her. She quickly found herself washing them clean, then feeding them, putting them to bed, and talking to them while tending to their wounds. She soon became incredibly close to a man named John, a blacksmith from Virginia. Though his injuries were fatal he set an example of bravery and good nature to all his companions. And Tribulation Periwinkle (narrator of all these sketches) became very fond of John, saying "no picture of dying statesman or warrior was ever fuller of real dignity than this Virginia blacksmith."

"On rounds with Dr. P. I asked him which man in the room probably had suffered most. He glanced at John and said "Every breath he draws is like a stab; for the ball pierced the left lung, broke a rib, and did no damage here and there; so the poor lad can find neither forgetfulness nor ease, because he must lie on his wounded back or suffocate. It will be a hard struggle, and a long one, for he possesses great vitality; but even his temperate life can't save him; I wish it could."

"You don't mean he must die, Doctor?"

"Bless you, there's not the slightest hope for him; and you'd better tell him so before long; women have a way of doing such things comfortably, so I leave it to you. He won't last more than a day or two, at furthest."

Two days later when Tribulation entered the room, John stretched out both hands; "I knew you'd come! I guess I'm movin' on, ma'am."

And after several men in the room bid him farewell, "He died then; for, though the heavy breaths still tore their way up for a little longer, they were but the waves of an ebbing tide that beat unfelt against the wreck, which an immortal voyager had deserted with a smile. He never spoke again, but to the end held my hand close, so close that when he was asleep at last, I could not draw it away."

"When he was ready for the grave, the lovely expression which so often beautifies dead faces, soon replaced the marks of pain, and I longed for those who loved him best to see him when half an hour's acquaintance with Death had made them friends."

Janet McDaniel



EVENTS

THU MAR 25 FINE WALK 9:00 AM (AT CHAPEL)

Walkers will depart for **POINT LOBOS STATE PARK**. Fred Glasser will lead. See Details and sign up on Bulletin Board.

THU APR 11 SPLENDID APRIL FOOLS DAY WALK 9:00 AM (AT CHAPEL)

Walkers will depart for **BIG SUR**. Bruce Newell will lead. See Details and sign up on Bulletin Board.

FOUNDATION GOOD NEWS

Our Carmel Valley Manor Foundation has just received an amazing unsolicited gift of over \$300,000 in appreciated stock. The donors wish to remain anonymous, and their gift is permanently restricted.

This reminds us that giving to our Foundation is a perfect way to build our endowment. And, more good news, gifts to our Foundation are tax deductible and, if appreciated stock is used, the unrealized capital gain is never taxed.

Harry Hanson
Phil Comm Chair

Friends of George M. Wilson at the Carmel Valley Manor,

We are having a celebration of the life of George M. Wilson on Sunday, March 28th, 2021 at 3pm Pacific Time. This event will be hosted on Zoom by the Carmel Valley Community Chapel. If you would like to attend, please RSVP to carmelvalleychapel@gmail.com before March 24th. A link to the service will be sent out on March 25th.

George died on February 18th, 2021, and a website in his honor may be found at www.penteli.org. For those who wish to share thoughts or stories about George at the service, we are accepting short prerecorded audio or video clips. Please send email to celebrategeorge@penteli.org to work out a convenient option for transferring your recorded media to us.

*Love to you all,
George's Family*

GOOD FRIDAY APRIL 2 AT 1PM
HOLY COMMUNION AND PRAYERS OUTSIDE
IN FRONT OF HILLCREST & THE HEALTH CENTER
LED BY REVEREND JOANNE SWENSON,
MINISTER
OF CHURCH IN THE FOREST. ALL ARE WELCOME.

The Manor Library will soon offer "weeded" books gratis to all residents for 2 weeks following their removal from the shelves. They will be clearly marked on a table...Help Yourself!

Never give
up on
something that
you can't go
a day without
thinking
about.
Winston Churchill

www.YourPositiveOasis.com

NEW/SOON-TO-BE RESIDENTS

Victor & Marilyn Wykoff
Beverly Hamilton

James & Betty Kasson
Roberta Bialek-Elliott

HAPPY BIRTHDAY

3/19	James K	3/26	Rosalie H.
3/20	Joan R.	3/27	Norma F.
3/21	Mary Kay C.	3/27	Vera B.
3/23	Sandy s.		
3/26	Jo I.		



Aqua Aerobics at the Manor with a gender imbalance...5 men, one woman! L to R: Will Furman, Dick Wheat, Marty Rosen, Tory Raggett, Roger Newell, Jeff Riehl. Aqua Aerobics 9:30 - 10:15 AM Monday and Wednesday with Matt Burke. Tuesday and Thursday with Mercedes Abluton.



Crane Hanging Out at The Manor

**"Friendship is the medicine of life."
Vernon Jordan, civil-rights leader, just
deceased
Haven't we learned that in this past year?**

When I come to the end of my journey
And I travel my last weary mile
Just forget if you can, that I ever frowned
And remember only the smile.
Forget unkind words I have spoken
Remember some good I have done
Forget that I ever had heartache
And remember I've had lots of fun.
Forget that I've stumbled and blundered
And sometimes fell by the way
Remember I have fought some hard battles
And won, ere the close of the day
Then forget to grieve for my going
I would not have you sad for a day
But in summer just gather some flowers
And remember the place where I lay
And come in the shade of evening
When the sun paints the sky in the west
Stand for a few moments beside me
And remember only my best

Mrs. Lyman Hancock

"The ideal man bears the accidents of life with dignity
and grace, making the best of circumstances."

ARISTOTLE

Staff Spot - A brief profile of our staff



We all know Mercedes – we all would like to know her better. We know her if we have had an injury or a joint replacement –no time lost getting an appointment at a physical therapy clinic during which time a muscle can lose its strength, stiffen up, making therapy painful. Further, she is interested in promoting a healthy life.

We know her from the early morning exercise class that she initiated some time ago, now at the Putting Green, the 11am advanced

group exercise in the Meeting House Monday and Wed, and Friday via her video tape, videos that we can watch of her leading the exercise classes at our own convenience on the CVManor's Web site, aqua exercises at our pool where Mercedes is on the pool deck, showing no problem of balance on the concrete, demonstrating the exercises while the class is in the water, and lack of balance is no problem. No matter what the weather, residents are in there, talking, joking, singing –having fun. Along the perimeter road, there are exercise stations (soon to be expanded) so you're not just walking for exercise, but having a challenge and fun along the way. Also benches for resting if needed. You know she is in good shape, and she wants us to be also. As of Friday, March 5th, Mercedes has been the Manor's Physical Therapist for 18 years. She has a Bachelor's degree in Kinesiology from UCLA and a Master's degree in Physical Therapy from the University of the Pacific. Kinesiology is the study of the art and science of human movement, includes the study of anatomy and can be a pre med prerequisite. This is apparent when you are the patient, and Mercedes knows exactly where the problem is and exactly what will alleviate your pain. Your therapy is not just the time allotted by Medicare, but you are sent home with explicit diagrams and directions for continuing the therapy at home. Many of the exercises you will want to continue always because they do make you feel good. There are also specific handouts that you can request from Mercedes, even if you are not in therapy with her.

The Physical Therapy and the Fitness Center work together under the umbrella of "Health Services" here at the Manor, and sometimes Mercedes uses the Fitness Center's machines in the therapy. Matt Burke at the Fitness Center will, by appointment, show you how to use the machines. Use of the Fitness Center is by appointment. Matt currently leads the 9am Putting Green Mon. & Thurs. exercise class. Leo, 9 months of age, in the accompanying photo, is the star of the Abluton family. Born in the era of Covid, Orange County where his family lives has just lifted restrictions on indoor visiting of grandparents who are vaccinated. Mercedes and Grandpa are there visiting him as this article is being written. Mercedes grew up on the Monterey Peninsula, and she was part of a "Regional Occupational Program", giving her experience leading to her decision to study Kinesiology. She and her husband Joe were Monterey High School sweethearts and have been married for 33 years. Their two daughters are Lindsey who is the new Mom, married to Christopher, and Elizabeth, who is following Mom into the Physical Therapy field. She is in the University of Puget Sound three-year program leading to a Doctorate in Physical Therapy. Their daughters went to the Carmel Mission School K – 8th grade, then to Notre Dame High School in Salinas.

As an example of Mercedes' husband's devotion to her, he supported her during her studies toward her Master's degree; her parents had two other children to send through college and put their limit of support on "one degree per child". He said it "was an investment in his future". He was right on. Joe is a supervisor in the Nutritional Service at CHOMP, now in his 40th year there. And he is in as good a physical shape as Mercedes.

Their home is in a rural local area and gives them the opportunity to have several chickens—hens and one rooster so there are daily fresh eggs which Mercedes shares with neighbors. No Internet in this area! There is also a 13 year old part chihuahua and part terrier Toby who is a member of the family.

Mercedes first practiced Physical Therapy in Sports Medicine and gradually gravitated to working with the older population here at the Manor. Although it is "hard to see the decline which is part of aging", she says she "views all of us as her grandparents", Grandmother being what she now is.

Selma Petker

PUBLICATION STAFF

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ADDRESS SERVICE REQUESTED