

FORTNIGHTLY PUBLICATION - OCTOBER 1 - 14, 2021

Dr. Paul Tocchet, We Thank You! (To the tune of "I've Been Working on the Railroad")

Dr. Tocchet's been working at the Manor, for twenty-nine years they say

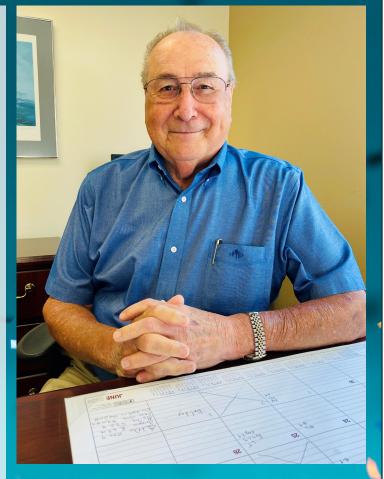
Resolving all our health needs, taking our hurt's away It seems as if he is always here, morning, noon, or night. Working to make us all better, and make us feel alright.

Dr. Tocchet, can't you see, I'm here on bended knee Trying to get my health back, help me please You're so good at what you do, compassionate all through

Finding the answers is what you do.

Because of Tocchet the world's a better place He's a great family doctor, and such a friendly face He genuinely cares and is knowledgeable, too. He's the last of a dying breed, and that is true,

All your friends here will miss you, Paul You've such a good heart, and that's not all You truly love the job that you do And in our hearts, we love you, too. *Lyrics by Will Furman*



A CELEBRATION OF DR. PAUL TOCCHET'S RETIREMENT FROM CARMEL VALLEY MANOR

We shall all come together October 6 at 4PM in the Meeting House to honor Dr. Tocchet with a number of speakers and singers, all representing the talent we live with here at the Manor. Seating is limited to 82 residents so be quick to sign up on the Bulletin Board!

**Cocktails to follow on the Green Lawn at 4:45PM

**Dinner served—Onion Soup, Salad, Tenderloin or Salmon, and Carrot Cake **We shall sing "For He's A Jolly Good Fellow"!

Please bring photos, films, guest book, cards and other mementoes to cocktails. FAREWELL TO DR. TOCCHET WITH PROFOUND THANKS FOR HIS LONG-STANDING COMMITMENT TO CARMEL VALLEY MANOR AND ITS MANY RESIDENTS OVER TIME.



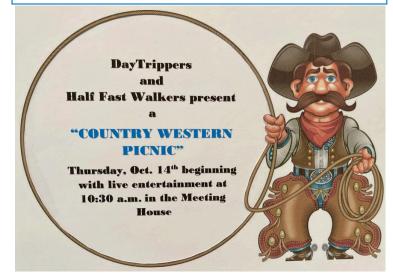
NEXT COUNCIL MEETING COUNCIL CORNER ILESDAY OCTOBER 12, 2021 at 9:30 am in the Meeting House

Please wear masks and social distance.

HALF-FAST WALKERS

THURS OCT 7 CARMEL SCENIC ROAD WALK **9:00 (AT CHAPEL)**

See Details & Sign Up on Bulletin Board. THURS OCT 14 NO WALK



Thursday, October 14, 2021 10:30 am - 11:15 am: The "Tap Bananas" Show

Where: Meeting House

- Monterey group tap dancing routines with colorful costumes.
- Includes senior citizens
- Performs to music from movies and Broadway shows



Thursday, October 14, 2021 The Manor's Country Western Picnic

Where: Buffet Service at Pavilion Courtyard with additional seating on Dining Room Patio

11:30 am - 12:30 pm: Resident volunteers will barbeque and serve buffet line food Food Service includes Take-out Optional Dining Room service available

Country Western theme (Western dress optional)

12:30 pm - 12:45 pm: Announcement and Special Presentation [Courtyard]

12:45 pm - 1:30 pm: Party on

Sponsored by DayTrippers, Half Fast Walkers, and Manor Dining Services.

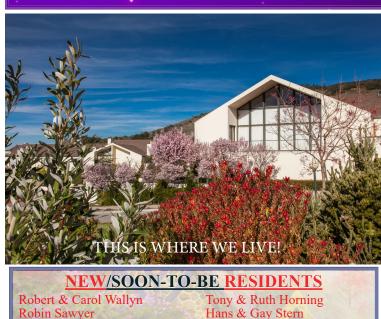
REMINDER

COVID BOOSTERS WILL BE GIVEN THURSDAY, OCTOBER 7, 2021& MONDAY, **NOVEMBER 1. 10AM-3PM** 8AM-10AM—FLU & OTHER VACCCINES **AVAILABLE**



JOIN TEAM CARMEL VALLEY MANOR **ALZHEIMER'S WALK** SATURDAY, OCTOBER 9TH, 10:30 **MEET AT THE PARKING LOT NEAR THE LOBBY** Please join your friends and neighbors. Everyone is encouraged to come. Walkers with Walkers, Walkers with Dogs, Walkers with Walking Sticks, and Funny Hats too Walk around the Perimeter Road and back to the Parking Lot near the Lobby by any Route you Choose To register for the Walk telephone the Alzheimer Support Center @855 259 0075 and give your name, address, WALK IN MONTEREY, CA, team name CARMEL VALLEY MANOR Team Captain MARTY

ROSEN 832 626 4880



Leslie Faasse Frederick O'Such & Nancy Fuhrman George & Kristina Baer

Hans & Gay Stern William & Maryann Schramm Stephen & Margaret Schulte Ken Gaskins & Ann Costa



ONGOING ACTIVITIES

| UNGUING ACTIVITIES |
|--|
| e also Master Schedule of Ongoing Activities |
| (C 10.11 Residents' Handbook) |

| | | See also Master Schedu (C 10,11 Reside |
|------|-----------------------------------|---|
| MON | Chair Exercise MH | 8:30-8:45AM |
| | Balance with Matt Video MH | 8:45-9:00AM |
| | Morning Forum (4th) MH | 10:30AM |
| | Water Aerobics SP | 9:30-10:30AM |
| | Advanced Group Exercise MH | 11:00-11:45AM |
| | Duplicate Bridge GR | 1:00PM |
| TUES | Chair Exercise MH | 8:30-8:45AM |
| | Balance with Matt Video MH | 8:45-9:00AM |
| | Morning Group Exercise PG | 9:00-9:20AM |
| | Council Meeting (2nd) CR | 9:30AM |
| | Water Aerobics SP | 9:30-10:30AM |
| | Chair Yoga MH | 11:00-11:30AM |
| | Lawn Bowling PG | 1:15-3:15PM |
| | Mah Jongg GR | 1:30-3:30PM |
| | Traditional Yoga MH | 3:15PM |
| WED | Chair Exercise MH | 8:30-8:45AM |
| | Balance with Matt Video MH | 8:45-9:00AM |
| | Morning Group Exercise PG | 9:00-9:20AM |
| | Water Aerobics SP | 9:30-10:30AM |
| | | |

Advanced Group Exercise MH

Sing for Fun MH (1st, 2nd, 3rd)

Dominoes GR

Wheelchair & Walker Wash Dock

| THUR | Chair Exercise MH | 8:30-8:45AM |
|------------|--|---------------|
| | Balance with Matt Video MH | 8:45-9:00AM |
| | Morning Group Exercise PG | 9:00-9:20AM |
| | Half-Fast Walkers Chapel | 9:00AM |
| | Water Aerobics SP | 9:30-10:30AM |
| | Rummikub GR | 12:45PM |
| | Traditional Yoga MH | 3:15PM |
| FRI | Chair Exercise MH | 8:30-8:45AM |
| | Balance with Matt Video MH | 8:45-9:00AM |
| | Morning Group Exercise PG | 9:00-9:20AM |
| | Advanced Group Exercise MH | 11:00-11:45AM |
| | Lawn Bowling PG | 1:15-3:15PM |
| | Mah Jongg GR | 1:30-3:30PM |
| | Piano & Dancing (alternate Fridays) DR | 5:45-7:15PM |
| <u>SAT</u> | Chair Exercise MH | 8:30-8:45AM |
| | Balance with Matt Video MH | 8:45-9:00AM |
| | Morning Group Exercise PG | 9:00-9:20AM |
| | Water Aerobics SP | 9:30-10:30AM |
| | Putting (2nd) PG | 10:00-11:30AM |
| <u>SUN</u> | Movie MH | 1:30PM |

LOCATION LEGEND

11:00-11:45AM

12:30-1:30PM

1:30-2:30PM

7:15-8:30PM

| CR | Conference Room(s) | DR | Dining Room | FC | Fi |
|----|--------------------|-----|----------------------------|----|-----|
| Н | Hillcrest | HC | Health Center | HG | Ha |
| MH | Meeting House | PDR | Private Dining Room | PG | Pu |
| SP | Swimming Pool | WP | West Parlor | BB | Sig |

| FC | Fitness Center | GR | Game Room | |
|----|---------------------|----|-----------------|--|
| HG | Hall Gallery | L | Library | |
| PG | Putting Green | PL | Pavilion Lounge | |
| BB | Sign-up and/or | | | |
| | Information on Bull | | | |

LIBRARY NOTES

BOOKS SELECTED FOR OCTOBER 2021

Fiction

THE PERSONAL LIBRARIAN

Marie Benedict & Victoria Christopher Murray Sunjeev Sahota CHINA ROOM** THE SWEETNESS OF WATER Nathan Harris **EMBASSY WIFE*** Katie Crouch

Mystery

THE MADNESS OF CROWDS THE THURSDAY MURDER CLUB **RAZORBLADE TEARS*** SNOW DRIFT*

Louise Penny **Richard** Osman S. A. Cosby Helene Tursten

Sociology BOYLE HEIGHTS*

George J. Sánchez

*Donation **MacCullough Fund ***Wagner Fund

It is very early There is no wind The round white globes sway lazily above.

Beyond the hallway arch white sky greets me. The rising sun turns green hills into silhouettes.

Today will be warm. Time now to stop thinking to just walk, to breathe the freshness of morning.

And marvel yet again at the beauty here, everywhere.

ANNA BECK, JUNE, 2020

ANOTHER DAY

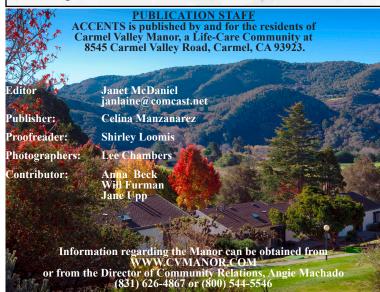


Two such cheerful people! How could that be, when they have been through so much? Their happiness is infectious. It all began in Ohio. That's where their loving relationship started. Ruthe was walking down the street one day in the town of Ravenna with a girlfriend. They were in their late teens. Cruising down the same street in a good looking convertible were two young men in their early twenties. One was Tony Horning. He called out: "Do you want a ride?" He was looking at Ruthe, and the rest is their story. They drove the girls home. Ruthe lived with her sister. Her sister approved of Tony so when he called for a date the next day, Ruthe accepted. They were married two and a half years later.

Tony was raised on a dairy farm in Randolph, ten miles away. He had three sisters and was the very youngest of four brothers, so when they went off to war and their lives off the farm, eleven year old Tony was left with all the chores they all had since they could walk; milking cows, cleaning stalls, later driving the truck to deliver cheese and milk to customers. Though his father wanted Tony to take over the farm when he was old enough, that wasn't for Tony. He wanted to join the Army Reserve so he hopped on a train and went to North Hollywood where his older brother a veteran lived and helped him sign up for six years to serve in the Reserve. Ruthe, now his wife, was to drive his 1960 Chevrolet convertible to California.

Tony knew he wanted a career besides the Army and dairy farming. While in North Hollywood he enrolled at the Page Beauty College. When the Army transferred him to Fort Ord, he continued his studies at the Beauty School in Monterey. He and Ruthe settled in a house on Grand Ave. in Pacific Grove, and Tony started his new profession in the brand new Carmel Rancho Shopping Center. He worked there for over eight years before starting his own beauty salon in the Valley Hills Shopping Center. Ruthe was busy raising their three sons. and when the youngest went to kindergarten she got her license in Cosmetology. She and Tony worked together in their Valley Hills Salon. They bought a home close by in Carmel Rio Vista. The Hornings lived in this home for fifty years. and they had the most spectacular garden, flowers galore including 300 roses. They changed the garden's beauty with the change of seasons. Then their perfect life took a fateful turn. Avid bicyclers, they were cruising down near Asilomar one clear blue sky day, July 24, 2006, when a car made a right hand turn right into Ruthe and her bicycle. To tell you of the horror of that day and years following would be overwhelming. We will just say that Ruthe was in a coma for two weeks followed by months and months in hospitals from here to Santa Clara to Stanford. Her family was with her through it all, and Tony never left her side. She had to relearn how to think, swallow, see, and walk, all while living with so much pain. She's had years of therapy. They sold their home and moved into a condo they had as a rental in Pebble Beach. They loved the condo but did not like the weather so after years and years of their many customers telling them to come to the Manor and Ruthe, now her old self again, they decided it was time. They are again enjoying life; all smiles on their faces. "She is still my baby and my first priority" says Tony. Their family is dear to them, and they see them often; and what a get together they have when all are here. Steve and his German wife and two daughters visit from Germany. Steve has his PhD. in Chemistry. Michael lives at the Presidio in San Francisco and works in the Health & Science Department at UC Berkeley, and Jim teaches Space at the Naval Postgraduate School. He and his French wife live here in Carmel. They, too, have two daughters. So, when all the family would get together for holidays, you would hear German, French, Dutch, Swedish and English spoken around the table. How is that for a linguistic family?

In their pretty and peaceful patio, a gentle frog spouts water into the bird bath. With this tranquility and their happiness in being here, we welcome the Hornings. Jane Un



ADDRESS SERVICE REQUESTED