



# Carmel Hills CARE CENTER

23795 Holman Hwy. • Monterey, CA 93940 • (831) 624-1875

## December 2011



### Management Team

Ralph B. Unterbrink ..... Administrator  
 Suzanne Langen ..... Director of Nurses  
 Willy Abu ..... Business Off. Manager  
 Connie Jo DeLeon ..... Dir. of Staff Dev.  
 Jarrod Christensen ..... Admissions Dir.  
 Woo Hong ..... MDS Coordinator  
 Geoffrey Lyons ..... Social Service Dir.  
 Jennie Cook ..... Activities Director  
 Susan Sutherland ..... Dietary Manager  
 Dan Branch ..... Environmental Dir.  
 Hector Salcido ..... Medical Rec. Dir.  
 Tammy Martin ..... Rehabilitation Dir.  
 Dr. Mikko Helenius ..... Medical Director



In the past year there have been many changes at Carmel Hills Care Center and they can be seen as you drive up to the facility. The entire front of the facility was updated with Spanish walls to match the style of the building, new plants, a scent wall, a patio with sidewalks and an area to sit with your loved ones. The inner courtyard has grass areas with a wide sidewalk, chairs and benches. If you sit in the front of the facility or in the inner court it's a very relaxing experience.

The rooms are in the process of being remodeled with new furniture, new floors, new beds and 32" flat-screen TVs.

In addition, our facility has a skilled rehabilitation therapy department with best practice equipment and therapy practices specifically designed to foster greater independence for patients.

There are plans for a respiratory care unit with highly filtered air to benefit residents with BiPAP, C-PAP and residents who require tracheostomy care.



Carmel Hills Care Center  
 23795 W.R. Holman Highway  
 Monterey, CA 93940  
 Telephone: (831) 624-1875  
 Fax: (831) 624-7138

"We appreciate your support as we strive to be Monterey's finest skilled nursing and rehabilitation facility."



## New Year's Eve Traditions

Many people have their own personal traditions of what to do each Dec. 31 at midnight. However, Americans have a few shared customs, some of which date back hundreds of years.

*"Auld Lang Syne."* Some call it "the most famous song no one knows the words to," but most people can belt out a line or two. The tradition of singing this song started with Guy Lombardo when he and his band performed it on New Year's Eve in 1929 in New York City.

*Ball drop.* The ball drop in New York City, which started in 1907, draws throngs of viewers to Times Square. Millions more around the world watch the event live on TV. In recent years, the ball has become more eco-friendly—it's now illuminated by energy-efficient LED lights.

*Resolutions.* Making New Year's resolutions is a practice reaching back to ancient Babylon. For centuries, people have seen the new year as a good time for a new beginning or goal.

*Foods.* Some people consider collard greens and black-eyed peas lucky New Year's Eve choices, because they resemble paper money and coins. Noodles and grains symbolize long life and abundance. Ring-shaped cakes are reminders of life coming full circle.

## Kiss the Old Year Goodbye

On New Year's Eve, it's customary for couples to pucker up and for singles to find someone to kiss. Some people believe that a New Year's kiss will stave off loneliness the rest of the year. Others believe that a loving embrace sets the tone for a joyous new year.



## The Foundation of Gingerbread Houses

Before you decorate a gingerbread house with windows made of icing and a roof adorned with gumdrops, consider how this tasty treat made its way to America.

*Tummy tamer.* In ancient times, Malaysians used gingerroot to calm upset stomachs and prevent colds. It was also one of the main spices used in curry recipes and other vegetarian dishes.

*Bread booster.* Around 1300, Europeans added ginger to stale bread crumbs to help cement them

together and enhance the flavor. During this time, gingerroot was commonly known as gingebras, a term meaning "preserved ginger." The treat slowly evolved into a sweet cookie, and "gingebras" morphed into "gingerbread."

*Delicious decorations.* Early German settlers brought the novelty of making gingerbread houses to America, and the tasty treat became a fun and messy tradition. Usual decorations include gumdrops, rainbow sprinkles, icing and lots of sugary candies.

'Tis the season to get your fingers sticky with icing and decorate your own gingerbread house. Today, gingerbread can be found in all sorts of treats, from soft and savory cakes to thin, crisp cookies. Head to your local grocery store to get your favorite ingredients for making a gingerbread house come to life.

## Resident Birthdays

Hamilton, Bernette .....	12/15
Bilek, Merri .....	12/22



## Employee Birthdays

Nunilo Pimentel .....	12/02
Lovenario Carreon Jr. ....	12/04
Charlene Aoki .....	12/11
Daisy Cuevas .....	12/16
Donne Fajardo .....	12/16
Joann White .....	12/19
Irma Franco .....	12/24
Hannah Hanso .....	12/31

## Employee of the Month

Each month, our management team, by majority vote, awards an employee in our facility for outstanding service. In November 2011, Daniela Ryan received this award.

An employee may be nominated by submitting a nomination form located at the receptionist's desk. Please submit them to our Administrator.



Daniela Ryan



Dr. Greenhut-Pollard was born at home in Union Mills, Indiana, April 8, 1920. "While my mother was getting ready to give birth, the doctor and my father were downstairs, playing dominoes," she said with a smile.

Miss Tatman married Jerry Greenhut who was in the military and while he was away, Mrs. Greenhut continued with her education.

She graduated from Taylor University in Upland, Indiana, May 19, 1942, *Magna Cum Laude*. After graduating from Taylor University, she was offered the position of overseeing the Department of Chemistry. After discussing the offer with her father, she declined the position. "My father thought I could do more with my life and felt I needed to pursue a higher position", she said.

At 22, Mrs. Greenhut accepted a position at Purdue University to teach Chemistry to the Purdue Football Team who had to pass to play football and to graduate. These groups of young men were always testing Mrs. Greenhut. One time, it was snowing outside and during a test the smart students wrote the answers in paper

snowballs and floated them down the water drain that traveled through the middle of the chemistry tables to the slower students. Mrs. Greenhut came by and said, "These are great snowballs, while you are taking the test, I'll make a snowman with these."

During her year of teaching at Purdue, Mrs. Greenhut earned her Master's Degree in 1943 at 23 years old. She transferred to the University of Wisconsin where she continued to earn enough credits toward her PhD at the young age of 26 years old.

She accepted a teaching job at Indiana University Medical School, working under Dr. Harger and Dr. Bowman. Mrs. Greenhut and her husband earned their MD degrees, which they both obtained in 1952. They relocated to Redondo Beach where they both practiced medicine. Mrs. Greenhut suffered the loss of her husband, Jerry Greenhut, who died of tuberculosis, leaving her to raise their daughter, Mary, by herself.

In 1972, after marrying Dr. Pollard, they settled in Carmel and that was when she met Dr. Bowersox. Dr. Greenhut-Pollard began working with Dr. Bowersox, the Director of the Monterey Health Department. Dr. Greenhut-Pollard, along with the help of a nurse, got all the children in Monterey County their immunization shots, urine, blood, hearing and vision tests. Dr. Greenhut-Pollard performed the physical exams and developmental tests.

Dr. Greenhut-Pollard continued for eight years with Dr. Bowersox and during that time, Monterey County held the highest rating performance in California. After her time with Dr. Bowersox, she continued to see children. After 41 years in medical practice, she gave up her license and retired from the medical field.

### Wit & Wisdom

"A lot of people like snow. I find it to be an unnecessary freezing of water."

—Carl Reiner

"They say that every snowflake is different. If that were true, how could the world go on? How could we ever get up off our knees? How could we ever recover from the wonder of it?"

—Jeanette Winterson

"Snow and adolescence are the only problems that disappear if you ignore them long enough."

—Earl Wilson

"The snow itself is lonely or, if you prefer, self-sufficient. There is no other time when the whole world seems composed of one thing and one thing only."

—Joseph Wood Krutch

"We build statues out of snow, and weep to see them melt."

—Sir Walter Scott

"Cats are smarter than dogs. You can't get eight cats to pull a sled through snow."

—Jeff Valdez

"The first fall of snow is not only an event, it is a magical event. You go to bed in one kind of world and wake up in another quite different, and if this is not enchantment then where is it to be found?"

—J.B. Priestley

"The Eskimos had 52 names for snow because it was important to them; there ought to be as many for love."

—Margaret Atwood

"I grew up thinking of snow as a luxury you visit."

—John Landis



# Greetings of the Season



**Happy Holidays!** Our entire staff would like to wish you and your family and friends a joyful holiday season and a wonderful New Year!

## "This Month In History" December

**1791:** The first 10 amendments to the United States Constitution are ratified as the Bill of Rights.

**1891:** Using peach baskets and soccer balls, physical education teacher James Naismith creates an indoor sport called basketball.

**1901:** King Camp Gillette designs the first shaving razor with disposable blades.

**1911:** Roald Amundsen and his team of four men and 52 sled dogs locate and visit the then-elusive South Pole.

**1927:** The Grand Ole Opry makes its inaugural radio broadcast live from Nashville, Tenn.

**1933:** Prohibition ends upon the ratification of the U.S. Constitution's 21st Amendment.

**1939:** "Gone With the Wind" premieres in Atlanta as more than 300,000 spectators line the city's streets for a glimpse of the film's stars.

**1941:** America enters World War II after the Japanese attack on Pearl Harbor, Hawaii.

**1946:** The United Nations International Children's Emergency Fund (UNICEF) is founded.

**1947:** Tennessee Williams' "A Streetcar Named Desire" opens on Broadway.

**1955:** Alabama resident Rosa Parks is arrested for refusing to give up her seat on a city bus.

**1962:** Arizona's Petrified Forest is established as a national park.

**1973:** Following the resignation of Spiro Agnew, Gerald Ford is sworn in as vice president of the United States.

**1982:** Barney Clark becomes the first recipient of a permanent artificial heart.

**1991:** The Soviet Union is dissolved.

**2003:** Former president of Iraq Saddam Hussein is captured.