

{2012}

Happy New Year!

## January 2012



### 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

Carmel Hills Care Center  
23795 W.R. Holman Highway  
Monterey, CA 93940  
Telephone: (831) 624-1875  
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"We appreciate your support as we strive to be Monterey's finest skilled nursing and rehabilitation facility."



# Carmel Hills CARE CENTER

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



Suzanne Langen, MSN, LNC, RN, DNS

Carmel Hills Care Center (CHCC) would like to present Director of Nursing Services Suzanne Langen.

Suzanne's philosophy is "a caring touch." For the team of CHCC, this statement exemplifies the core of our director's character. To all who know Suzanne, she is a constant, caring professional who is truly devoted to her patients and the individuals who touch the lives of the residents and family who cross our threshold.

Suzanne received her nursing degree from Deaconess Hospital School of Nursing in Buffalo, NY. Thereafter, she pursued an advanced

degree from the University of Hawaii and holds a Master's degree in science and is a legal nurse consultant.

In addition, her love of learning extends into the realm of clinical instruction in the areas of critical care, post surgical recovery, medical surgical care and director of staff development.

As director of our skilled nursing facility, her duties entail the planning, directing and overall operations management of all patient care. Suzanne ensures all residents not only receive the clinical attention they require but is committed to ensuring family and caregiver training and communication.

With the spare time on her hands, Suzanne is almost equally committed to her passion for mystery novels and professional football (caution: please do not interrupt the excited nurse with the vocal cords of an opera singer!).

We are honored to have Suzanne at the helm of our nursing department! Her professionalism and commitment to caring inspires our CHCC team.



**History of Head Scratchers**

For centuries, people have been exercising their minds with word and number puzzles. In honor of National Puzzle Day on Jan. 29, here's a look at the origins of some popular brainteasers:

*Crossword.* In 1913, the New York World published a "word cross" devised by Arthur Wynne of Liverpool, England. It was an instant hit, but other newspapers were slow to follow suit. In 1924, a new publishing company called Simon & Schuster came out with a book of crosswords, igniting a nationwide craze.

*Word search.* The first English version of the puzzle where you find and circle words was published in 1968. Norman E. Gibat designed it for a want-ad digest in Norman, Okla. He arranged the names of 34 Oklahoma cities horizontally, vertically and diagonally in a grid. Area teachers started using the puzzles in their classrooms, and soon they were being syndicated nationally.

*Sudoku.* The puzzle's name is Japanese, but its origins are European and American. In the 1700s, Swiss mathematician Leonhard Euler created a grid game called Latin Squares, where numbers appeared only once in each row and column. Fast-forward to the 1970s, when Dell Magazines published Howard Garns' Number Place game, which was inspired by Euler's puzzle. In the 1980s, the puzzles took Japan by storm, and sudoku fever gradually worked its way back to the U.S. By 2005, most U.S. daily newspapers were offering a sudoku.

**"The nice thing about doing a crossword puzzle is you know there is a solution."  
—Stephen Sondheim**

**Chess on Ice: Curling**

We've seen curling played in the Olympics—a person slides a stone on some ice while two people with brooms sweep the ice in front of the stone. But what exactly is this sport?

Curling is thought to have originated in late medieval Scotland in the early 1500s, but the Danes lay claim to it, too. The earliest evidence of curling is two stones inscribed with the dates of 1511 and 1551 that were found when an old pond was drained at Dunblane, Scotland.

To play the game, two teams of four players take turns sliding granite stones across an ice sheet toward the "house," a circular target marked on the ice. The purpose is to accumulate the most points, which are rewarded to the stones resting closest to the center of the house at the end of each game.

The skip is the person who pushes

the stone and determines its speed and initial trajectory. The sweepers, sweep the ice in front of the stone, which makes the stone travel farther and straighter. The game requires so much strategy that it's earned the nickname "chess on ice."



**Resident Birthdays**

Rose Ivery .....	01/01
Lois Davies .....	01/02
Herma Curtis .....	01/12
Ward Prickett .....	01/12
Ilona Kolonics .....	01/18
Joseph Rawitzer .....	01/21
Fumiko Ichinose .....	01/27
Georgè Thomas .....	01/29

**Employee Birthdays**

Melissa Campos .....	01/01
Silvia Rodriguez .....	01/02
Jarrold Christensen .....	01/06
Rosella Nena .....	01/07
Cindy Garcia .....	01/08
Ed Mangompit .....	01/10
Jamie Obrian .....	01/10
Maria Corro .....	01/12
Kim Bowersox .....	01/16
Josian Sinkler .....	01/19
Barbara Gamma .....	01/24
Carole Dorsey .....	01/26
Tara McGee .....	01/26
Maii Sixberry .....	01/27
Karl Torres .....	01/27



**Employee of the Month**

Each month, our management team, by majority vote, awards an employee in our facility for outstanding service. In December 2011, Karl Torres 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.



**Karl Torres**



George Thomas was born in Washington D.C., on Jan. 29, 1969. George is the oldest of a set of identical twins. His twin brother, Hans, is younger by 15 minutes, and he has an older sister, Annette Thomas.

While stationed in the Army in Germany, his dad, Emmett, met Eleanor, George's mother, and they married. At a young age, George lost his dad, and he lost his mother while in his 20s. His love for his mother and her home-cooked German food is something he misses every day.

In 1982, George attended Eleanor Roosevelt High School, a public magnet high school that specialized in engineering, mathematics, science and technology in Greenbelt, Maryland. All admissions are based on a competitive exam with a select few admitted. During his time at Roosevelt, George was required to choose a four-year research project that he would need to complete to graduate. George chose to work for the Naval Research Lab (NRL) to develop software for voice processing and speech coding.

In 1986, George graduated from Roosevelt, enrolling at Carnegie Mellon University to major in electrical engineering, specializing in computer software development. In 1990, George left Carnegie Mellon before earning his degree and applied to the Naval Research Lab in Washington, D.C.

During his 16-year employment with NRL, he would go on aircraft carriers for two-week tours, working communication systems and testing new software for decoding messages between ships. During one of these tours, there was a hurricane where the ship rocked back and forth while George was down in the computer room with naval service men. All the seamen were getting sick, even those with the seasick patches. George got "queasy" but did not get sick. He was able to joke with the sick service men that this was their job, and here he was, a civilian, and able to hold his own. "You could tell who had patches because they would put up their collars to hide the patches.

On Aug. 6, 1994, George married Katherine Vitz, and they resided in Alexandria, Virginia. On Nov. 2, 2004, they had their first child, Elizabeth, "ZaZa." Their son, Misha, was born on June 16, 2006, and this completed their family.

While attending a Christmas party in 2006, George suffered a stroke. In January 2007, George was transferred to Mount Vernon Acute Rehab and later to Manor Care Rehab in Arlington, Virginia, where he started his long and difficult journey of recovery.

In 2007, Captain Rich Gragg with the Naval Intelligence Command and Marv Langston, Director of Advanced Research Projects Agency, arrived at Mount Vernon to present George with an award for his work in (JDISS), Joint Deployable Intelligence Support System, for his high security clearance work in defense intelligence.

George came to Carmel Hills Care Center on Nov. 12, 2009, to be closer to his family, and he still works at recovering to a level that will allow him to return home to be with his wife and children.

### Wit & Wisdom

"I have a dream that one day this nation will rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident: that all men are created equal.'"

—Martin Luther King Jr.

"To accomplish great things, we must not only act, but also dream; not only plan, but also believe."

—Anatole France

"He felt that his whole life was some kind of dream and he sometimes wondered whose it was and whether they were enjoying it."

—Douglas Adams

"Those who dream by day are cognizant of many things which escape those who dream only by night."

—Edgar Allan Poe

"Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience and the passion to reach for the stars to change the world."

—Harriet Tubman

"Keep true to the dreams of thy youth."

—Friedrich von Schiller

"All human beings are also dream beings. Dreaming ties all mankind together."

—Jack Kerouac

"All our dreams can come true, if we have the courage to pursue them."

—Walt Disney

"Dream and give yourself permission to envision a you that you choose to be."

—Joy Page

# January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 New Year's Day (Federal Holiday)	3	4	5	6	7
8	9	10	11	12 	13	14
15	16 Martin Luther King Jr. Day	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	<i>Happy New Year</i>			

## "This Month In History" January

**1790:** George Washington gives the first State of the Union speech.

**1794:** To deliver his wife's baby, Jesse Bennett, M.D., performs the first successful caesarean operation.

**1863:** Abraham Lincoln issues the Emancipation Proclamation, freeing slaves across the country.

**1892:** On New Year's Day, Ellis Island opens. Over time, more than 20 million immigrants are processed through the site into the United States.

**1916:** Thirty-five pro golfers form the Professional Golfers' Association of America (PGA) and develop the idea for a national championship.

**1943:** The Pentagon, headquarters for the Department of Defense and one of the world's largest office buildings, is completed.

**1946:** In Philadelphia, the first of almost 78 million baby boomers is born.

**1961:** The first live televised presidential news conference is held by President Kennedy.

**1964:** Cigarettes are declared hazardous to one's health.

**1964:** "Meet the Beatles" is released in the U.S. by The Beatles, prompting the beginning of the "British Invasion."

**1966:** Robert Weaver is sworn in as the first U.S. Secretary of Housing and Urban Development, becoming the first African-American to hold a cabinet post.

**1982:** The camcorder, a portable videocassette recorder with built-in camera, is developed.

**2007:** Nancy Pelosi officially becomes the first female U.S. Speaker of the House of Representatives.

**2010:** A massive, 7.0 magnitude earthquake devastates Haiti.