



Carmel Hills CARE CENTER

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

November 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 1967, Dr. Robert J. Bowersox and nine physicians local to the Monterey Bay area acknowledged the need for a luxurious and state of the art skilled nursing facility to accompany the recently built Community Hospital of the Monterey Peninsula. With medical foresight and a focus on comfortable living, a ground lease bordering the hospital was acquired and plans were drawn for what would eventually become Carmel Hills Care Center.

In 2005, Dr. Bowersox's sons, Kim

and Robert Jr., recognized that an operational improvement could be made, and pursued an acquisition of the skilled nursing facility that their father had established. This transition was met with a change in facility name, from Beverly Manor to Carmel Hills Care Center.

Since the beginning, the Bowersox Family has operated Carmel Hills Care Center with a primary emphasis on superior quality patient care; transparent operations; consistent communication between staff, patients and their loved ones; and successful rehabilitation programs. Carmel Hills Care Center is known for hiring only the most competent and compassionate personnel and for staffing at ratios that far exceed regulatory recommendations. Today, Carmel Hills Care Center continues to lead as the premiere skilled nursing facility on the Monterey Peninsula and has earned a reputation for providing a clean, comfortable and family-oriented recovery environment that produces successful patient outcomes.

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."



Robert J. Bowersox, Jr.



Kim C. Bowersox

Do It Once ~ Do It Right ~ Do It Now

Turkey TV Dinners

Everyone wants a holiday gathering that goes off without a hitch, but even the best-laid plans can go awry. Here are some famous and, luckily, fictional Thanksgiving fiascoes audiences shared with their favorite television sitcoms over the years:

Trifle troubles. In a 1999 episode of "Friends," the gang tries to stomach Rachel's (Jennifer Aniston) botched English trifle dessert. When her cookbook pages stick together, she ends up making a dish that's half English trifle, half shepherd's pie.

Turkey turf. In a 1996 episode of "Everybody Loves Raymond," Debra (Patricia Heaton) plans to buck tradition and serve fish for Thanksgiving dinner. When overbearing mother-in-law Marie (Doris Roberts) hears the news, she ruffles feathers when she shows up to dinner with her own turkey.

Food fight. The 1986 Thanksgiving episode of "Cheers" features a gigantic turkey dubbed "Birdzilla." The show ends in an infamous food fight where Norm's (George Wendt) wife makes her first appearance, but Diane (Shelley Long) throws a pie that hits her face, obscuring her to the audience.

Grocery grief. A 1989 episode of "The Cosby Show" features a frustrated Dr. Heathcliff Huxtable (Bill Cosby) who makes several trips to the grocery store because he keeps forgetting items wife Clair (Phylicia Rashad) needs. After breaking eggs and getting caught in a downpour, Cliff can finally sit down to Thanksgiving dinner.

"You can tell you ate too much for Thanksgiving when you have to let your bathrobe out."

—Jay Leno



The Dish on Classic Thanksgiving Foods

Our reasons for celebrating Thanksgiving are as diverse as America itself. However, coast to coast, we typically raise our forks in gratitude with the same classic holiday foods. Fowl was a holiday mainstay in the Pilgrims' mother country of England, so turkey was a natural choice for gatherings in America. But what are the stories behind some other Thanksgiving favorites?

Cranberry sauce. Native Americans relied on the preservative power of cranberries to make pemmican, a dried meat mixture, last longer. Gen. Ulysses S. Grant

reportedly believed in the health benefits of cranberry sauce and ordered it to be served to Union troops during the Civil War. In 1912, the Cape Cod Cranberry Company began selling cranberry sauce in the familiar canned form.

Green bean casserole. Dorcas Reilly, a home economist at Campbell's, first concocted the crispy onion-topped creation in 1955. Reilly aimed to devise a recipe using ingredients common in 1950s cupboards—canned green beans and canned cream of mushroom soup.

Pecan pie. The French get credit for inventing this sweet treat in the 1700s after settling in New Orleans. The dessert didn't really catch on until the 1930s, when the makers of Karo syrup marketed a pecan pie recipe as a tasty use for their product.

Resident Birthdays

Scotty Wright	11/05
James Kolonics	11/07
Joanne Watchers	11/09
Dick Morse	11/10
Angela Montanti	11/18
Modesta Dela Cruz	11/26
Sidney Hassman	11/26



Employee Birthdays

Leticia Gonzales	11/11
Leslie Pabingwit	11/11
Martina Diaz	11/12
Maria Melgoza	11/15
Jennie Cook	11/16
Kaytie Tong	11/17
Claudiluz Alfaro	11/18

Employee of the Month

Each month, our management team, by majority vote, awards an employee in our facility for outstanding service. In October, 2011, Claudia Alfaro 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.



Claudia Alfaro

Resident of the Month



Scotty Wright

Scotty is a veteran musician with over 30 years experience, having performed in 20 countries around the world. One can hear the entire spectrum of jazz singing in his performances.

With a warm, rich-toned voice and relaxed delivery, Scotty possesses a unique sound that is deeply rooted in the jazz tradition. His style features harmonic sophistication, a playful rhythmic approach and insightful phrasing of the lyric.

His first recording, "Too Much Fun!" was listed among the best jazz albums of the year in USA Today and the New York Daily News, earning Scotty a place in the DownBeat magazine's critics' poll, as a "Talent Deserving Wider Recognition."

Scotty is an accomplished songwriter, with over 70 songs to his credit, covering a wide stylistic range: swing, ballads, blues and Latin.

Monterey writer, William Minor, tells us, "Wright is a fine instrumental vocalist...one who invents his own syllables—rich ones—based, on his perception of 'the sounds of the instruments: a musician's way of speaking in tongues. That only works if you hang around with, and listen to the right sort of players, and it was clear...Wright took on the timbre, taste and invention of the musicians who surrounded him."

Scotty is also a pianist: in his solo performances, the bass lines, counter-melodies and syncopated rhythms that his fingers create swirl around his voice, as if dancing together.

In addition to his performance schedule, Scotty shares his passion and knowledge by teaching privately, presenting master classes, and writing for websites and magazines. He has recently been a guest clinician with the Pop Music Academy of SiChuan Conservatory of Music, and at SiChuan Normal University, both in Chengdu, China.



Scotty Wright - Center Front
Left to Right: Dan Branch, Tammy Martin,
Molly Hill and Maia Andersen

Wit & Wisdom

"The willingness of America's veterans to sacrifice for our country has earned them our lasting gratitude."

—Jeff Miller

"How important it is for us to recognize and celebrate our heroes and she-roes!"

—Maya Angelou

"It doesn't take a hero to order men into battle. It takes a hero to be one of those men who goes into battle."

—Norman Schwarzkopf

"True heroism is remarkably sober, very undramatic. It is not the urge to surpass all others at whatever cost, but the urge to serve others at whatever cost."

—Arthur Ashe

"On this Veterans Day, let us remember the service of our veterans, and let us renew our national promise to fulfill our sacred obligations to our veterans and their families who have sacrificed so much so that we can live free."

—Dan Lipinski

"Courage is almost a contradiction in terms. It means a strong desire to live taking the form of readiness to die."

—G.K. Chesterton

"A hero is someone who has given his or her life to something bigger than oneself."

—Joseph Campbell

"I think there is one higher office than president, and I would call that patriot."

—Gary Hart

November 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11 Veterans Day	12
13	14 	15	16	17	18	19
20	21	22	23	24 Thanksgiving	25	26
27	28	29	30			

"This Month In History" November

1800: President John Adams and his family move into the newly completed White House.

1848: The first medical school solely for women opens in Boston.

1859: Charles Darwin's "On the Origin of Species" is published, selling out quickly.

1906: S.O.S. is adopted as the standard distress signal at sea.

1922: Archaeologist Howard Carter discovers the tomb of child king Tutankhamun more than 3,000 years after King Tut's death.

1931: Irma Rombauer self-publishes America's all-purpose cookbook, "The Joy of Cooking."

1939: Work on the first presidential library begins on New York land donated by President Franklin D. Roosevelt.

1951: Telephone area codes get people talking long distance.

1963: Push-button telephones ring into service as an alternative to rotary-dial phones.

1969: Via a string of local educational TV shows, public television airs across America.

1983: Microsoft releases its computer operating system, Windows.

1989: L. Douglas Wilder of Virginia becomes the first African-American governor elected in the United States.

2000: The International Space Station is inhabited by humans for the first time with the arrival of one American and two Russians.