



Carmel Hills CARE CENTER

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

October 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 his first interview appearance, CHCC would like to introduce our own Medical Director, Dr. Helenius.

Mikko Helenius is from San Luis Obispo, California, where he grew up in a very "tight-knit" family. His father is a retired attorney and his mother is a retired travel agent. He chose the study of medicine due to his love of science and a desire to help others. Internal medicine became his calling, as he felt passionate about having a general scope of practice with his approach to patient care.

Dr. Helenius graduated from the

University of Santa Cruz and received his medical degree from St. George University.

When asked what he enjoyed most about being a doctor, Dr. Helenius stated, "there are many things that I love about my job. I love that science and technology constantly change, requiring that I continuously read and study to stay current."

Outside of his professional role, Dr. Helenius is married to a nurse (of course!), the lovely Maria. In his scarce free time, he enjoys outdoor activities, such as hiking, camping and fishing with his family, including his two children, Corrine (2) and Davin (5).

Dr. H (his professional nickname) is a self-proclaimed "foodie." His favorite foods include Mexican, French, Italian, Indian and Thai.

Dr. Helenius describes himself as being friendly, happy and compassionate. We at CHCC would have to agree and are honored to have Dr. Helenius as our Medical Director, along with his support team of Shari Kent and Kristina Olfson, nurse practitioners.

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



Tarry Awhile in Renaissance Style

Travel back to the late Middle Ages this fall by visiting a Renaissance festival that transports patrons to another time and place. If you've never attended a Renaissance fair, be prepared for quite a spectacle. From detailed period costumes to daring jousting duels, there is much to see and do. "What say ye" learn a bit more:

Some background. The Renaissance era was a cultural movement that influenced literature, philosophy, art, politics, science and other intellectual inquiry.

A feast for the eyes. The setting is typically a village with lads, lords and other men appearing in cloaks and swashbuckler attire. Duchesses, countesses and other females don dignified gowns, underskirts, bodices and robes.

Fare fit for a king. You won't go hungry with an assortment of entrées to grace your round table. Indulge in a time-honored turkey drumstick or sausage on a stick, or opt for more traditional items such as corndogs, apple fritters and funnel cakes.

Belly full of laughs. Plentiful performers entertain: comic actors, jugglers, stilt walkers, trained jousters and medieval musicians and dancers.

Trade in your gold. Bring a bag full of coins as many merchants peddle unique treasures such as Renaissance apparel, jewels, bangles, baubles, swords, magic wands and potions.

Shout for Joy

Renaissance festival performers frequently cry out "Huzzah!" This is an expression of acclaim or approval similar to "Hooray!"



Boosting the Bonds of Friendship

What's the best way to have friends? Be one. Studies indicate that social relationships improve emotional and physical health, so friendships are well worth nurturing. Here are some tips for boosting your bonds with your best buddies:

Make friends a priority. In the hubbub of daily life, spending time with friends often gets shunted to the bottom of the to-do list. Program your friends' numbers into your phone so it's easy to call them when you have a

few spare minutes. Face time matters, too, so schedule regular lunches or evenings out.

Pay attention. When you're seeing your friend in person, maintain eye contact and don't interrupt her. When talking on the phone, don't check your email or watch TV. She'll notice that you're distracted.

Simply listen. Sometimes friends just want a sympathetic ear, so hold off on doling out advice. If your friend asks your opinion, however, feel free to give it.

Give and take. Be sensitive to how much time and support a friend can offer you, and respect her boundaries. Likewise, you don't have to constantly be available to a friend who drains your energy.

Laugh it up. Sending your friend humorous emails and text messages lets her know you're thinking of her and brightens her day.

Resident Birthdays

Kathleen Morita	10/05
Virginia Braun	10/09
Marjorie Bryan	10/09
Doris Bundgard	10/10
Lucy Carey	10/11
Karl Gunstrom	10/14
Emma Korver	10/21
Elfriede Husmann	10/25
Clara Young	10/28



Employee Birthdays

Cho Mi Young	10/06
Hector Penalosa	10/09
Amy Kowalski	10/10
Vanessa Maung	10/11
Willy Abu	10/12
Natali Castro	10/13

Employee of the Month

Each month, our management team, by majority vote, awards an employee in our facility for outstanding service. In September, Donald Larson received this award.

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



Donald Larson

Resident of the Month



Christopher Kirk

Christopher Kirk is our Resident of the Month for October 2011. He was our Resident Council President from April 2010, until the end of March 2011, when he passed the gavel to our current President.

Chris, as he is known to all, has been at Carmel Hills since July 2009. He was born in Chicago, Illinois, on May 24, 1925. At the age of 18, Chris was drafted into the Army in 1943, and was stationed in Japan on occupation duty.

After the war ended, Chris returned to Chicago and was in the Army Reserves with the rank of Staff Sergeant. During this time, he earned a BS degree, went to traffic management school, after which he drove a truck. He was called-up for duty in June 1950, to serve during the Korean War. By this time he had served 12 years and decided to do eight more.

During his service in the Korean War, Chris was awarded a battle field commission becoming a second lieutenant and returned to the front.

Chris earned the Legion of Merit Metal, Bronze Star Metal, Military Citation, 3 Silver Stars for duty in the Korean War.

While stationed in Virginia, Chris met Margaret, his wife of 38 years. Margaret earned her RN degree when she attended nursing school in Texas and together they traveled wherever Chris was stationed.

Chris retired in 1970 with 26 years of service in the Army. After retiring, an opportunity to relocate to Monterey became available and along with their dogs, arrived and settled on the peninsula.

During this time, Chris joined The First Theater, located on Pacific Street in Monterey. His 35-year journey in acting started as a song and dance man, a sheriff, a rancher and many other parts. He graduated into major parts in melodramas, mostly playing a villain, which he seemed to bring to life effortlessly. One afternoon during a rehearsal with Chris and his troupe, Sean Connery came in with a group of people. Mr. Connery stopped by The First Theater while on his way to Los Angeles to pick up his Oscar, which he won for playing a police detective. He surprised his fellow thespians when the producer of the troupe brought Mr. Connery up on stage, which for a moment left everyone speechless. It was a memorable afternoon.

Chris has been a major part of the Activity Department and the group sessions. He encourages residents to attend Activity Events, Resident Council, calls-out bingo three times each week, enjoys singing for the residents, helps bring in entertainment from his fellow actors and enjoys the candlelight dinners.

Wit & Wisdom

"Football is a game played with arms, legs and shoulders but mostly from the neck up."

—Knut Rockne

"Sure, luck means a lot in football. Not having a good quarterback is bad luck."

—Don Shula

"Baseball is what we were, and football is what we have become."

—Mary McGroary

"I had pro offers from the Detroit Lions and the Green Bay Packers, who were pretty hard up for linemen in those days. If I had gone into professional football, the name Jerry Ford might have been a household word today."

—Gerald R. Ford

"The reason women don't play football is because 11 of them would never wear the same outfit in public."

—Phyllis Diller

"I don't understand American football at all. It looks like all-in wrestling with crash helmets."

—Sting

"Football doesn't build character. It eliminates the weak ones."

—Darrell Royal

"We are inclined to think that if we watch a football game or baseball game, we have taken part in it."

—John F. Kennedy

"The football season is like pain. You forget how terrible it is until it seizes you again."

—Sally Quinn

"When you win, nothing hurts."

—Joe Namath

October 2011

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		 NATIONAL CRIME PREVENTION MONTH				1
2	3	4	5	6	7	8
9	10 Columbus Day	11	12	13	14 	15
16	17	18 Celebrate Diversity month!	19	20	21	22
23/30	24/31	25	26	27	28	29

"This Month In History" October

1845: The U.S. Naval Academy opens its doors, but only to male students. Women are admitted in 1976.

1876: The American Library Association is established in Philadelphia.

1886: Griswold Lorillard fashions the first tuxedo for men.

1887: The first adding machine, the Comptometer, is patented.

1890: Congress sets aside 1,500 square miles of land for what would become Yosemite National Park.

1904: The New York City subway begins operation, running from City Hall to West 145th Street.

1908: Henry Ford introduces the Model T automobile priced at \$850.

1947: Air Force pilot Chuck Yeager, flying over Muroc Dry Lake, Calif., breaks the sound barrier.

1950: Charles Schulz's comic strip "Peanuts" debuts in seven newspapers.

1961: New York Yankees player Roger Maris breaks Babe Ruth's record for most home runs in a single season.

1971: Walt Disney's second theme park, Disney World, opens in Orlando, Fla.

1975: "Saturday Night Live," NBC's live comedy show, premieres. Its first guest host is George Carlin.

1982: Broadway musical "Cats" premieres in New York City.

2001: Apple introduces the iPod, a portable MP3 music player.

2006: The 300 millionth American is born.