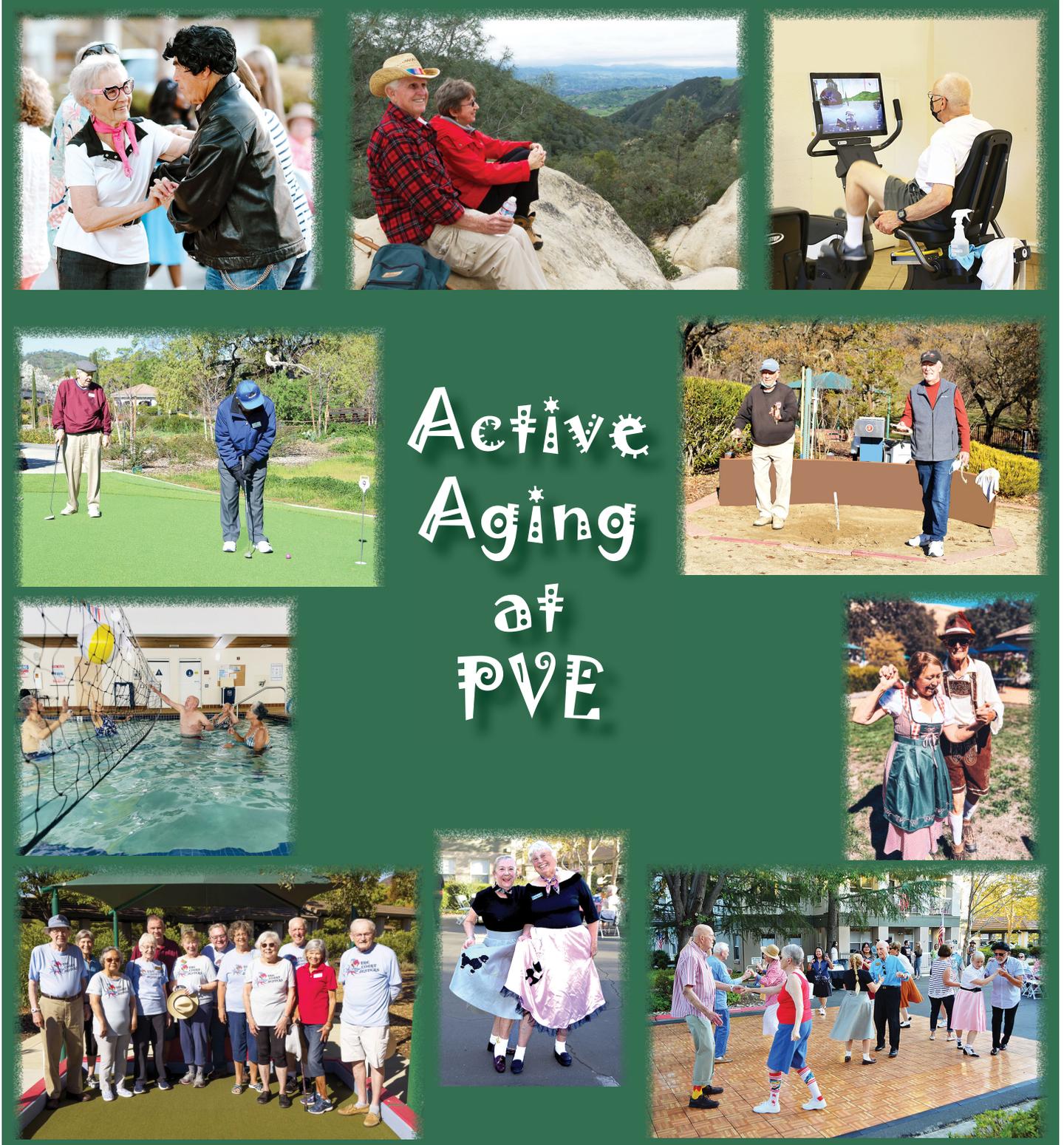


Elysian Fields

November 2022

The Official Paradise Valley Estates Residents' Magazine

Volume 25, Issue 11



Winners Named for Active Aging Week

As the joke goes, “Class reunions are where folks come together to see how they are falling apart.” But when PVE residents “Come Together” for Active Aging Week each October, they win prizes for their fitness in sporting activities that range from cyber cycling to pickle ball to water polo. As Wellness Director Jan Olson explained, “Our goal is to give residents and team members the opportunity to experience wellness activities in a fun, safe, and friendly atmosphere.”

The busiest venue was the pool, where Fred Barthmus swam 104 laps and received the winning recognition. As runner-up, Ken Lyon swam 70 laps. In ever-popular water volleyball, all residents scored and enjoyed the opportunity to play with Adam Cleary. The Cyber Cycle Challenge in the Recreation Center was topped by Dick Crocker who rode more than 40 miles! The pickle ball tournament continued on the tennis courts until Burt Endsley and Candace Miller took first place and Jim Solar and Dick Berg took second. Participants from Willow Creek and Laurel Creek logged their outdoor wheeling for October 3 through 8. A special thanks to Adrian and Gladys for their commitment to our wheeling team.

Energy for all these events was stoked by a pizza buffet for lunch and dinner on October 6 in the Oak Room. Rosanne Kaufmann’s demonstration of pouring paint to decorate pumpkins was so well received that a class was scheduled in the Art Studio, complete with apple cider and pumpkin baked goods.

Other “Come Together” events, led by Wellness Coordinator Adrian Quinones and fitness specialist Adam Cleary, included sensory stimulation, a wellness walk, adult coloring, and Yoga, Roll & Restore. And mental health was covered in a dementia seminar led by Perry Polk.

—Carol Moore

America’s Weather

America’s weather now comes in two forms
And day after day these are the new norms.
In the East, it’s a deadly hurricane,
In the West, it’s our parched terrain.
So, we are ready for some rainy storms!

—Bill Rawlinson

Elections Are Here

I really don’t want to complain,
But our elections have become a pain.
On subjects I think I know,
I’m told I must vote “NO!”
It’s easier to watch news about Ukraine.

—Bill Rawlinson

Honoring Our World War II Veterans

On November 11 at 11 a.m., the Patriotic Committee will hold their annual Veterans Day program in Rawlinson Hall. This year’s program will honor the 22 World War II veterans who live at PVE. It is a program you won’t want to miss.

As a preview to that day, *Elysian Fields* spoke with Kitty Rosenbaum, spouse of former resident, and WWII vet John Rosenbaum. She told me that she and John moved to PVE in December 1999. She was kind enough to spend some time with me as we talked about her experiences during WWII. Kitty met John while he was in pilot training in Texas. They met at a USO dance. They began writing and continued to correspond after John went on to advanced training in P-40s. He was then sent overseas to the China-Burma-India theatre. John wrote to Kitty that he was going to name his airplane (a common thing that pilots did during the war) “Miss Kitty.” She was thrilled. She said, “It was the same as getting a ring.”

John moved on to P-51s that became *Miss Kitty II* and *Miss Kitty III*. Finally, in the Korean War, John named his F-86 jet airplane *Mrs. Kitty* since they were now married.

John was awarded the Legion of Merit, the Distinguished Flying Cross, and two Oak Leaf Clusters to his Air Medal. John passed away in November 2007.

John and Kitty’s story is just one of the many that reside among the many WWII veterans that live at PVE. Come and help us honor these veterans on Veterans Day, November 11. And for a special treat and to learn more about John and Kitty’s life use this link to hear an interview with Kitty. Link for Kitty Rosenbaum’s interview: <https://youtu.be/KOHweRAZ0GE> (It starts after the ad).

—Bruce Bartels

And Parts Were Flying . . .

It was a beautiful September day when my son, granddaughter, and I took off in her car for a special occasion in Reno. Friday, September 23rd was to be the 100th birthday of my Italian sister-in-law, Marie. I brought my gift to her, something every sister-in-law should have—a set of hand blown, painted Irish wine glasses covered in shamrocks. (She will remember me, like it or not.) There were to be approximately 40 people coming from as far as New York to get reacquainted with family members not seen for many years. Everyone was excited about the prospects. The restaurant was booked, though I heard they had never made Italian food before. (This should be very interesting.) My son had rented a house in Reno to accommodate up to 12 people, some in sleeping bags on the floor, some in bunk beds. (Guess who?!) The home had everything you would want but one. All of the floors were hard tile that circled a large main room with an occasional area rug thrown down. From the hallway to the living area was an eight inch vertical drop to the floor. My first comment on entering the house was that this was a dangerous home for an older person. (You can see where this is going!)

Most people arriving from other areas met at this house on Thursday afternoon. Marie's son brought her over, accompanied by her 89-year-old, live-in boyfriend. (You are never too old for a boyfriend!) The living area had become our play yard, with my son bringing his keyboard, and another a guitar and many singers with questionable voices to join in the festivities. After a few exhilarating hours, Marie was ready to be taken home. Whether she didn't see it or thought the floor was level, she FELL! Seeing her fall, her boyfriend leapt into the air, sending the keyboard and parts flying everywhere! An ambulance was called, and two showed up for who knows how many injuries.

Move-Ins since the Last Issue

Beatrice "Bea" and Kevin Olsen
5606 Military Court
From Fresno, California
Referred by Bob and Loretta Epperson

Remembering...

Rosalie Zollars

Loving wife and mother
Arrived: July 2014
Departed: September 20, 2022

Lucille "Lucie" Whiting

Loving wife and friend
Arrived: December 2016
Departed: September 21, 2022

Herman "Hank" Grill

Loving husband and uncle
Arrived: August 2014
Departed: September 29, 2022

Clara MacQuarrie

Loving wife and mother
Arrived: August 2000
Departed: October 17, 2022



Editor's Note: *Elysian Fields* apologizes for the error in last month's Remembering section. Billy Moore should have been listed as a Lieutenant Colonel, USA rather than as a Lieutenant.

So, on Marie's 100th birthday, she was in the hospital having a partial hip replacement. A week later, she is in rehab and doing well. However, her living arrangements have changed and she will be moving in with a 76-year-old female friend. Heartbroken boyfriend will soon be living in Florida where his family resides. But true love never dies, so who knows?! (Oh, and the restaurant? I DO think they had never made Italian food before.) We recorded the whole day and sang Happy Birthday to her for her future entertainment.

—Sandy Esposito

Dining Services

A new month with Thanksgiving celebrations on the horizon brings plans for the Dining Services Team and Committee. The Main Dining Room has been painted with a light and airy tone which enhances our views and our attitudes. The fresh look brings forth positivity. Be sure to bring your smiles and bright conversation to the table.

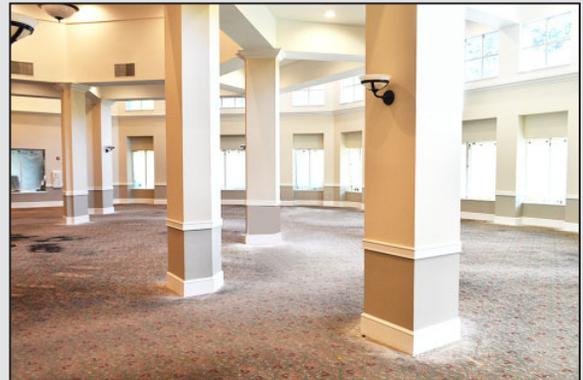
The new year for the committees of the Resident Council began with the October elections. The Dining Services Committee welcomed three new members and an alternate. The new members are Linda Bartolotta, Sue Conklin, and Ruth Endsley. Rick Preuss is the alternate. Each member has distinct gifts to share with the committee and our community. Besides a true interest in food, nutrition, fine dining, two new members are comfortable using a spreadsheet. The system developed by Ali Corbett, tracking the comment card submissions is an efficient method of gathering the information which informs our Dining Management Team on the food and service in our dining venues. Many thanks to each of you who takes the time to clearly express your opinions on the food and the service. The staff takes this information seriously. As mentioned in a previous article, we have seen some adjustments in the menus and procedures. The Flight Deck continues to be a special addition to our choices of where to dine. The heaters and the screens are helping to keep us comfortable in this site. Be on the lookout for some new additions to add to the ambiance.

The Creekside Café continues to be a popular spot for lunch and to meet for a delicious treat from the new espresso machine. Our barista knows just how to add the special touches.

Best Wishes and thanks to our Servers of the Month: Brittany Darby and David Ponce, Jr. High-fives to these deserving members of the Dining Services Team.

Did You Know?

The Main Dining Room in the Community Center is closed for a “refresh.” That will include new paint and carpet along with other upgrades. *Elysian Fields* took a sneak peek into the dining room to see how the project is coming along. The dining room color palette has been changed to match the colors in the entry lobby. Basically, light gray and white. The painting is moving along well as you can see by the pictures. The room looks much brighter with the new colors. Yet to go is the carpet. Plans call for the entire project to be completed in time for the holidays. Please see the Dining Services article for more information.



On another note, civility is the common thread that weaves a strong bond within a community. Let us continue to support each other and our teams as we are understanding the efforts made to enhance our lives here. Situations can present themselves as a challenge to some of our expectations. Thankfully, we have residents and team members and leaders who are willing to step up to the tasks. When tempted to lash out at someone, remembering the words of Louise Penny from the book *A Better Man* might be helpful. “Before speaking...you might want to ask yourself three questions. Is it true? Is it kind? Does it need to be said?”

Happy Thanksgiving to one and all.

—Sally Gripman

Golf News

It was a spooktacular day for golf for the Halloween Moaners and Groaners (M&Gs) tournament. Dinner was held on the Flight Deck on a boo-tiful evening, and Don Campbell treated the crowd to a big box of See's candy. Walt McDaniel took the microphone and thanked Chris Moore for stepping in while Kimmie McCann was away. He then introduced new member Susan Boak, who eliminated him in their first PVE putting match. In spite of that, Walt presented Susan with a one-of-a-kind pin that, like all other M&G pins, is extremely valuable.

Roving reporter Bill McNamara confessed that, on the first tee, he and two other male team members hit their drives about six feet. Then the fourth member, Chris Moore, gripped it and ripped it down the middle, giving her team a perfect location to hit their second shots.

Walt presented Don Campbell, well-known chef, with chocolate covered mushrooms to use in a special dish. Bill McNamara was gifted with some tall tees to help him drive the ball a little further.

On November 2, the M&Gs will celebrate their 25th anniversary with a big event and hoping for 25 to 30 players. The gala dinner will be held at the Learning Center, and all alumni have been invited to take part. Walt and Kimmie have many surprises planned to make it an event to remember.

Results of the M&G's Halloween Golf Tournament:

- **1st Place (73):** Gene Noble, Dick Crocker, Bob McCoy, and Bob Irwin
- **2nd Place tie (76):** Bill McNamara, Chris Moore, Ed Vacin, and Bill Combest • Doug Fisher, Bob DeNike, and Bud Ross

Reminder: Team Captains, please write the names of the team members on your scorecards.

- **Low Putts (25):** Bill McNamara, Chris Moore, Ed Vacin, Bill Combest.

Since Chris passed the purple bag, the only prizes for the group were the white balls they retrieved from the bag.

Dick Crocker announced the winners of the PVE putting contest. After elimination rounds, Kimmie McCann and Andy Anderson faced each other in the final round with Kimmie emerging the winner. Congratulations Kimmie, again!

Thought for the month: Recent studies found that the average golfer walks (or rides) about 900 miles a year and that golfers drink an average of 22 gallons of alcohol a year, which means they get about 41 miles to the gallon.

—Estelle Holway

What Is the Java Project?

When one thinks of Java, coffee usually comes to mind. However, not this time. The Leading Age California Java project provides skilled nursing facilities like Laurel Creek with Java support group programs, which are designed to address critical rates of depression and loneliness across senior living and older adult communities.

Paradise Valley Estates Wellness and Laurel Creek Health Center have recently received the wonderful news that we are a recipient of this three-year grant-funded project. It will engage residents in activities, expand activities for dementia, and foster relationships between residents via mentorship. It will also assess changes in resident loneliness, social isolation, and happiness. Our Laurel Creek Wellness Team and our Angels in Paradise Volunteers will be implementing the programs. Congratulations Wellness and Laurel Creek Health Center Teams who, with our residents, will get going on the JAVA project over the next few months.

—Jan Olson

Greetings from Quail Creek

This month our special events are Happy Hour, two travel presentations, holiday decorating, and our 2nd Floor Block Party! Shopping will take us to the 99-cent store, Trader Joe's, Walmart, and Ross! For outings this month, we will be going to lunch at Chez Soul and Creekside Cafe, on a scenic drive to downtown Martinez, and to breakfast at Joy of Eating!

On top of special events, we have our regular scheduled activities such as exercise, Bingo, chair volleyball, blackjack, Scrabble, Wii bowling, manicures, and Mexican train dominoes! See you soon and enjoy the approaching holiday cheer.

—Monique Rogers

Termite Talk

A power tool is a tool actuated by an additional power source other than the solely manual labor used with hand tools. The most common types of power tools use electric motors. Internal combustion engines and compressed air are also commonly used.

In 1895, 16 years after Edison invented the incandescent electric lamp, the German engineering company C&E Fein combined the power of an electric motor with a manual drill to develop the world's first power tool. The heavy drill, weighing 16.5 pounds, was powered by a large but weak DC electric motor that didn't turn very fast. The operator had to grab the drill with both hands by handles opposite the motor and lean against a chest plate to press it into the work surface. Though this first power tool may seem unwieldy and unproductive by modern standards, it was another 20 years before someone improved on the design.

In 1910, a tool and die worker named Duncan Black sold his car for \$600 and used the money to start a small machine shop in Baltimore, Maryland, with his friend Alonzo Decker. In 1914, the two arrived at the same idea to improve the C&E Fein power drill by adapting the design of the Colt .45 automatic pistol. By 1916, they had begun making their famous pistol-grip, trigger-switch electric drill from which all modern handheld electric drills descend. The Black & Decker drill was lighter and used a more powerful motor; it could be easily operated by one person. After that, the power tool industry was off and running.



Carmel-by-the-Sea

What a pleasure to visit again Carmel-by-the-Sea
Breathe the ocean air and watch seagulls flying free
Hear the tolling bells from the Mission singing praise
In rhythm with the splashing of the pounding wave.

Carmelites echo prayers at benches where they kneel.
Listen to the footsteps of tourists seeking shops, art, a meal.
A dog lover's paradise watching coifed dogs on leashes
Soon to be released to frolic on shiny beaches.

Enjoying all of the above with my two best friends, my daughters
Now we wave goodbye to all including seals and otters.
To leave old friends is all right as long as we come back to visit.
The intention is to do so. We will. I know. "Tempus Fugit."

The sun is setting. On the beach, a bagpiper is playing "My Bonnie Lassie."

—Joanie Cloughesy

In 1957, the first power tool with a plastic casing was created by Bosch, making power tools safer to use and protecting users from electric shocks. In 1961, Black & Decker designed and manufactured the first cordless power tool. It was powered by a rechargeable nickel cadmium (NiCad) battery.

Two years later, Martin Marietta Corporation contracted with Black & Decker to design tools for NASA's space program. Black & Decker worked with NASA to create a series of light tools that could be used in zero gravity and were used in space and on the moon.

What if you could stop a saw blade and prevent

a serious injury? The SawStop table saw has the ability to detect contact with skin and stop the blade in less than 5 milliseconds. In 1999, Stephen Gass came up with the idea for the braking system. It imparts a micro voltage to the blade. When the voltage is interrupted, a cartridge is actuated, and a large spring slams a block of aluminum into the blade to stop its movement. The Termites have gone through ten cartridges over the last seven years, five of those ten from contact with a finger. Our SawStop has never seriously injured a finger.

—Bob Lunning

2022 Bocce Season Complete

The games are all played, the last continental breakfast has been served, the game balls have been put away for the winter and we are all turning our thoughts to the fall season and the upcoming holidays.

The bocce committee is at work repairing the courts and equipment to be ready for next season's beginning in April 2023. The committee needs a couple more members, so if you are interested call Bruce Bartels at 925-989-7666.

The committee will be concentrating on making sure the courts are ready for play after the winter rains (hope we get some). There are several projects which we hope to complete before next season begins.

So how did 2022 turn out? We had more than 170 players during the season. Several players were new to the game and based on my



discussions with them they really enjoyed the play. Particularly mentioned was the opportunity to meet other residents and learn more about the game and how it is played. While winning is always fun, we like to think the PVE style of bocce is primarily a social experience. Talking with friends and neighbors. Watching the games during a Friday breakfast. That's the beauty of the game we play here.

What were the outcomes of the past season? Every team played every other team two times during the season—a total of 32 games. Our overall winning team was the Bombardiers with a record of 26-6. They are captained by Gene Noble. Second place went to the Warriors with Bruce Bartels as captain (22-10), in third place were the Court Jesters, Captain Jerry Martin (20-12), fourth place went to The Wild Turkeys, Captain Tom DiGiorgio (19-13). After that, the Golden Dragons and the Peaceniks tied for fifth at 18-14 and the Six Shooters and Bocce Bouncers tied for sixth place with records of 17-15.

Almost all the teams were in the race until the last few weeks of the season, so as long as you had fun, met with your friends, got some fresh air and maybe a little exercise, you should consider it a good season. We look forward to seeing you next year. Invite your friends to join you, especially our new neighbors who will be moving in over the winter and spring.

—Bocce Committee

Photo of the Month



This visitor appeared on our doorstep and seemed to be searching for some of his friends. After a while, he turned and went away. No telling where he is now.

Photo by Jack McNichols

Employee Appreciation Fund Supports Team Members

Once again, a key reason Paradise Valley Estates is one of the nation's finest life plan retirement communities is our hard-working hourly wage employees. Some we see very often, such as the Servers in dining facilities, Wellness, Security, and the Reception staff. Others are less visible but, all deserve a well-earned "Thank you!"

Whether it is eating in one of the dining venues, visiting the clinic or Laurel Creek, entering the campus, or having work done on our homes, we rarely come into contact with the vast majority of our hourly employees.

Please remember, in an effort to level the playing field, a no-tipping policy is in effect across all of Paradise Valley Estates. Employees are prohibited from receiving tips or gifts of any nature and to do so may result in their termination. To give tips to the hourly workers who have contact creates an unfairness for all those who work in the background. To address this, the Resident Council established an Employee Appreciation Fund several years ago.

Through it, every year we are able to give a year end "thank you bonus" to all the hourly employees based on the total number of hours they work during the year. Their checks are distributed in early December and are a very meaningful measure of our gratitude for all they have done for us.

The theme this year is "Climb the MATTERhorn because IT MATTERS." The 2022 Employee Appreciation Fund is climbing toward our goal of \$285,000. The Employees Appreciation Fund committee wants to thank all of those who have contributed so far. Your generosity will be greatly appreciated by our hardworking hourly employees.

For those of you who are waiting to contribute, time is running out. Please join your neighbors and contribute to this very worthwhile fund. The fund drive ends on November 30th.





Donations can be made by placing checks or cash in the collection boxes at the Reception Desks in the Community Center and at Quail and Laurel Creeks. Checks must be made out to NCROC with Employee Appreciation Fund noted on the check. You can also donate by using a one-time or monthly donation on a paper form available at the reception Desk in the Community Center, or by a form on PVE Pulse (PVE Pulse / Forms / Donation). Again, all donations must be received before the end of November.

Contribute now and help us reach our goal of \$285,000 as we climb the Matterhorn because IT MATTERS. Thank you very much!

—Employee Appreciation Fund Committee

Sock Hop a Delayed Success

Did you go to the Sock Hop on October 7? It was a dance and dinner for both residents and team members sponsored by Wellness that was set up in the Community Center parking lot. When I arrived, things were all in place. Tables and chairs set up. Dance floor in place. The band stand under the walkway from Building 2000 to the Community Center was ready to go.

Residents began to arrive, and some moved their tables to the shady side of the parking lot. Soon the tables were all full of eager residents and staff waiting for the dinner and dance to begin.

Then came an announcement that there had been an accident on Interstate 80 and both the band, and the caterer were stuck in traffic. No one was sure when they would arrive.

We all sat waiting. And then something wonderful happened. Like magic, the team members who had come to enjoy the evening, got involved. First, they were bringing beer and other drinks to the tables of the residents. Next snacks

began to arrive. The Wellness team members were busy along with the other team members in keeping the residents happy and informed. I had to remember that most of them were there to enjoy the event, not work. During the delay, the Wellness



team crowned the King and Queen of the night. New Resident Council President Bob Epperson was king and outgoing President Jan Heise was the queen. You need to have a king and queen. After all, it was a sock hop.

Finally, the band arrived and started playing and some residents hit the dance floor. A little later the food showed up and residents and team members got in line to pick up their food and enjoy dinner.

As I thought about the night, I remembered how the PVE team members who were there to enjoy the evening after working their shifts during the day did not hesitate to jump in and help during the delay. We are so lucky to have them here at PVE. Would that have happened elsewhere if the same delay happened? Maybe. I'm just glad I live in a place where it happens every day.

—Bruce Bartels



PVE Cares

About a year ago, I began to realize it was difficult to do various tasks around my house. I had just accepted this situation because aging must be my problem. A friend suggested I call PVE@Home to find out what services they could provide. A call to explain my situation resulted in a quick visit by Patty. She explained everything they could perform. After a few questions, I was ready to sign up. What has developed since has made a change in my life because of three members of PVE@Home staff.

Laundering had begun to prove a difficult task. My body just wasn't as agile and that created a balance problem. The next week, Faye arrived. I showed her where the bedding, towels, and clothing were located. Next, she wanted to organize the kitchen drawers and cabinets. I began to think of other tasks that had been ignored for a long time. Clearing shelves of junk and dusting furniture were a natural for Faye. Recently, Faye suggested other tasks that would make my life easier. I just sit back and smile. She reminds me to order groceries and supplies each week.

Today, Faye rang the doorbell once, then came in and said with a lilt "I'm here." That has become part of what I look forward to each week. Because of her attitude to ensure my house looks perfect again, her concern about my health, and cheery voice, a few moments every week makes me very happy.

Without a car, I began to feel closed in and asked if PVE@Home could take me grocery shopping. On schedule, Noel arrived for that first trip to WinCo. I noticed his concern about my limited mobility, and he had me stay in the car while he got an electric cart. Being out again was fun, and shopping with Noel was great as we filled the cart. Back home, he unpacked and put items in the cabinets as I instructed. Once again, I was on cloud nine with pleasure and enjoyment of another day. On a trip to Northbay Hospital, Noel met me at the door to ensure I had a walker. On arriving, he stayed close until a nurse brought a wheelchair.

At the initial briefing, Patty told me they could handle many tasks—just ask. Without a car, she did a first grocery shopping. Always a cheery voice wanting to be of service. On release from my hospital visit, Patty arrived and made sure I was comfortable in the car. We stopped for medicine and a hamburger at In and Out Burger. What a treat!

All I can do now is brag about three people who have become important parts of my life. Patty, Faye, and Noel. My confidence for another year on this earth is highlighted by the professional and personal attitude of these three gems.

—Walt McDaniel

Americana Trivia

November is election month so let's see what you know about our election history.

1. In presidential election years, who is more likely to go to the polls, men or women?
2. Why do the Democrats have a donkey as their symbol?
3. Why is the election held on a Tuesday?
4. What was the most expensive election in history?
5. Who served as both president and vice-president without being elected to either office?

—Your Patriotic Committee

answers on page 15

Willow Creek Is in Full Swing

Happy Thanksgiving!!! For the month of Thanksgiving, we thank our volunteer residents and caring team members for their dedication and friendship. Social connection and close relationships between residents and team members is the foundation of our community.

Our daily activities are in full swing, including Gentle Exercise, Mindful Movement, Great Courses lectures, chair volleyball, hallway hockey, gardening class, sensory stimulation group activities, current events, and a new program called Afternoon Performance that consists of operas, symphonies, musicals plays, and poetry. Plus we will have a live music concert with Kendall Osbourne along with Happy Hour Celebration every fourth Wednesday of the month. Thank you all for supporting Willow Creek residents.

—Adrian Quinones

Who Says Tech Is for the Youth?

So what are those weird little boxes or circles? Quick Response (QR) codes have been around since 1994 and were invented by a Japanese car maker with the sole intention of tracking automobile parts during assembly. Bar codes were the predecessor to QR codes. They are still used, mainly commercially and inherently contain only a limited amount of information.

QR code technology was as trendy as toilet paper during Covid. Almost overnight, we found ourselves forced to navigate a touchless world. How many times did you walk into a restaurant and spy a white, square shaped sticker with black dots in the middle? Two years later, we know that is a touchless menu. Now the million-dollar question: *How does one use a QR code, and how is it beneficial?*

First, let's start by identifying which type of smart phone you have. Some of the newer Android phones have QR software built into the camera and all iPhones have it. Older Android models could require a *free* app download from the Google Play store, QR Code Reader.

To scan a QR code, open your camera app.

For iPhone users who have portrait mode, avoid that and use photo mode.

Step 1: In photo mode, hover the camera over the QR Code.

A web link should appear at the very bottom of the image. Tap the link.



Guacamole
Recipe



Best Ever
World Heart Day

QR codes can bridge the gap, between the user and information. Now you know, aliens are not taking over the world, and these images with strange dots, are just an information highway, through your smart device. Don't miss December's issue, Sales and Marketing might sneak in some holiday fun and "yes" QR codes will be involved. Are you good at deciphering clues? If yes, lace up those sneakers and get ready to beat the game!

In the meantime, practice, practice, practice!

—Erica Shaw

Thanksgiving Dinner

Ah! Another feast of turkey and dressing,
We'll gobble down without a decent blessing.
And when we're done...for it never fails,
We say to all, "Don't get on the scales!"
The numbers we read are always so distressing.

—Bill Rawlinson

Home Sweet Home

Although I never actually lived there as a child, I considered my grandparents' home my own. It was a huge old Victorian house in Baltimore, Maryland. It was from here that all the good aromas emanated, there where my sister and I could play dress-ups in the attic on a rainy day and pick up apples for my Irish grandmother to peel and make into applesauce on a June morning. It was on this thick green lawn that we could run through the hose on a hot day or sit behind the wilting blue hydrangeas and read on a sultry afternoon. It was in this house on a hill that we could put our mittens and snow pants on a steaming radiator when we came in from sledding on a snowy evening.

My grandparents' house was a place of defined space. We listened to the radio on Granddad's lap in the living room, played the piano in the sitting room, stuck our feet in the lion's mouth at the table in the dining room, turned the wringer of the washing machine in the basement. It seemed then that possibilities were endless for enjoyable activity. There was always an aunt to play cards with on the wraparound porch in the warm weather, an uncle to sing Christmas songs with in the cold weather, or a grandmother who simply sat a lot and waited for us to demand a story from the Green Book of Fairy Tales.

My parents lived two short blocks from this place of warmth and coziness. Though we occupied our house on Kenwood Avenue for ten years of my childhood, I have few memories of activities that took place there. My grandparents' Victorian house, the warm special place filled with aunts and uncles who were fun to be with, was home, sweet home. And to this day, I miss it.

—Liz Wildberger

Paradise Players Mock 'Ups and Downs' and 'Wrinkles'



Lyrics of the last song, "as long as we're together, what more is there to say," summed up the convivial audience and the theme of "Fall Fantasies" presented by Paradise Players.

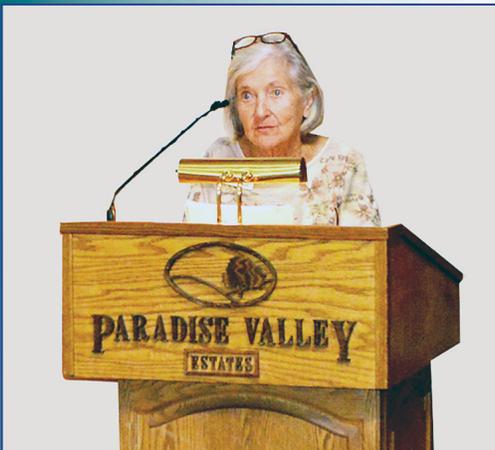
Retiring director Georgia DeBarr directed "Wrinkles," the troupe's first musical, that poked fun at many PVE topics, and new director Donna Hyatt directed the other three skits.

Narrator Shirley Arnold introduced "Up and Down," featuring Tom Di Giorgio and Kimmie McCann who were stuck in a department store elevator. He had retired as an elevator operator due to bipolar disorder after 41 years of repeatedly taking shoppers from the top floor to the bargain basement. She was glad for his expertise as they tried to get help via the phone until they finally lurched to the bottom where the doors opened into the store's wine cellar.

Hyatt reprised her role as a customer service lady in the Complaint Department. This time Claudia van Koten was first in line, followed by Joe Spinelli, who wanted a refund for his 99-cent rectal thermometer. Thinking that he had her attention, he was frequently surprised by the answers that the multi-tasking Hyatt was actually giving to customers on the phone about electrical appliance problems.

In "Let's Make a Deal," Danielle Wilkowsky took an heirloom watch and Jerry Martin, her usually stay-at-home husband who likes "soup, sheep and quilts," to the Antique Roadhouse. Her intent was to sell both of them. Appraiser Ann Waldman closed the deal by sharing her recipe for chicken lemon grass soup,

Sueva Terry, Dick Feaster, Georgia DeBarr, and Dick Lubman were accompanied by Nick Martens on piano as they sang about how we should be happy that "wrinkles remind us of the days behind us." More realities of the golden years were shared as they lamented about "living in a zoo" with elephant skin, crow's feet, and lizard neck, but we are glad to be alive.



While the program showcased togetherness, it was dedicated to two stalwart Players who are no longer with us, Ray Arnold and Hank Grill, known affectionately as "Mr. Director" and "Mr. Quibble," who passed away this summer.

Backstage credits went to Debbie and Bob Lunning, scenery crew and sound effects; Liz Wildberger, narration script; Bill Drake, curtain, and Joshua Freytag, Jesse Marquez, and Joe Morris, PVE IT and Convention Services. Kent Reese contributed the "Antiques Roadhouse" banner.



—Carol Moore

Octoberfest Comes to Paradise

E.J. was in the house with his accordion playing onsite for our residents to celebrate Octoberfest featuring German beer, pretzels, and German music. Our Wellness cultural event was held September 29 with beer, pretzels, and music as residents danced to traditional and authentic German polkas and Octoberfest music. Singalong stuff included typical Bavarian and Oompah music. E.J. and

our residents wore authentic Lederhosen/Dirndls (see photo).

HAVING FUN! was the cornerstone of our event and having the audience join and engage with singalongs, dances, *schunkeln* (swaying), and other Octoberfest-style songs.

The weather was perfect, as was the beer, which inspired residents to sing, dance, and enjoy the celebration. Stories of travel to Germany were overheard, shared, and reviewed as cultural wellness was on display. Wellness hopes to have this event again next year as an annual celebration.

—Jan Olson

Greetings from Laurel Creek

November is here and we have many things to be thankful for: family, friends, health, and the wonderful people at PVE.

At Laurel Creek, we are planning a hot cocoa and music social; fall crafts; Travel videos to India, Switzerland, Greece, New Zealand, and Italy; reminiscing; manicures; trivia; use of the iN2L tablets, many room visits and one-on-one activities of choice, and Face Time and Zoom calls daily.

Wishing you all a Happy Thanksgiving and enjoy the Holiday Season.

—Sharon Johnson



The McNamaras of Transylvania

The residents at #5601
Observe their country's birthday
By reveling with their good friends
Who reek of evil and decay

The Skeleton Family gather their bones
Skull sneers her sinister scowl
The Arms abandon their bodies
Death Head roars his vicious growl

Skully the bartender with beastly smirk
Pours the Devil's evil brew
To witches, ghosts, goblins
And Grim Reaper's deadly crew

Then comes November
The guests all disappear
Creeping into the darkness
Until summoned back next year

—Sharon Goldman

The Dragon

He hung from the oak tree
Disguised as a warped limb.
Rough bark covered his body
Waiting for the right time to pounce.

Now.

He drops from the tree
Across from the horseshoe toss
Vicious jaw exposed
To the bocce players on the old court.

Hesitation.

Sir Coyote Decoy
Stands at guard.
Nary a muscle moves
As he stares long and hard.

The dragon knows he cannot win
Against this knight, valiant and brave.
He stiffens into a fallen branch
Laying silent on the ground.

Defeat.

—Sharon Goldman

‘Don’t Eye the Bird’

My grandfather’s voice, loud and clear, resounded over a full table at Thanksgiving time. He was addressing the children sitting, salivating over the turkey while he was giving a lengthy blessing over the relatives assembled for Thanksgiving that is clear to me today, many years later. I am so grateful I had these moments with my family. The other reasons I am thankful for are cited and are important, and they involve family, too.

Later, at the same table moved from my family “roots” in the old Victorian in Baltimore, it still was the scene of family traditional celebrations of Thanksgiving. I can see the relatives gathered around the table, which was fully “let out” with all four wood extensions in place, and recognize their dear faces. I am thankful for that vivid memory.

I am also grateful for peace in our land of the USA; the Ukrainians, though they do not celebrate Thanksgiving Day like we do, would be thankful to have the war ended, and I pray for that every day. Peace is an elusive quality. It must be protected. I am grateful for the civic and military leaders who protect our peace and am thankful for their guidance.

I am thankful for living at Paradise Valley Estates. PVE is a safe haven against Covid, and I am grateful for those who take care of us, the nurses, CNAs in the Clinic, and those at Laurel Creek and Quail Creek and the management who makes it all possible.

I am thankful for my friends. Since my husband died, I have been grateful for the small courtesies shown to me, like offering me a ride in their cars when they are going to the stores. I am also thankful for the large gift of their continuing friendship.

Family, the immediate family is a blessing of which I am most thankful. Our family of five children has given us ten grandchildren and they in turn, have given us seven great-grandchildren. That is ample to be thankful about, though I would welcome more should the day arrive.

I am thankful for my health. For 91 years old, I am remarkably strong. That is enough to be grateful for. The exercise possibilities available through the Wellness Department are a welcome addition to my good health and I am thankful for their offerings.

That is what I am thankful for. I am sure that I have left something out, though I managed to fit the large areas in. The things I am grateful for are my memories, peace, friends, family, health, and my living arrangements. I am certain that others share my thoughts at Thanksgiving Day, and every calendar day that passes. Most of all, they are benefits we share, and I am thankful.

—Liz Wildberger

Americana Trivia Answers

1. Since 1964, more women than men have gone to the polls.
2. Andrew Jackson, one of the party’s founding members, was called a “jackass” by his opposing candidate and he embraced it as their symbol. It stuck.
3. It was chosen so that men could go to church on Sunday, travel on Monday, and be at their county seats by Tuesday to vote.
4. The 2020 election cost \$14 billion and was the most expensive so far.
5. Gerald Ford.

—Your Patriotic Committee

Docent Nature Hikes for Children

This was a special gift I was able to experience with the combination of nature and young minds at Filoli Estates in Woodside, California. The locale is unusual in itself. There is a lovely mansion and English gardens, plus forest at the back of the property. Having grown up in Northern California near its forests, it was natural for me to become a docent to school children, taking them on hikes and introducing them to nature.

They arrived in buses and were usually second or third graders whose families spanned the economic community from very low income to quite wealthy. However, none of them had taken such a detailed hike to discover this world. When we first met, I knelt down so we were eye to eye, speaking as equals. All questions were good questions, and I got some wild ones.

As we walked down the dirt path, I displayed my two red handkerchiefs—one for “Paws” and one for “Poop.” We saw hoof prints of deer and could identify their direction of movement by their shape. We searched for small droppings from the deer, medium longer poop from coyotes, and for the big round poop of mountain lions.

We would look out on the large field, and I would explain that there were a million critters

Elysian Fields Staff

Co-Editors	<i>Bruce Bartels • Carol Moore</i>
Photography	<i>Norm Heise</i>
Copy Editor	<i>Betty Rawlinson</i>
Editorial Assistants/Writers	
Life at PVE	<i>Bruce Bartels</i>
<i>human interest stories,</i>	<i>Carol Moore</i>
<i>organized activities and</i>	
<i>campus events</i>	
Memories	<i>Floyd Gripman</i>
<i>memoirs, past events</i>	
<i>and significant happenings</i>	
Wellness	<i>Jan Olson</i>
Limericks and Poems	<i>Bill Rawlinson</i>
	<i>Sharon Goldman</i>
Layout and Production	<i>Natalie Karst</i>

Save These Dates

- Nov 03 | Scenic Travelers Presentation, Rawlinson Hall, 10 a.m.
- Nov 03 | Chorale Concert, Rawlinson Hall, 2 p.m.
- Nov 04 | Chorale Concert, Rawlinson Hall, 7 p.m.
- Nov 07 | POW presentation, Bill Tschudy, Rawlinson Hall, 2 p.m.
- Nov 08 | Election Day
- Nov 11 | Veterans Day Program “Honor Our WWII Veterans,” Rawlinson Hall, 11 a.m.
- Nov 12 | Solano Winds, Rawlinson Hall, 2 p.m.
- Nov 17 | Tell Us Your Story: Conversation with Susie Parrish and Chris Moore, Rawlinson Hall, 3 p.m.
- Nov 24 | Thanksgiving
- Nov 28 | Town Hall meeting , Rawlinson Hall, 2:30 p.m.

underground. From gophers to snakes—many different kinds—and even voles, which were special because they were blind and did not need eyes underground. All the critters chewed the earth to make it arable and even decomposed fallen trees, limbs, and leaves. They were nature’s cleanup crew.

As we went into the forest, I chose names for the trees that the children would remember: Refrigerator Tree for the madrone with its hard, cool wood, Big Bertha for redwoods and their great size, Spaghetti for the bay laurel tree’s leaves, Mice in Cones for fir trees with their interesting cone configuration, and Rollie-Pollie for the horse chestnut tree with round droppings rolling down the hill. We would stop at a redwood “fairy circle,” go inside, join hands in our own circle, close our eyes, and feel the calm magic.

At the pond, we found many newts crossing our path. I had the children stand in a row and put out their hands. Then we passed the newts from hand to hand, feeling their little bodies. I recall that a couple of boys even kissed one, but not me . . . yuck. We also saw polliwogs and discussed how different they were from the adults, frogs.

Lots of questions, and lots of laughter. When our hike ended, they all decided they should bring their families to a forest to learn all the magical stuff.

—Claudette Brero-Gow