

# Elysian Fields



June 2023

*The Official Paradise Valley Estates Residents' Magazine*

Volume 26, Issue 6

## *A Visit to Our Rose Garden*







# Remembering...

**Manuel Escano**  
 Loving husband and father  
 Arrived: November 2010  
 Departed: April 21, 2023

**Gilbert Baumgartner**  
 Loving husband and father  
 Arrived: April 2023  
 Departed: April 24, 2023

**Warren MacQuarrie, Col., USMC (Ret)**  
 Loving husband and father  
 A World War II Veteran  
 Arrived: August 2000  
 Departed: May 12, 2023

**Betty Flertzheim**  
 Loving wife and mother  
 Arrived: April 2008  
 Departed: May 21, 2023



## The Gardens of Paradise Valley Estates

PVE’s nine beautiful gardens are displaying an enhanced spring rebirth thanks to the end of a three-year drought and, in large part, to the loving care of PVE volunteers.

Certainly, the most spectacular garden is the stunning and fragrant Rose Garden with vivid blossoms the size of dinner plates. This garden arose from enthusiastic cooperation between management and residents. It was designed by Richard Murray and Lorie Mazzaroppi and financed by PVE management, the Resident Council, and donations from Leo Miener and Irving and Pat Teranishi. Currently, 21 happy residents share the joy of maintaining this PVE treasure.

PVE’s Memorial Garden was also designed by Richard Murray with birch trees lining one entrance and cherry trees flanking the other, creating a perception upon entering of passing into a revered place and thus honoring the fallen oak tree and maintaining appreciation of the memorial fountain

and bricks. The bench facing the fountain is an especially popular spot for residents to sit and watch birds drink and bathe.

Along the Building 3000 walkway, Laurel Creek residents enjoy flowers and wildlife in the colorful garden maintained by Don Dahl and George and Caroline Keller. And within the walls of Laurel Creek are three gardens: the Contemplative, Hamilton, and Skilled Nursing Courtyard gardens. Outside the Skilled Nursing den is the Oaks Garden. The Landscape Committee weeding team works in all these gardens. George and Caroline Keller have added pots and plants to the gardens and Building 3000 walkway. The Contemplative Garden is designed with alcoves enticing one to sit and reflect.

Deer Creek has an internal garden with a potting bench for residents. And garden number nine is the raised beds next to the Maintenance Department where residents can grow their own vegetables.

Visit these delightful gardens and thank those that keep them beautiful for us to enjoy.  
 —Floyd Gripman

## Move-Ins since the Last Issue

**Gloria Nelson**  
 6602 United Circle  
 From San Jose, California

**Bill and Joan Herlocker**  
 2208 Estates Drive  
 From Fairfield, California

**Robert and Jan Cowing**  
 6505 United Circle  
 From Woodland, California

# Secret Gardens in PVE

Did you know that there are three secluded outdoor gardens in PVE? All three are completely enclosed in a building few residents ever visit. In fact, the only residents who visit occupy the facility. Where is this facility and who are the privileged residents? Laurel Creek Skilled Nursing and Assisted Living.

Residents there are either temporary rehab patients or permanent residents. However, family and friends can enter these gardens any time when visiting. They must enter from within the facility.

Each garden has a name. The Hamilton Garden is located outside just off the left side of the main dining room. The Skilled Nursing Garden is located outside to the right of the main dining room. The third is the Contemplative Garden and is in the Willow Creek section of Laurel Creek. It can be entered through the family entertainment room. This garden has several circular areas with shaded chairs for people who just want to sit and enjoy nature. Each section has a word inscribed on the face of the brick background. Pensive words like Peace, Joy, Hope, Forgiveness, and Gratitude. Often, when



## The Rose Garden

Take the path to the garden of roses,  
Where each and every petal poses,  
And every bud seems to say,  
“Stay with me this sunny day,  
And watch and see who comes and dozes.”

—Bill Rawlinson

visiting my late wife Nancy there this past fall, we would sit quietly, listening to soft music from the Fifties and Sixties while watching birds fly around the large sequoia trees. We felt like we were in a place far away from civilization.

What makes these gardens so beautiful is the various types of flora. For example, the Hamilton Garden has several bottle brush bushes that attract both bees and hummingbirds. Two large magnolia trees produce several white buds daily, and large potted plants contain a variety of blooming flowers. PVE residents volunteer to care for the flora. Currently, George and Caroline Keller can be seen almost daily as they weed and water the many plants.

If you find yourself searching for a peaceful place to unwind, visit the “secret” gardens hidden inside Laurel Creek. Better yet, with a nurse’s permission, invite a Laurel or Willow Creek resident to join you in a visit to the gardens. It will “make your day.”

—Tom Di Giorgio



# Dining Services

What do members of the Dining Services Committee really do? The answer is “We welcome you to come to a meeting and see for yourself.” However, please notify the chair of the committee so there will be a seat for you. In the meantime, here is a short summary of the activity of the members of the committee.

Between meetings, members are actively engaged in listening to residents’ comments and taking a turn acknowledging the comment cards each day. Comments made via Pulse are read by our director of Dining Services, our executive chef, the manager of the Dining Room, and the catering manager.

Perhaps you have wondered why the committee members respond to the comments. Since the management team is busy with the kitchen, event planning, and other responsibilities, the committee responds just to let you know other residents are aware of compliments and concerns. The management team responds with a phone call when appropriate.

In addition to acknowledging comments, a committee member compiles the comments and another member categorizes them by ratings given for each food category and for service in an Excel spreadsheet. At the end of each month, the “items that were a success” are grouped together, as are the items that were not. The other concerns are grouped separately. Also, month-to-month and

year-to-date comparisons are made. This data is used by our chef and the director of Dining Services to adapt as much as possible to residents’ requests.

Other members are busy being involved in the Community Table, the Welcome Home Committee, the Red Apron Team, and other opportunities.

Before each meeting, the agenda is prepared by soliciting input from all members. It is then written and sent to the members and to Dining Services’ senior management with the information from the comment cards. Members come to the meetings prepared to discuss the items with the management team. Reports from the management team are always our first item of business.

It is our good fortune that Christopher Chitwood and the Human Resources Department have found outstanding servers again this year. For the month of April, Ashley Moore and Janya Stamatelaky are honored. Please take a moment to congratulate them.

## Some quick notes

Here are two examples of comments from more than 45 “items that were a success.”

- *The Seder dinner*: “Exceptional matzo ball and consommé!”
- *Easter brunch*: “From start to finish, everything was appealing and fresh and so much to choose from.”

Six menu items were not pleasing for some residents. Comment cards available on Pulse are the best way to express your concerns.

Other items concerned suggestions for menu items and thanking staff for having blinds installed in the Oak Room and cushions for the chairs in the Cafe.

*One other note*: Thank you to the Dining staff for a super successful Cinco de Mayo buffet! Rating: TEN. Until next month, *bon appétit*.

—Sally Gripman

## The Sun Never Sets

Everywhere in the world, the sun continues to shine.  
Not seasonal, the rays of love and kindness do constantly align.  
The best value because it is cost-free and always in stock.  
We all have the ability to dispense it; no prescription under lock.

Babies cast a ray the first smile they give to their mothers.  
Pets on laps of owners gazing with enough love to smother.  
Big sister who watches over her precious little brother.  
Gardeners breathing life while tending their gardens hover.

That smile and “How are you today?” will carry the teary through.  
Cannot imagine what we would do without a friendship that is true.  
The doctor announcing the good news that your tests came back okay.  
Receiving all of this is wealth; be sure you too shine it every day.

—Joanie Cloughesy

# New Pet Mayor Unleashes Happiness

PVE's "paw"litical campaign ended when Dickens Riley was named Pet Mayor, winning out over 13 other Canine Party members and one member of the Feline Party. Described as "a pure-blooded American generic terrier registered with the RKC (Riley Kennel Club)," Dickens succeeds Joolz San Miguel, a Coton de Tulear.

"Dickens eagerly pursues attention from people, particularly those known to carry treats," said Tad Riley, his chief of staff. "On the other hand, he barely tolerates turkeys and is particularly aggressive when encountering squirrels."

For his inau-Grrrr-al parade, Dickens donned his official mayoral sweater vest to lead a vocal and joyful procession of his four- and two-legged constituents and a platoon of balloon dogs around the central campus. They embarked from Laurel Creek and proceeded to Quail Creek to the beat of *Who Let the Dogs Out* from a boombox. Then it was on to the Pavilion with hopes of some tidbits from the Friday Continental Breakfast buffet. Wellness Director Jan Olson presented them with personalized dog tags and boxes of treats and announced the runners-up in the election.

Harley Byington, a Siberian Husky who had promised to "harness all of my energy to represent PVE," came in second and will act as vice mayor. Third place went to Kiwi Huerter, of Pomeranian-Dachshund heritage, whose qualifications were "patrolling Constitution three times daily and chasing squirrels, turkeys, and skunks."

Others who campaigned for mayor were Tootle DeBarr, the only cat; Riley Cox, Westie; Treasure



Paradise Valley Estates  
Mayor Dickens Riley

Farber, Australian Kelpie; Benjamin Karfiol, purebred Collie; and Petey Ulm, a mix of longhair Chihuahua and Papillon. Representing the lap dog breeds most often seen walking their owners around campus were President Monroe Brero-Gow, Finnvald Caspersen, Beau McKnight, Bella Mulenberg, Kylie Stewart, Lilly Beth Marie Taylor, and Valentino Terleski.

—Carol Moore

## CARF Is Coming! What Does That Mean?

There are more than 8,000 organizations accredited by CARF (Commission on Accreditation of Rehabilitation Facilities) across the globe. These organizations serve more than 15 million people. However, did you know that Paradise Valley Estates is *one of only three* accredited Continuing Care Retirement Communities in the entire state of California?

Why is accreditation important? The CARF accreditation seal shows current and prospective residents that the organization holds itself to internally recognized standards of excellence. To put it simply, it means PVE holds itself to the highest standards in the industry. Another hallmark of CARF accreditation is ensuring stakeholder input is at the core of all we do. The input received is then woven into program planning for the organization. Combining this commitment to obtaining input, along with ongoing process improvement and a commitment to evolving based on the needs of the population involved, accredited organizations are set up for success. We are proud to be accredited and look forward to our re-accreditation survey later this year. All residents are invited to come hear more on this topic on June 2 at 2 p.m. in Rawlinson Hall. Refreshments will be served.

—Lisa Coe

# Golf News

Five groups of Moaners and Groaners (M&Gs) took part in the Cinco de Mayo golf tournament and kept up the pace.

Bud Ross once again did an outstanding job of standing in for traveling Kimmie McCann. Bud asked some painful questions like “Did anyone have a lost ball?” And “Did anyone have a bad game?” He came prepared to replenish lost balls using ones he gathered from his own back yard.

Myrna DeMartino assisted Bud in handing out prizes to Dick Crocker (spirits for having a bad game), Ed Vacin (a Cinco de Mayo drink for answering a quiz), and Bill McNamara (a cooler to hold his cup when the weather gets hot).

Doug Fisher was called to center stage to demonstrate Yoga for Golfers, an online lesson for better golf. Bud helped Doug with the Roman Candle



Green Golf Travel  
<https://greengolftravel.com/golf-yoga>

## Americana Trivia

“June is busting out all over” or so the song goes. So what do you know about June? See if you can answer these questions without asking Siri.

1. Are days in June longer in San Francisco or in Buenos Aires?
2. Who gets more sunlight – Sacramento or Death Valley?
3. True/False. June was once the fourth month of the year.
4. What life-changing invention was patented in June 1895?
5. June has three birthstones. Can you name them?

—Your Patriotic Committee

Answers on page 14

## Sports Fans

Shed a tear for Warriors and Kings,  
That sound of victory no longer rings.  
So now we wear our sporting hats  
That show us Giants and their bats,  
Forgetting every loss that stings.

—Bill Rawlinson

position, which is very good for getting out of sand traps. The Dog Face pose shown in the photo here is also part of Yoga for Golfers.

In the tradition of passing on the Walt McDaniel trophy for good sportsmanship, Dick Crocker presented the men’s trophy to none other than Walt McDaniel. Andy Anderson also presented Walt with a glow-in-the-dark light to help him find the holes on the PVE putting green.

Winners of the May golf tournament:

- **1st Place (76):** Gene Noble, Myrna DeMartino, Kristi Zink, and Don Campbell
- **2nd Place (77)** (The only team with a double bogey and a birdie): Bill McNamara, Ginny Caspersen, Verna Dow, and Bud Ross
- **3rd Place (80):** Tom DeMartino, Dick Crocker, Susan Richie, and Bob McCoy
- **4th Place (82):** Tim Tomko, Ed Vacin, and Chris Moore

**Low Putts:** Bill McNamara, Ginny Caspersen, Verna Dow, and Bud Ross had an impressive 19 putts that included two zero-putts. Bill sunk a very long putt from off the green on the par-five fourth hole, winning a bottle of spirits. There were no winners among the low-putters who reached into the purple bag – maybe because the green ball is still missing.

Norbert Luke gave a glowing report on the PVE putting tournament. In the final round, it was Walt and Kimmie, both former putting champions, head to head until Kimmie dropped a one-putt, making defeat of Walt inevitable. The one-putts determined the win. Walt had three and Kimmie had four. Congratulations, Kimmie.

**Thought for the month:** Life is full of bad lies. Unless it’s plugged anywhere but in the sand or resting on the cart path, you’re likely playing it.

—Estelle Holway



## Bocce at PVE

By the time you read this, we will be closing in on the end of the first half of this year's bocce season. Of the 255 games scheduled in the first half, we will have played more than 200.

As of this writing, the Six Shooters captained by Tom DeMartino are in first place, followed by the Wild Turkeys in second place. Lots can still change by the end of this session so stay tuned.

We will be taking a break between sessions with our last game of the first half played Monday, June 26. The start of the second half of this year's bocce season will begin on Friday, July 7. During the break, we plan to have some special activities on Friday, June 30. We have invited two teams from the Fairfield City Bocce League to come to PVE and play against two of our teams. Right now, the Bocce Committee is working out the details of the event, and it should be lots of fun.

If you are interested in playing bocce during the second half of this season, now is the time to sign up. The sign-up forms are in the in-house mailroom to the right as you enter. Come join us for bocce. No experience needed.

—The Bocce Committee

## Be Connected for Life

Loneliness and social isolation represent profound threats to our health and well-being, but each of us has the power to choose how to respond to this challenge and to take small steps every day to strengthen our relationships with our Paradise Valley Estates neighbors, friends, and community.

We can continue to build and strengthen our social connections. And in doing so, we will continue to build and maintain our well-being and the well-being of others in our community, promoting healthier and happier people.

As we increase our connections, we can assure our community and nation that we are prepared and better poised to take on the challenges that lie ahead.

Relationships are a resource that often goes untapped, a source of healing and support that is right in front of us. Make that phone call to a neighbor, plan to share a meal, actively listen, perform an act of service, join a group or club or committee.

Our recent Groups, Clubs, and Committees Expo showcased the many opportunities available. You can join an existing club, committee, or group or create a new one based on a perceived need and a personal interest you have.

Let's all work together to embrace this opportunity and join in! We all are stronger when we work together. The keys to human connection are simple yet extraordinarily powerful.

—Jan Olson

## A Mutt by Any Other Name

Crossed breed champions  
Models of "hybrid vigor"  
Adorable mash-ups  
Really weird names

Take the Doodles  
Dalmadoodle, Saint Berndoodle  
Airedoodle, Bassetoodle  
Schnoodle and Whoodle

Then there's Shepskys and Pitskys  
Chiweenies and Newfypoos  
Cheagles from Beagles  
Morkies from Yorkies

If you get a Cockapoo  
From a Cocker Spaniel and a Poodle  
What do you get  
From a Bull Dog and Shih Tzu?

—Sharon Goldman

## Joined at the Heart

We grew up together  
Then we scattered  
To live our lives  
Chase our dreams

Years went by  
Birthdays, holiday greetings  
The occasional call  
Chatting as if it were yesterday

Our friendship was strong  
It still is  
It always will be  
Joined at the heart

—Sharon Goldman

## Veterans Benefits Fair a Success

Paradise Valley Estates was established by the Northern California Retired Officers Community as a retirement community for military officers and their spouses. The mix has changed over the 25-year history of PVE and now includes military and non-military residents, but a strong military influence remains here, and many veterans reside at PVE.

Residents formed a Veterans Group here at PVE with assistance from the Sacramento Vet Center, and it meets regularly to provide support to veterans within our community. It became clear early on, for example, that many veterans residing at PVE lacked adequate knowledge of the Veterans Affairs (VA) administration and the many benefits earned from serving our country. Residents had begun asking what assistance they could receive as their frailty increased with age. Many needed to make their first contact with the VA and start the process of affiliation. Unfortunately, some veterans came forward only after their needs were acute and found the review process difficult and lengthy. We urge fellow veterans to apply now so they can determine the benefits for which they are eligible.

As part of its efforts to inform PVE residents of these valuable VA benefits, the Veterans Group hosted a Veterans Benefits Fair on May 18 in Rawlinson Hall.

The fair was an overwhelming success. Twenty-five organizations that support our veteran community participated. The VA Sacramento Vet Center's Benefits and Claims group provided information and services on various issues to



more than 70 residents. Other groups provided information on transportation options and caregiver support. The veteran service organizations were there to assist with claim processing and answered many questions. Many of our veterans attended and commented on how helpful the fair was and asked when it would be repeated.

—Sally McNichols

## Greetings from Laurel Creek

Summer is here as we welcome warm beautiful weather. This month at Laurel Creek, we will have a barbeque luncheon with musical entertainment by banjo man Jack Convery, patio visits with frozen treats, and classical music by Nick celebrating all our wonderful men for Father's Day.

We will also have the Java Music Group, exercise classes, and arts and crafts, and some of our residents' crafts will be displayed in Laurel Creek's front lobby. Other activities include room visits and one-on-one activities chosen by residents, karaoke with residents and staff, Armchair Travel presentations on the iN21 system, and philharmonic concerts. Special treats include movies on Friday afternoons and Face Time and Zoom calls for residents with their families. Enjoy the month of June and all the wonderful moments life brings.

—Sharon Johnson





# Sustainable Landscaping at PVE

About a year ago when True North Landscaping came to PVE, the on-site supervisor estimated that it would take about three years to transition PVE to sustainable landscaping. For the purposes of this article, we identify four principles of sustainable landscaping: *Treat water as a resource*, *Value the soil*, *Preserve existing plants*, and *Conserve material resources*.

So, what progress has been made in this first year and what are the plans going forward?

- In cooperation with the PVE Maintenance team, a full-time irrigation specialist is on-site to maintain the irrigation system, thus providing quicker responses to broken and misaligned sprinklers.
- A ten-year plan to replace much of the grass with xeriscaping is in place and will be implemented when weather conditions are appropriate.
- The leaves are finely mulched and applied to the remaining lawns to retain water and add nutrients.
- Trees and shrubs posing potential damage to building foundations have been removed and finely chipped for future use as a water-saving and aesthetically pleasing ground cover.
- Shrubs are allowed to flower and show their beauty prior to annual pruning and shaping.
- Shrubs that have grown over and invaded sidewalk spaces have been trimmed and will be pruned to horticultural hedge pruning standards.

- Finally, PVE's front entrance has been refreshed by replacing dead and dying plants and adding color.

In the words of True North's supervisor, Stephanie Sibley, "All of this is done for a connection to the human spirit."

—Floyd Gripman

## Sights and Sounds of Nature

What a joy it is to awaken each morning to the songs of the birds – no more alarm clocks! The sky is blue and clear. Gentle breezes send the blossoms of cottonwood trees into the air like falling snow. As each day progresses, turkeys strut about displaying their tail feathers and doing their expected gobble-gobbles. Jack rabbits scamper across the lawn, and lizards run into the bushes. Quails scurry here and there as vultures soar above and hawks rest on our patio fences.

A doe meanders about. I am told that it is rare to see turtles, but I watch one cross my driveway. From the front window, I look out at cattle grazing on the golden hills. Snakes mind their own business. I am surprised by the scream of a peacock as it shimmers its feathers. What fun it is to watch the goats brought in to graze and their kids born here.

As each day ends, frogs begin their nightly chorus along the creek and sometimes a coyote howls in the distance. Being nocturnal, the raccoons and opossums stay hidden. The presence of skunks is known only by their scent.

The rising moon shines on the century-old oak trees as squirrels quiet their chatter and I too settle down for the night. Another day ends and I am off to sleep.

—Phyllis Mosher

## Bountiful Fruits, Veggies, and More

Fairfield boasts glorious fruits, veggies, honey, nuts, and more. Farm stands abound, offering quality you cannot find in a store. Residents return, bearing luscious peaches, strawberries, dried fruits, and jam. Set your GPS, view the fertile countryside, think "now what goes good with ham."

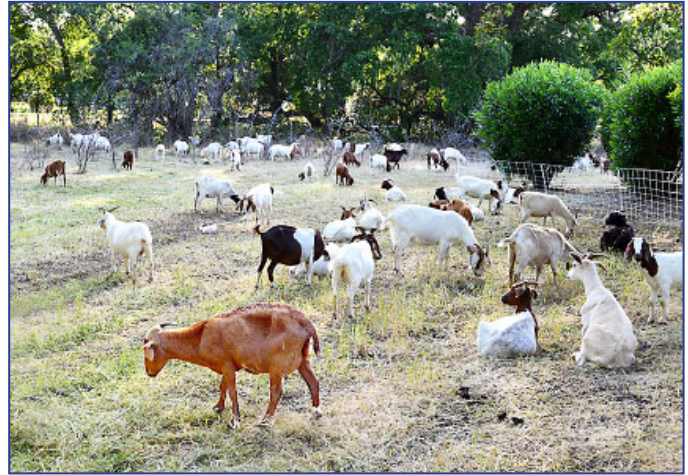
An inspiration to drag out baking tools to make cobblers, pies, or shortcakes. Nature's gifts become kitchen fragrances no other ones can make. So happy I have come here to make my life's retreat. To live in an area that in a short time will produce this miraculous feat.

—Joanie Cloughesy

# The Goats Are Here

Yes, the goats are here again and will be for a while since they have to clear the entire area overgrown due to wet winter weather. For those of you who are new to the attack of these hairy beasts, I'll provide a little history.

As most of you know, the creek that runs through PVE is a "protected area," and we cannot alter it (50 feet on either side of the center line) in any way without proper permission from "the authorities." Several years ago (with proper authorization), our Maintenance crew went down into the creek area to get rid of overgrown foliage. Little did they know that much of that foliage was poison oak. They learned it shortly thereafter when they all broke out in red rashes. Conclusion: Don't send the Maintenance crew into the creek area ever again.



So how do we clean out the creek when it's overgrown? The goats! Goats can eat poison oak without suffering any apparent problems. Thus began visits by these interesting animals.

If you have had a chance to see them during their visit this year, you have likely saw them eating, eating, eating. They eat pretty much anything and everything, including low hanging leaves of trees. Some goats actually climb up into the trees to get this favorite meal. This year, we have fewer goats so the job may take a little longer than in prior years.

Viewing the goats has become an extracurricular event for many residents. Adding to the joy is the surprise arrival of two new "kids." These cute little ones will grow up to be grass-mowing machines like their mamas.

Will the goats be back next year? That depends on how much our grass and weeds grow over next winter. Let's hope for another rainy winter (for many reasons), and perhaps we will see the goats again next summer. In the meantime, enjoy these pictures of the new arrivals.

—Bruce Bartels

## The Goat and the Tree Leaf

I want that tree leaf!  
I want them all!  
Tempting from up above  
But I'm not that tall

I'll climb up that tree  
Aren't I smart?  
But that goat jumped ahead of me  
That glutinous tart

The grass is sweet  
It will do just fine  
But tree leaves taste better  
Like chocolate sublime.

That limb, full of leaves  
Is hanging quite low.  
If I stretch up on my hind legs  
Maybe I'll grow?

My hooves reach high  
I'll try one last time  
Almost, almost . . .  
That leaf is mine!!!

Chomp.

—Sharon Goldman





# Up and Running

As a longtime (40+ years) and somewhat compulsive middle-distance runner, jogger, and fast walker, I was concerned enough about the availability of treadmills at PVE before moving here to bring the one I had just in case. But I didn't need to have done that after all.

There were two treadmills in the Rec Center and one in the Power House, and I never had to wait to use one. Even better, no one set a time limit on how long I could use one, and there never seemed to be anyone waiting for me to finish so they could use it. This was terrific.

Then, one fine day, I heard about the Refresh Project and plans to take the equipment from the Rec Center so it could be replaced with newer models, move the Power House equipment to the refreshed Rec Center, and move the Clinic to the old Power House space. In the meantime, though, what about access to equipment? PVE was talking about at least a couple of months of disruption.

Naturally, I emailed Jan Olson, who quickly reassured me that there would indeed still be a treadmill available. It would simply be moved from the equipment room in the Rec Center to the entry corridor. And it was, and it was fine.

The author



I kept tabs on the progress of the project as walls came out and new outlets, fans, and the java/juice bar were installed. Lovely new flooring was

laid, and walls were painted. It was all going to be beautiful and welcoming.

After several weeks, I noticed that new equipment was being delivered, including three state-of-the-art treadmills. I waited and watched until one lovely morning, when I went behind the curtain and saw that the yellow and black tape had been removed from the cardio machines. They were

in place and practically begging to be used. Best of all, Jan was there with Lulu Gamble and Janice Alagao, and they invited me to take one for a walk. Some things don't need a second invitation!



It was wonderful. The treadmill had a big touchscreen with 20 apps to choose from, preprogrammed workouts, and straight running and walking. It had a fan with three settings and was Bluetooth compatible. What more could I want?

The soft opening for the cardio zone in the newly refreshed Fitness Center was held May 8. Many thanks to Jan and Adam for training. The Power Zone will be up and running soon, and the last step will be the new roof for the pool, which will take several weeks.

Jan says there'll be a Grand Opening celebration for our new Fitness Center. I'll be there and hope to have a lot of PVE residents join me.

—Alice Brill

## AFJROTC Honor Dinner

Ken and Jeanne Mackie recently hosted an Honors Dinner for four cadets who have excelled in Fairfield High School's Air Force Junior ROTC program and their assistant instructor. Residents were able to greet the cadets in the Dining Room in this PVE tradition, which has resumed after a long break due to COVID. Shown left to right are Jeanne Mackie, Master Sergeant Michael Occiano, and Cadet / Master Sergeant Anakin Hanson.



# Arts Group Improving the Social Fabric of PVE

Why is there an Arts Advisory Group (AAG) at PVE? How long has the group been formed? How did the group begin? What can we expect to see in the future? These and other questions have been asked about the group known by AAG.

PVE management inaugurated a “task force” in May 2020 to refresh the Community Center. Senior Director of Engagement and Compliance Lisa Coe led the task force and recruited PVE residents to assist and advise. The first task accomplished with the refresh was the mid-section of the Community Center. Warner Design Associates led identification of design ideas.

The AAG evolved from the original task force when the piece chosen by a decorator for the entry into the Community Center did not reflect the type of greeting the group hoped to achieve. While choosing an image that would reflect the ambience and culture of PVE, the task force members realized that a more-structured organization was needed.

The initial effort was conducted via a charrette, a type of participatory planning process. Once the group was formalized with a mission statement, procedures, and a memorandum of understanding with PVE, the first task was to work on the Community Center entry. Daniel Mundy was commissioned, and *Into the Hills* is the result. Across from the painting is the Founders’ Plaque and a bench on which to sit and enjoy it.

Since Warner Design Associates had worked with PVE in 2020, it was considered for artwork for the 6000 area. The designer submitted two pieces as samples for the Creekside Cafe, each costing about \$1,700, but AAG advised that the pieces were too institutional-looking and were not appealing.

Since then, AAG has worked with management to provide decor in all of the public spaces in the

6000 area (more than 70 pieces), updating pieces already there and working with the Shutterbugs and Puzzle People for new ones. The Dining Room in the Community Center and Rawlinson Hall have new looks too. The theme for the Dining Room is “Nature in our northern California parks.” Music is the theme in Rawlinson Hall. A side note about the lithograph in Rawlinson Hall is a wonderful story about the model for the painting, who is the mother of a former resident. Can you guess whose mother?

Next will be focusing on enhancing the walls in the Health Center, especially Laurel Creek. Stay tuned.

—Sally Gripman

## Summer Breeze from Quail Creek

Well, summer is approaching, and the goats are here to mow down our weeds and fill their bellies. I’m sure they won’t mind if a few residents stroll down to watch.

### Some June highlights

- We kick off the summer with Kevin cooking a spectacular lunch for Quail Creek residents.
- On Father’s Day, we will have Happy Hour with entertainer Gene Resler.
- Wesley Low, whose parents were Quail Creek residents, will share a National Park slide show with us.
- Betty Stack’s daughter, Kathy Davis, will prepare lunch for us to enjoy on her beautiful patio.
- We will continue our Monday trips to shop and just ride.

- We will make another trip to the Glory Hole at Lake Berryessa since the road was closed last time we went.
- We are planning a scenic drive to Dixon for lunch at Dawson’s Bar and Grill.

—Monique Rogers

## A Squirrel’s Plea

If I were a squirrel living at PVE,  
I’d want a much greater variety  
than just acorns from the cork oak tree.  
What about some pistachios? How great that would be!  
Add some hazels and almonds, too. Oh, yum, yum, yummy!  
I’m tired of a diet of only cork oak acorns! Don’t you see?

—Rosanne H. Kaufmann



## The Aviator Lands on the Flight Deck

Have you seen an unusual sculpture on the Flight Deck and wonder how this piece, entitled *The Aviator*, came to be here? Well, you can thank the PVE Arts Advisory Group, which purchased it from its creator, a local, nationally recognized metal sculptor named Phillip Glashoff. He resides at Glashoff Sculpture Ranch in Suisun Valley near Fairfield. Cattle, a donkey, and llamas still graze on this ranch, which has been in the Glashoff family for four generations.

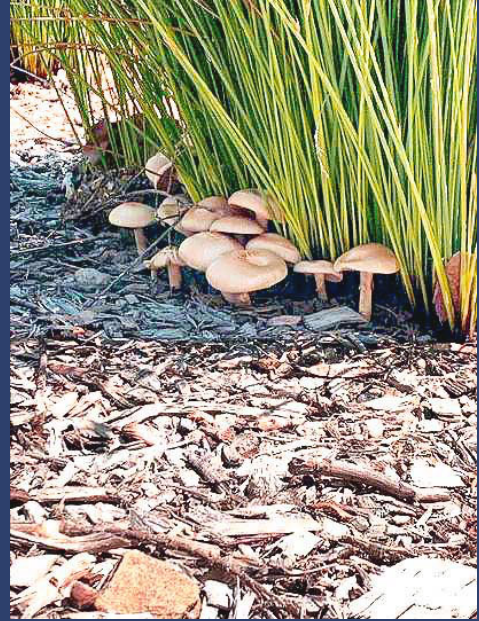
After studying agriculture at Cal Poly San Luis Obispo and earning a degree in pomology (the science of growing fruit), Glashoff spent the next 14 years working for Nut Tree in Vacaville until it reorganized and eventually ceased operations. While at Nut Tree, Glashoff was ranch, greenhouse, landscape, and special event manager. The Nut Tree's annual Great Scarecrow and Pumpkin Patch contests were his idea.



Glashoff's life took a different turn when he decided to focus on his true passion: metal sculpting. For more than 40 years, he has been fabricating fanciful sculptures of steel and other metals. He began by recycling abandoned metal materials on the farm such as fire extinguishers,



## Photo of the Month



Look! There's a fungus among us! We had a bumper crop of mushrooms in our front yard this spring. I thought this cluster was particularly pretty.

Photo by Carol Voellger.

compressor covers, and motorcycle tanks. Most of the material used in his pieces consists of recycled metal objects.

Glashoff also began a project to adorn the wine country "Loop" (Rockville Road to Mankas Corner and Suisun Valley) with custom-designed mailboxes, further enhancing that unique area. *The Aviator* is not the only Glashoff sculpture at PVE. You can see more examples of his work: Tiny Dancer and Butterfly Girl at the front entry of 4032 Constitution Avenue and Whoopi the Flying Wine Goddess and Giselle the Ballerina on the balcony of 6404 United Circle. For more images of Glashoff's work, go to:

<https://visitfairfield.com/the-glashoff-sculptures-of-suisun-valley>.

The Arts Advisory Group is planning a reception in June on the Flight Deck to formally introduce *The Aviator* to PVE.

—Ann Moxley

### Coincidence?

The day the mushrooms appeared  
I found it very weird.  
To most folks' delight  
Cream of mushroom soup  
Was served that night!

—Carol Voellger

# Precipitation at PVE

This will be the final rain report for this rain cycle (July 2022 through June 2023). Warmer days and cool nights make us all believe that summer might be arriving. As we said last month, there can be a few showers in May and June. In fact, in early May, we had a little rain, picking up an additional 0.6 inches to give us a total of 37.2 inches for the year.

To put that in perspective, consider the past five years. We received 37.9 inches in 2018/19, only 15.4 inches in 2019/20, and 10.95 inches in 2020/21. Last year, we had 25.6 inches. So, you see that the gods can be quite variable in how much rain they sprinkle on PVE. By the way, average annual rainfall for Fairfield is 25 inches.

With the enormous snow pack this year, we will have plenty of water in our reservoirs, which will allow the state to provide more water to farmers. Unfortunately, they are expecting so much run-off that farmers in the south-central valley of California are worried about flooding. As Morton's Salt once said, "When it rains, it pours." Of course, they were talking about salt.

Let's take a final look at the reservoirs that serve PVE. Lake Shasta is at 97.8% capacity, Lake Oroville is at 95.8% capacity, and Lake

Berryessa is at 86.4% capacity. Wow, what a good rain year can do. It's too bad we don't have enough reservoirs to store all the run-off from the mountains. Much of it will run out to the ocean.

Well, that's it for this year. We are putting away the rain gauges until fall and going fishing.  
—The Rain Guys

## Summertime at Willow Creek

"Do-nut Worry, Be Happy in June!" Let's all Go Nuts for Doughnuts and so Do-nut miss June because June is a slam dunk for NBA finals. June 2nd is National Donut Day. What kind of donut are you?

Willow Creek will start the day with hot coffee and fresh donuts along with exercise and current events. The topic for Let's Talk will be resident's favorite donuts and a donut test.

Summer means happy times and good sunshine. This month, we celebrate Flag Day on June 14 and Father's Day on June 18. A special *Thank You* and *Happy Father's Day* to all the men of Paradise Valley who have been so caring and supportive to all of us. On June 20, we will head to It's It ice cream factory, enjoying a nice ride and a mini picnic at Suisun Marina.

On June 21, summer officially starts. In collaboration with the Laurel and Willow Creek Wellness teams, Dining Services, and the nursing staff, we will hold our annual BBQ with delicious food plus music.

Daily activities will be in full swing – gentle exercise, mindful movement, chair volleyball, hallway hockey, gardening class, sensory stimulation activities, Mynd VR, chair yoga, karaoke, and current events. Plus a live concert with Kendall Osbourne with our Happy Hour celebration the first Friday of the month. Thank you all for supporting our Willow Creek residents.

*The power of a dad in a child's life is unmatched.*

– Justin Ricklefs

—Adrian Quinones

## Americana Trivia Answers

1. Trick question. Days are 24 hours long no matter where you are.
2. Sacramento. The further north you are, the longer your daylight time during summer months. Go far enough north and you get months without any night at all.
3. True. There were only 10 months and June had only 29 days. Julius Caesar changed all that in 46 BC when he created the Julian Calendar.
4. The gas-driven automobile. Life hasn't been the same since.
5. Alexandrite, moonstone, and pearl. Pearl is the main stone.

—Your Patriotic Committee

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## Delayed 25<sup>th</sup> Anniversary Concert Worth the Wait

While presenting a preview of its Gala performance, Solano Winds Community Concert Band created almost more joyous volume than Rawlinson Hall could hold. Celebration of the band's 25th anniversary had been delayed three years due to COVID restrictions that prevented the 60 band members from performing. Director Bill Doherty credited various small ensembles within the band for providing pop-up concerts during that time. Four of them were featured to start our program.



The saxophone quartet offered *That's a Plenty* by Paul Nagle, followed by the flute choir's *Five Sincere Expressions* by Satoshi Yagisawa. When introducing the brass quintet's *We Don't Talk about Bruno*, Doherty noted that it was written by Lin-Manuel Miranda of *Hamilton!* fame for the Disney fantasy *Encanto* that some residents might have seen with their grandchildren. The woodwind quintet finished the first part of the program with polka, waltz, and rumba movements from Denes Agay's *Five Easy Dances*.

Honoring the coronation of King Charles III, the full band performed the *Crown Imperial March* by William Walton, which was performed in 1937 when George VI was crowned. That grandeur was followed by the slapstick levity of *Pie in the Face Polka*, which was written by Henry Mancini for movie *The Great Race*.

Chris Hulett, who plays tuba in Solano Winds and has a doctorate in musical conducting, led the band in an especially moving rendition of *Amazing Grace*.

PVE's own Liz Wildberger was presented with a bouquet for her 20+ years as the "Voice of Solano Winds" before the band performed

*American Salute* by Morton Gould and *Beguine for Band* by Glenn Osser.

The rousing finale of *Stars and Stripes Forever* patriotically brought the PVE – Solano Winds partnership full circle. It began when Doherty volunteered to play *Taps* at our first Memorial Day ceremony. To continue PVE's sponsorship, Dick Feaster presented Solano Winds with a check for \$2,500 from the Resident Council.

—Carol Moore

## "In Betweeners" Shared Rivalries and Love

Aside from living at PVE with its own beauty, we are also "in betweeners." We live halfway between Sacramento going east and San Francisco going west. And this brings us to a special professional basketball story.

The Sacramento Kings were a special surprise this year. Their new head coach had been an assistant coach for the Golden State Warriors. The team's previous record had been somewhere between mediocre and awful. But this year saw them win more games than any other team; their new head coach was named "Coach of the Year."

The Warriors had won four recent championships, including last year's. Their super-super star was Steph Curry plus they had several members from previous years and appeared to be a shoo-in for another super year. But their wins this year were erratic, and a curse seemed to keep them from winning away games. Curry was amazing to watch; his three pointers and his magic in escaping the other teams' defensive players were wonderful. They squeaked into the play-offs.

The rivalries moved into our PVE dining areas. With laughter and fun, we would discuss which team would win, and the two teams traded the lead back and forth. It added joy to our meals.

The Warriors won this play-off, but we loved both teams – the young bunch in Sacramento and the old pros in San Francisco. As fans, we could be glued to watching every second of the games or casual, just checking on the scores periodically. We sure enjoyed being the "in betweeners."

—Claudette Brero-Gow

# LeadingAge Conference Brings Insight to Challenging Issues

LeadingAge, a community of nonprofit aging service providers and other mission-driven organizations serving older adults, is all about communication, education, innovation, public policy, and sustainability. It provides leaders at resident, management, and board levels with an overview of current issues in the field of senior housing, trends affecting those issues, and what others are doing to deal with them. It also provides continuing education for management and staff to satisfy California's requirements to maintain job certifications and competencies current as regulations change. It provides leadership training to prepare employees for career advancement and supports technology development to make life better for seniors and to reduce costs. It provides a platform for senior housing communities to join in lobbying for legislative improvements at the state and federal levels. LeadingAge provides a forum for discussing trends in labor, finance, laws and regulations, and resident interests and needs. These discussions help residents, management, and directors understand forces changing the senior housing environment and what is needed

to maintain PVE's viability.

Here are a couple of highlights of the recent conference attended by members of management, the NCROC board of directors, and members of the Resident Council. We will try to bring you more information from the conference in Town Halls and Coffee with Council meetings over the next few weeks.

Labor was perhaps the most significant topic discussed by several presenters. Finding people to do everyday maintenance, caregiving, and dining services is expected to be increasingly difficult. Soon, people in the United States over the age of 65 will outnumber people under the age of 20. Thus, there will be more demand for workers in places like PVE but fewer workers available. The shape of the workforce also is changing. There will be more college-educated workers and fewer workers who have the trade skills needed most by communities like PVE. Younger-generation workers expect different things from workplaces and employers than earlier generations. Therefore, recruitment and retention will be more difficult, requiring changes in the work environment and benefits that could seem foreign or unreasonable to residents. The changes will require new attitudes and approaches from both management and residents. Otherwise, there will be even fewer workers available for senior care.

Single site nonprofit communities like PVE are declining in number as operating costs increase. Some have been sold and become for-profit rental properties. Most have combined resources through mergers or affiliations, reducing their overhead costs by sharing "backroom" staff members, expanding the total number of independent living units, and adding new services that are more cost-effective when offered jointly.

Several of the most successful communities shared their successes and failures at the conference. The lessons learned will guide management and the board as they seek to squeeze overhead costs to make PVE more comfortable and affordable for us, our children, and our grandchildren.

—Bob Epperson

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