



A Letter From Lucy

I know it is coming but every year it sneaks up on me. There I am, basking in the warmth of a fairly successful Thanksgiving. The turkey did not implode, the gravy only slightly resembled wallpaper paste and there were hardly any family arguments about whether we should have raisins in the dressing or not.

You can see that I was not prepared for this next onslaught called Christmas. Funny thing is, as far as I can recall, this day has always occurred on December 25th. But as Martha Stewart would, I plan for an epicurean dinner for family and friends. Well, truth to tell, I find myself so shocked by coming events that I do what comes naturally ... I panic. I hit the stores, snatching items wildly, standing in long lines and growling at the little children who get in my way. This must be what they call the "Christmas Spirit" because apparently the rest of the world is doing the same thing.

And so, with thoughts of peace on earth and joy to all I will celebrate another Christmas. I will forgive it for coming so unexpectedly and greet the day with bravery and aspirin.

Joy to the world, Lucy

Make Up Your Mind Day

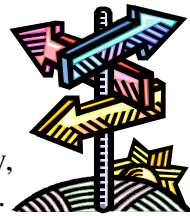
By Ruth Van Wyck

It has been ordained that December 31st is "Make Up Your Mind Day." We do not know who originated this special day (probably a member of the Procrastination Group!) but we are sure they did so with serious intentions.

This is to be a decisive day. All during the year you may have put off making final decisions about one thing or another. Now you have a day to clear all this up. What a good feeling to put all those indecisions behind you and start the new year with a clean slate.

Should you take that trip to Zimbabwe? Or not. Should you drive your car another year? Or not. Should you promise to be nice to your daughter-in-law? Or not. You see? There are so many important decisions that you have avoided all year and now you have a special day to resolve these issues.

Do not procrastinate! December 31st is your "Make Up Your Mind Day." Make the most of it and have a happy, guilt free new year.



Answer to Secret Santa: Our secret Santa is Ben Widmer, of the South Villas. Look for him again this year. He will be the one in the red suit.

Around La Costa Glen



Photographer **Bix Smith** found **Betty Benson** knitting with the Tuesday morning Busy Needles group in Lakeside. They make hundreds of baby caps for Tri-City Hospital. Thanks ladies!

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Volume 9 Issue 12



December, 2011



We are so lucky to get special visitors at the holidays, like these Girls Scout carolers singing to resident **Laurie Davis**. Look for these groups on Dec 4th, 7th and 15th.

December 2011

By Jim Raymond

December is a very busy and hectic month, acknowledged by its designation as "Stress Free Holidays" month. We have memorials, parties, holidays, but a common thread in all these celebrations is the miracle of life. There are many examples we might be familiar with such as sacrifice in combat, the gift of organ transplants and the miracle of childbirth.

One LCG story is about an organ transplant donation. It is a magnificent gift of a living donor to a desperate sibling. Our Director of Dining Services **Paula Morse** donated one of her kidneys to her sister a year ago. It is a pleasure to note that her sister is doing very well as we speak. Paula downplays the event, but her courage and sacrifice is admirable.

Another LCG story is the birth of baby Sarah, daughter of **Jen and Brian Krail**, born October 30, 2011. Jen, our Activities Manager, was so uplifted by all of the support she received throughout her pregnancy and especially as the time of Sarah's birth drew near. Maybe it was the fact that it has been so long since residents have seen the daily progress of a beaming, pregnant woman. Maybe it was simply Jen's joyous attitude every day as she marveled at the miracle of carrying her first born.

These are not isolated cases. Perhaps during the Holiday season we can all supplement our individual celebrations with these thoughts of the wonder of humanity. To life!

Holiday Plants and Flowers

By Carole Eibelheuser

What kind of present do you give to a person who seems to have everything? Holiday plants and flowers are perfect...they bring the warmth and colors of nature right into the home. Poinsettias have become the holiday plant. Christmas cactus, also known as orchid cactus, often blooms around the holiday.

In 1989 Jay's mother brought a couple of sprigs of her 20 year old Christmas cactus in a small box on the train from New Jersey when she came for her first visit to our home. She said it would bring us good luck. What Jay planted all those years ago is still with us bringing much pleasure and good memories every November and December.

Holly, ivy, mistletoe and the Christmas rose are popular. Ivy leaves symbolize eternity and resurrection—its leaf has been associated with the Egyptian God, Osiris, and the Greco-Roman God, Attis, (both of whom were reportedly resurrected from the dead.) Mistletoe is a Christmas plant whose origins date back to the Pagans. Druid priests used this plant in their winter celebrations.

One of my favorite gifts to send from a great catalog is the stunning amaryllis. The colors are not only cheerful, but amazing.

Plants and flowers bring joy when chosen in the spirit of the season!



Jay Eibelheuser and his cross-country Christmas cactus.



Christmas Tree Experience

By Betty McCreary

Buying and decorating our 18 foot tree was always a three day event. One day was spent looking for the perfect tree and having it cut exactly 18 feet. Then it was tied to the top of our small car with red scarves hanging at both ends. The tree was immediately put into a bucket of water and sugar and left to rest for a week.

It took all five of us to get the tree into the house. The next day we moved the tree over to the balcony in our cathedral ceiling front room.

We decorated the top third of the tree standing on top of the balcony followed by three of us getting on hands and knees and pushing the tree across the room to its corner. We spent the rest of the day on ladders putting on lights and decorations.

Our most memorable Christmas was when my mother came

to New York from Texas for her first eastern Christmas. She was fascinated watching us decorate the tree. After we finished, we had cocktails toasting the tree. My mother was sitting on the fireside bench when we heard a desperate howl from our cat. We looked up to find him at the top of the tree. Before we could get the extension ladder, the fully decorated tree, with the cat, came crashing down. For a moment my mother looked stunned and then calmly said, "Oh, that was interesting." She then had another sip of her cocktail.

The tree missed all six of us, the cat lived and, after a quick trip to the store to buy six dozen new decorations, we started the routine all over again.

Obviously, the cat was relegated to the basement.



Santa Claus is Here

By Orpha Cade



You haven't met a real live Santa Claus or a Saint Nicholas until you've met **Vic Freudenberg**. Vic, a former Marine, now 91, has enjoyed serving as both since 1958 or for more than 50 years, and he still hangs on to his terrific costumes. A pillow is a problem solved for this tall, lean man.

Over three generations, Vic has appeared as Santa for many groups of young children, among them Boys and Girls Clubs. As St. Nicholas, he enjoys giving foil (chocolate) coins to each child. One of his favorite experiences was visiting abused women and children at Casa de Amparo in Oceanside when he gave very special gifts to each child. One little girl said, "We want to give a gift to Santa. He deserves a gift and we can't forget him, 'cause he never gets a gift." Vic still treasures the little stuffed animal given him by this group of appreciative children.

Holiday Odds and Ends

By Carole Eibelheuser

- The first president to decorate the White House Christmas tree was Franklin Pierce.
- Germany made the first artificial Christmas trees. They were made of goose feathers and dyed green.
- Electric lights for trees were first used in 1895.
- The first Christmas cards were vintage and invented in 1843.
- "Rudolph" was actually created by Montgomery Ward in the late 1930s for a holiday promotion. The rest is history.
- If you received all the gifts in the song "The Twelve Days of Christmas," you would receive 374 gifts.
- More diamonds are sold around Christmas than any other time of year.
- Hanukkah can fall anytime between the middle of November and the beginning of January. The exact dates are decided according to the Jewish calendar, which is Lunar-based. The 8-day holiday starts on the 25th day of the Jewish month of Kislev.
- The candles used for lighting the Hanukkah Menorah are supposed to burn for at least half an hour after the stars come out.
- It takes 44 candles all together to observe all the light nights of the Hanukkah festival.



- Some people claim that the dreidel games originated when Jewish children were not allowed to study Torah. If an official came along, they would quickly pull out their toys and appear to be playing a game.

HALLOWEEN FUN!



BOO!

Oh no! It's a Fruitcake!



Come to the Glenaires' Holiday Concert on December 13 at 2 PM in Catalina Hall. Enjoy an assortment of seasonal songs, and learn more about this fruitcake...

Delivering Cheer to Carlsbad Seniors

By Orpha Cade

What could be sweeter than to receive a rose on Christmas Eve? Last Christmas 346 volunteers delivered a rose to seniors in many senior care facilities.

Thanks to a charity that started in 2004 when a father and daughter began delivering roses to seniors on Christmas Eve, it has blossomed each year into a large scale effort. Volunteers are given one of 25 or more facilities to drive to and deliver roses, which are donated by Karen Lindsey and Dave Walker of Avista Technologies, Inc., San Marcos. Each rose supplied is dethorned by Bob Echter at Dramm and Echer, Inc.



Last Christmas **Jim and Grace Raymond** were among the many volunteers bringing the joys of the season to lonely seniors. You will find the kind of holiday spirit you enjoyed as a child if you volunteer for this worthy project. Please e-mail Lisette4effect@gmail.com.

December Day Trips

Thursday, December 1
Balboa Park/Fashion Valley
Skipper Trip
10:00am—4:00pm
A day of shopping or museums.

Friday, December 2
San Diego Holiday Arts Festival,
Del Mar Fairgrounds
12:00pm—4:00pm
Shop and enjoy crafts from over 200 of America's best craftspeople.

Wednesday, December 7
Nixon Library docent tour
with lunch
8:30am—3:30pm
Tour this fascinating presidential library in Yorba Linda. The grounds also feature Nixon's presidential helicopter and birthplace.

Thursday, December 8
Pala Casino
Skipper Trip
10:00am—4:00pm
A day of gaming. Lunch on your own.

Thursday, December 15
Map and Atlas Museum of La
Jolla tour
Skipper Trip
1:30pm—4:15pm
This museum features maps that span 500 years and are from all over the world. A docent will lead the tour.

Friday, December 16
"Holiday Pops" at San Diego
Symphony Hall
6:45pm—11:15pm
Guest singer John Pagano sets the season aglow with a host of memorable yuletide tunes. Also appearing is the San Diego Master Chorale and Mariachi Champana Nevin.

Tuesday, December 20
"Jesus Christ Superstar" at La
Jolla Playhouse
1:00pm—5:15pm
This is new interpretation of the groundbreaking rock opera that reinvented musical theatre for the modern age.

San Diego Hospice

Contributed By Suzie Dunk

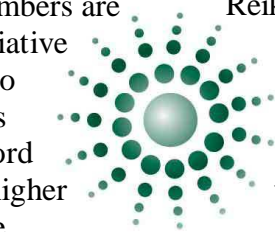
Are you aware of another wonderful and unique asset we have right here at our Health Center? San Diego Hospice leases 12 beds and provides outstanding hospice services.

Hospice staff members are THE experts on palliative care. They are able to get severe symptoms under control in record time and provide a higher level of care because of special training and the ratio of staff to patients. There are never more than six patients per nurse 24 hours a day. During the day there are also two nurses aides and a unit clerk on duty. Patients receive daily visits from an M.D. or nurse practitioner who can write orders.

Social workers and a chaplain visit almost daily. San Diego Hospice also provides volunteers who have been carefully screened. Those who give haircuts, massages, healing touch, Reiki, pet therapy, etc., must supply proof of specialized training/certification.

While there are several other hospices that provide excellent care, San Diego Hospice is the only one in our area that has an in-house facility for patients who are in crises. Once stabilized, the patient can return home or if they are at the end of life can pass away comfortably and with dignity in a serene, loving atmosphere.

We at La Costa Glen are very fortunate to have this extraordinary option available in our Health Center.

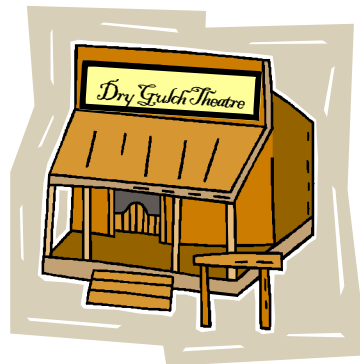


SAN DIEGO HOSPICE

Our New Year

By Marian Goe

Our New Year promises to be a most exciting time with new plans in progress for another fine show by our very own theatrical cast of La Costa Glen residents. You will want to mark the following dates of March 1, 2, 3 and 4 on your 2012 calendar. Rehearsals have been under way for the new production entitled, DRY GULCH THEATER. Resident Dan May is the writer and director. Put another notch in your Colt .45 handle, shine up your boots and be ready when this show comes our way!



Family Portrait Tree

By George L. England Sr.

In May 2007, as a widower, I moved into a new home in Avilara. My children and I decided to make Christmas tree ornaments by using small, decorated picture frames. We cut out and inserted 28 pictures of our family including all children, spouses, grandchildren and one great grandson. We bought a nine-foot Christmas tree and decorated the tree with the pictures, older ornaments and garland with a star on top.

I brought the tree and ornaments with me when I moved to La Costa Glen in April 2009. A few months later, I married Magali. In planning our first Christmas together, we had to cut one foot off the Christmas tree in order for it to fit in our unit. We also had to add 21 more picture frames for Magali's children and their spouses and children. By that time, two of my granddaughters had little babies, adding a few more faces to the tree.

Our fabulous tree has 49 pictures with one more on the way!

This Christmas we will add one more picture for a new great-grandson in Australia. The tree will be a beautiful portrait of our family.



An Interview with Santa Claus

By Ruth Van Wyck

As we sat before a roaring fire in Santa's snug little cottage and as this remarkable gentleman told me of his work, I realized that there is far more to this man than all the old legends have told us.

Here is a person of great imagination and the management skills to make his dreams come true. For example, who else would think of training 8 tiny reindeer to be as fast as the down of a thistle? These eight little fellows are quick to move on command and were responsible for Santa's amazing trek around the world.

Then there are all the toys. As I asked Mr. Claus how he managed to create so many beautiful objects, he slyly tried to sidestep the question. I could see he was being secretive so I persevered and eventually I found out that there were a great number of

elves diligently working in a huge barn behind his house. I had hoped to be invited to observe this exciting place, but Mr. Claus was obviously turning our conversation in a different direction.

Finally, with a chuckle, Santa told me how difficult it was to slide down chimneys. He laughed as he patted his round little belly and said Mrs. Claus had to put him on a rigorous diet in the months prior to Dec. 24th. But in spite of his diet, in spite of his rigorous work schedule and in spite of an occasional obstreperous reindeer, Mr. Claus remained hopeful and excited about yet another flying trip around the world.

As I left his little cottage I could swear I heard his cheery voice saying, "Happy Christmas to all and to you a good night."



We will celebrate Hanukkah on two special nights:

Tuesday, December 20 or
Thursday December 22

In the San Simeon Room
of the Fairway Clubhouse



Reservations are required. Please call 1417





Hard working residents wrapped over 3,000 packages for the troops.

Remembering Our Soldiers

By Les Tenney

**The soldiers in Afghanistan, can't see your ribbons,
Or the flag at your front door.
Can't hear your loyal support
Or the prayers you've said before.
But a letter or a package,
That they can hold in their hands,
Would mean so much more to them,
Just knowing you understand,
That our thoughts and prayers are with them,
In the fighting of this war,
And the little gifts we send them,
Which we never did before,
Shows that we have faith in them,
To keep our country free,
In spite all the controversy,
They're there for you, and you, and me.**

Each table wrapped one type of gift, such as DVDs, socks or lotion.



Gift Wrap Coordinator
Sandy Wiener



Jean Davis, Andy Chithea and
Norma Kerner



Gwen Langland and Lyn Allen



Fran Swenson and Rosemarie Hamm



(L-R) Kermit Davison, Ruth
Bradley and Tony Goskowitz

Resident Emergency Packs

By Jim Raymond



(Standing L-R) LCG Safety officer Tina Timonian, Peggy Smith, George Evans, Safety Committee Chairwoman Carolyn Lawson and (seated) Faye Eisen.

In the past several months we have featured the critical aspects of our health and security here at La Costa Glen. We have interviewed Kevin Clark, the Carlsbad Fire Chief responsible for our outside emergency services, and Glen Thomas, the La Costa Glen head of the Safety Department. This month is a review of the Scripps Encinitas emergency services written by Jeannette Bowers (also on this page). These represent the three critical legs of our Safety Triangle.

In addition, the LCG Safety Committee, under the direction of Carolyn Lawson has negotiated the acquisition of comprehensive packs for the purchase and use of our residents. The purchased packs were distributed during November.

A Visit to the Scripps Encinitas Emergency Room

By Jeannette Bowers

Everyone dreads the thought of going to the emergency room—the wait is too long, someone who came after your arrival is seen before you, etc. Well, that has changed quite a bit at Scripps Encinitas Hospital. Formerly, your visit started with admission information, name, age, address, etc. Next stop was the triage nurse to determine by the symptoms presented how fast one had to be seen.

Now a new system has been started that is much faster than the old triage system. One is immediately seen by a nurse who determines by questioning and observation into which group one will go. The more serious patients, those life-threatening, who need such care as immediate monitoring, go into the “Blue Area” while those not so threatened go in to the “Gold Area.”

The patient is seen at once by a doctor and a registered nurse and treatment is started with an intravenous, then the wait begins.

The admission information is gathered after this routine. After about thirty minutes, the waiting room is empty, ten to twenty minutes has been saved. The average number of patients seen each day is 120-130. This new procedure was started in Arizona and has been adopted almost nationwide.

Just outside the immediate area are increased staff and equipment for a quick diagnosis such as blood work, x-rays, CAT scans, MRIs, and a neurology department with capabilities to administer medication and techniques for strokes and aneurysms.

Doctor Eric Lovell, chairman of the emergency room, is most pleased with the new procedure that saves time and “patients’ patience.” He included that the emergency room staff has routine disaster drills, including setting up tents, to operate outside if the need occurred. He ended our conversation with a reminder to be sure to have a flu shot.



The contents of the pack (for one or two people) include medical and hygienic supplies, emergency food, survival gear (poncho and blanket) an emergency radio and lights, duct tape and scissors for repairs, a whistle and a pack of playing cards. We appreciate the thoughtful and considerate action on the part of our Safety Committee.

Secret Santa



LCG has another resident Santa. Can you guess who this is? (hint—it's not Vic Freudenberger) Answer on back page.

Carlsbad Mayor Matt Hall

By Jim Raymond and Bixby Smith

On November 9, 2011, we had the pleasure of interviewing Mayor Matt Hall in his office in City Hall. We found Matt to be very hospitable and enthusiastic to share his views of the challenges in the future of the City of Carlsbad.

Matt is a native Californian, born in Vista. He was to embark on his career when he was drafted by the U.S. Army for duty in Vietnam and was wounded in combat. Returning home he was anxious to get to work, so he and a partner started their own business. With his business, marriage to Phyllis and evolving family, he has been settled in Carlsbad since 1970. However, the lure of involvement in the City government could not be resisted, and he's been continuously involved since his first committee membership in 1976. He was elected Mayor in November of 2010.

In our discussion, he clearly expressed a positive view of Carlsbad; acknowledging

that we are currently in an era of opportunity embedded in challenges, and the era of big spending and rapid growth must be replaced by a new model. He clearly communicates a desire to communicate to the residents of Carlsbad, including those of La Costa Glen, and offered this greeting: "I look forward to serving and I will only be a phone call away (760-801-8055)." He believes that the role of city government should be to "respond and empower the people" with the dominant theme of "service and not control."

Matt is very interested in communicating with La Costa Glen residents in meetings, which could be either large or small. Particularly he's looking forward to a presentation of the 2012 Carlsbad City Plan at La Costa Glen early next Spring. We thanked him and wished him well.



December Display Cases

Contributed By Michele Chaffee

For the month of December, Lakeside will display a most unique collection of "art quilts" crafted by the niece of resident **Ann Torrey**. The quilt artist, **Ann Loveless**, produces miniature fabric quilts that look just like paintings. They range in size from 4"x 6" to 13"x17". They are exquisite in detail and must be seen to be believed and yes, they are all quilts!

Ann Loveless lives in Michigan and found her calling in the art of landscape quilting when she combined her love of textiles with her love of art. Most of her designs are inspired by nature and beautiful lakes and woods of northern Michigan, however there is one piece of the Carlsbad Flower Fields. Her techniques include Confetti (mosaic like, fusible appliqué), Impressionistic (layered fabrics under black tulle) and Collage (fusible web appliqué with free-motion stitching.) She has won many awards for her art quilt pieces.

In Fairway, we will feature the display of La Costa Glen heritage photos taken by **Kirstin Oates**, who has been with Human Resources Department for ten years. This photo collection was on display last month in Lakeside.

Kirstin created a theme for each shelf—some mark big events, such as the Fairway Grand opening, and some are simply beauty shots of the flowers and landscapes around us.

Get out and see these great displays this month.

Legally Blind

By George L. England Sr.

The phrase "the blind leading the blind" is usually used in a negative form; however there are instances where this does not apply. For example; when I board a bus every Tuesday morning at 8:00 a.m. and arrive at the San Diego Institute for the Blind in Vista, I start my day off knowing how to cope with my condition. Several of the instructors here at the Institute are vision impaired with guide dogs. This is where the old phrase becomes positive.

This is a four semester course where many things are taught, such as how to fold money, thread a special needle, arrange your wardrobe, laundry and cooking, etc. They also teach how to develop a healthy attitude towards the way you live and associate with your environment. I find this very exciting and helpful in my everyday living. Other residents who have vision impairment should try and take advantage of this opportunity.

A Cold War Christmas

By George L. England Sr.

Walter, a West German national, stopped at the U.S. Army office of the Fifth Corps, Frankfurt, Germany, and invited any G.I. to celebrate Christmas with his family. I said yes. Walter picked me up Christmas Eve on a motor scooter. It was cold and snowing and we drove to Wildflikin, which was on the border of East Germany.

We arrived at Walter's home two hours later and I met his

Labor of Love

By Marion Goe

This year our La Costa Glen residents are in for another treat when they view the dollhouse that **Joan Chitica** calls her "labor of love." She is indeed an artisan, with many years of experience in wood crafting, who volunteered to assemble the dollhouse that will become a fundraiser for our Camp Pendleton Marine families. She has acquired the help of **John Morris**, and **Marcie and David Dana** who have become part of this co-op effort.

Joan was intrigued when she realized the dollhouse was almost the image of the farmhouses that she admired and remembered as a child growing up in Ohio.



She has set up shop in our very own La Costa Glen hobby shop and up to this point has been working on the project for about seven weeks. **Michele Chaffee**, our very own Activities Director, joined the crew and made all of the furniture.

Joan plans to assemble a turntable which will aid in viewing the house from all angles which has not been used before in previous years. As the holidays approach we all have an incentive to

save our dollars, purchase raffle tickets and support this worthy project. It will be on display alternating between the Fairway and Lakeside clubhouses starting in early December.

wife Astrid. Their home was decorated beautifully with a live tree in the corner. We sat and talked and I told them of my wife and child in the U.S. Before dinner was served, Walter lit the candles on the Christmas tree, which I had never seen before. After grace, Astrid served creamed boiled potatoes and boiled tongue, which was delicious.

Walter told me of his experience in the German Youth Movement. His parents lived in Frankfurt; however, he was located in a Karserne in Frankfurt

during the war. The American army had crossed the Main River and Walter and his youth group were armed and told to go forward to head off the Americans. Walter knew if he went forward the Americans would get him, and if he went back the Germans would kill him. Not wanting to be killed, he went to his mother's home and hid in the basement until the war was over.

Before I went to bed, I made sure all the candles were completely out. It was a wonderful experience.



Cartoon by LCG Resident Jim Dieli

EDITED BY JAY-11-11



Don't you all think that we should at least change our clothes for dinner?