

The Back Page



A Letter From Lucy

O.K. here's the thing. I regularly list all my appointments on my calendar. This calendar is my lifeline. Without it I would be dead. Well, at least all my doctors and dentists would think I was dead.

Well, so now we come to the end of the year and time for a new, clean calendar. Word must have leaked out about my calendar fetish for I have now received seven, that's right, seven 2012 calendars.

Has anyone sent me money? No. Has anyone sent me special discounts or coupons? No. So here I am with seven beautiful calendars and only enough appointments to fill one. Maybe I will fill in all the squares with fake dates so it will look like I am popular. Considering the real-life choices I have, I suspect that a "fake date" might be better anyway.

Now that I think about it, a new year, a new calendar, all those clean and empty squares may make room for new and exciting events in my life. Call me if you want to fill up a square.

See ya',
Lucy



The entire 36-member Glenaires Choir performed a wonderful Holiday concert in Catalina Hall on Dec. 13 with contemporary as well as traditional songs, such as "The Twelve Days of Christmas" complete with props, as shown above.



Welcome New Residents

Carolyn Arnold	S106
Carolyn Berger	C124
J.D. and Joan Crockett	G125
Juanita Davis	S114
June Drazenovich	M306
Julius and Elizabeth Hammerslag	M105
Dolores Rapoport	H229
John Schlecht	H133
Harriet Steele	C136
Allen and Marion Wesson	P316

La Costa Glen Glen Tidings Committee Members

Editor-in-Chief:
Jim Raymond

Assistant Editor:
Carole Eibelheuser

Staff Reporters:
Jeannette Bowers
Orpha Cade
Betty Cortus
George England
Marian Goe
Ruth Van Wyck

Staff Photographers:
Jay Eibelheuser
Bixby Smith

Circulation Manager:
Carole Eibelheuser

Layout and Design:
Michele Chaffee,
Activities Director

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Volume 10 Issue 1

Reflect
Resolve
Renew

January, 2012

The Glen Tidings

Heart to Heart—A Special Day

By Jim Raymond

A charter tradition at La Costa Glen is the annual opportunity for the residents to express their appreciation to the La Costa Glen employees through a monetary gift program. The fund is organized by the La Costa Glen Resident Council. The money is allocated to each hourly employee in both La Costa Glen and the Health Center. The amount of each check is based on the number of hours each employee worked throughout the year. In 2011, according to **George Evans** (Resident Council Treasurer), the total fund was almost \$700,000 which was to be distributed to 573 employees. The gift fund is tax-free.



The Avalon's **Susan Boynton** (R) gets her check and a warm hug from resident **Toby Fink**.

ceive a warm hug or handshake for a receipt. For the employees it was a time to anticipate their joy in sharing their gift for a worthy necessity or to bring extra joy to their family (and perhaps a little indulgence). It was a heartwarming experience for both the residents and the employees.

Kudos to our wonderful staff and our generous residents.



Safety's **Scott Mackie** brought his new baby to share the special day.

To Fall or Not to Fall?

By Jeannette Bowers

So you do not bother to attend balance or strength and stretch classes because you don't believe the classes do you any good - only tire you and give you aching muscles?

Don't try to tell that to our resident **Tony Baggio**. Recently, Tony, a Bocce player, tripped over one of the curbs that surround the court. He was free-falling rapidly, head first. There was nothing to grasp to break the fall, but he didn't hit. His legs did not fold and give way. He contributes his rapid recovery and re-balance to his having attended strength and balance classes since his arrival four years ago.

So learn from one person's experience. Put that core, those abs, pectorals, biceps, triceps and quadriceps to work so you too won't suffer a broken bone. That's no fun.

Happy New Year!

"New Year's Day ... now is the accepted time to make your regular annual good resolutions. Next week you can begin paving hell with them as usual."

- Mark Twain



Another New Year—they seem to come faster every year. The month is celebrated by National Thank You month, which can represent many things, including thanks for lots of football or thanks for the end of football! This month we might think about getting ready for the Super Bowl (February 4) by considering National Cheese Day (January 20) for our party snacks. We note the birthday of Elvis Presley (January 8) and the Chinese New Year (January 23). This is the year of the dragon, highlighting wisdom and power, which will be an interesting conjunction as we consider the candidates for our presidential election in November.

Closer to home, we have National Kazoo Day (January 28) when we can honor our own Kazoo band, and National Puzzle Day when we can enjoy the puzzles distributed through the LCG Libraries (January 28). Lastly, we can celebrate National Backwards Day (January 31) by wearing an article of clothing backwards or writing/drawing with your non-dominant hand. You can also check out a favorite palindrome (a sentence that reads the same frontwards or backwards) such as Madam, I'm Adam.

Whatever you celebrate, the staff of the Glen Tidings wishes you a happy, healthy and prosperous New Year.

Have you noticed that some older folks continue to feel good and stay active well into their senior years, while others appear to age rapidly and experience increased health problems? Positive thinking may play a significant role. Research published in Psychology and Aging, a journal from the American Psychological Association, shows that while genetics and overall physical health play a part in how people age, positive thinking can also play an important role.

According to an APA news release, researchers found a link between positive emotions and the delayed onset of frailty in 1,558 initially non-frail older Americans living in five southwestern states. This was the first study to examine frailty and the protective role of positive thinking.

Frailty was assessed by measuring weight loss, exhaustion, walking speed and grip strength.

The study says that positive emotions (or positive thinking) were measured by how often in the past week participants had the following thoughts:

- I felt that I was just as good as other people
- I felt hopeful about the future
- I was happy
- I enjoyed life

The report said that the incidence of frailty in older adult participants overall was nearly 8% during the seven year follow-up period, but people who scored high on positive thinking were significantly less likely to become frail.

The researchers speculated that positive thinking may directly affect health via chemical and neural responses that help maintain an overall balance. Another possibility is that positive thinking can have a benefit by increasing a person's intellectual, physical, psychological and social resources.

If you get down in the dumps just say this to yourself: A positive attitude causes a chain reaction of positive thoughts, events and outcomes. It is a catalyst ... a spark that creates extraordinary results.



Kazoos in the Holiday Mood... Members of the Kazoo Band (**Wilma Boggs, Kelsey Kirk, and Dale Myers**) smile after performing at the Health Center last month. They are now awaiting National Kazoo Day (January 28)!

PRIORITIES

I asked God to grant me patience. God said, No. Patience is a byproduct of tribulations; it isn't granted, it is earned.

I asked God to give me happiness. God said, No. I give blessings. Happiness is up to you.

I asked God to spare me pain. God said, No. Suffering draws you apart from worldly cares and brings you closer to me.

I asked God to make my spirit grow. God said, No. You must grow on your own, but I will prune you to make you fruitful.

I asked God for all things that I might enjoy life. God said, No. I will give you life so that you may enjoy all things.

I asked God to help me LOVE others as much as God loves me. God said...Ahhh, finally you have the idea.

(This message was shared at a recent luncheon at LCG by Major General Ronald Bailey, Commanding General, First Marine Division, Camp Pendleton.)

Fitness Through Qigong and Tai Chi

By Betty Cortus



One of the very rewarding Fitness Classes at La Costa Glen involves practicing Qigong and Tai Chi, according to resident **Marianne Sieler**. The classes, taught by Filamena, are held on Tuesday afternoons at 2:00 in the Capistrano Fitness Studio.

Qigong ("Qi" - breath of life and "gong" - balancing) is a form of gentle movement that affects the metabolism and blood circulation to build energy. Because it is gentle, slow movement it can be done whether seated or standing. Even those with pain (such as knee problems) have received relief after participation. Filamena is of the school that teaches participation in groups to send energy to all participants.

The slow and deliberate movements keep one aware of what you're doing. Breathing is important and coordinated with the movements. Air is inhaled and exhaled through the nostrils, and the exercise is almost hypnotic.

The half-hour Qigong is then followed by a half-hour Tai Chi class for a somewhat more stimulating experience.

The program is a part of the continuing evolution of the Fitness Program at La Costa Glen. Perhaps in 2012 (the Chinese Year of the Dragon representing strength and wisdom) is the time for our experiment.

Kudos to Busy Needles

The following is a letter received by **Helen Cancellier**:



Please extend our sincere thanks for a fabulous lunch and gift of 600 baby caps from the Tri-City Hospital Auxiliary to all who planned and prepared this event. Mothers and children will be going home in a varied degree of color caps these winter days that you and others of your group knitted. As I returned to the office I noted that our supply of caps had hit a low— not any more, as Santa would say, "the shelves are bulging." We were privileged to have been invited by a grand lady, **Lynn Straub**...she is a super person and will always be remembered for her service and for this grand event. Please share with others and thanks,

Paul Martini, President
Tri-City Hospital Auxiliary

January Day Trips 2011

Thursday, January 5
Balboa Park or Fashion Valley
Skipper Trip
10:00am—4:00pm
 A day of shopping or museums.

Thursday, January 12
Valley View Casino
Skipper Trip
10:00am—4:00pm
 A day of gaming. Lunch on your own.

Thursday, January 12
San Diego Symphony Exposed:
Brahms and Schumann
6:15pm—9:45pm
 Combining lecture and performance, you will hear Brahms Third Symphony and the story behind it

Thursday, January 19
Camp Pendleton Santa
Margarita Ranch House Tour
Skipper Trip
10:00am—12:00pm
 A docent led tour of this historic house on the base at Pendleton.

Friday, January 20
“Ballroom with a Twist” at
Copley Symphony Hall
6:45pm—11:15pm
 A dancing extravaganza created by Louis van Amstel, from “Dancing with the Stars.” It features a cast of international dancers and a pair of “American Idol” finalists as well.

Wednesday, January 25
“Welk Illusions” with Anthony
Hernandez at Welk Theater
6:00pm—9:30pm
 You will be amazed and entertained by the magic of Anthony Hernandez.

Thursday, January 26
Helen Woodward Animal
Shelter Tour Skipper Trip
10:00am—12:00pm
 A tour of this remarkable facility.

Saturday, January 28
“The Lion in Winter” at
North Coast Rep
1:00pm-5:00pm
 A drama of family strife and competing ambitions by playwright James Goldman. It has become an American classic.

Come Fly Away
 By George L. England, Sr.

A Thursday evening several weeks ago, we went on an excursion from La Costa Glen to the Civic Theater to see the musical "Come Fly Away." The show was performed with a live band playing Nelson Riddle's arrangements along with songs by Frank Sinatra. Ballet dancers performed choreography by renowned dancer Twyla Tharp in precision to the music and song. The musical lasted ninety minutes without intermission. During this time, everything was in constant motion.

The only other musical I have seen with this coordination was called "Blue Suede Shoes- a Ballet." This was a combination of music and songs by Elvis Presley and a modern dance troupe with the same precision performance. "Come Fly Away" was received by most of the residents with excitement, memories and a lot of toe tapping. These types of excursions are truly enjoyed. They can make you feel wonderful.



Don't Miss *Dry Gulch Theatre*
 Coming March 1, 2, 3 and 4
 Catalina Hall

Time Passes By

By Bill Zuspan

In the end, life seems too short
 Yet, as the years go by
 At first they seem to never end
 Then they accelerate
 And soon are speeding by.



As we grow older
 We worry about fat, wrinkles, aching joints
 We suffer through illnesses and operations
 We take vitamins, garlic, cod liver oil,
 and the like in hopes
 That we can have a few more minutes.

We try to hold on to that which is
 hurtling by
 Finally we begin to see the futility of it all
 We begin to relax
 We start to accept what is ahead
 Some even look forward to it.

What is important is not what we do
 So much as who we are
 Who we are touches others for an eternity
 All the “things” we leave behind
 Gather dust, mold, rust, sit on shelves
 Or are sold at flea markets
 But the spirit we leave behind
 Is reborn each time someone
 Remembers how we touched their life.

So remember
 Cherish those thoughts of the past
 And build your future
 On what has been given by others.

Resident Council—What Do They Do?

By Ruth Van Wyck

Have you ever wondered what the Resident Council does? First of all, it is the branch of LCG that represents you, the resident. They stand as watch-dogs to maintain the good life we all enjoy.

There are 12 members elected by the residents. There is a Chairman, Vice Chairman, Secretary and Treasurer. Each member acts as liaison to one of the following committees: Food and Beverage, Hospitality, Activities, Health Center, Safety, Disaster Preparedness, Owner/Management, Floor and Villa Rep meeting, Marketing Advisory and Election Procedure.

At every Resident Council meeting the liaison person reports on the action taken at his/her assigned committee. It is from these reports that the Council becomes aware of problems

to be addressed. Both **Darolyn** and **David Armour** attend every meeting and bring the Council up to date on management plans and problems.

As the LCG system is set up, the lines of communication are clearly drawn. The floor and villa reps are in position to hear any and all complaints and suggestions. The Resident Council liaison person meets regularly with these people and hears their messages. Those suggestions are then brought to the Resident Council meeting and acted upon accordingly.

The Resident Council's ability to meet with both management and owners is a distinct advantage in the line of communication.

The Resident Council is a very real and active body representing the residents.

New Council Members Taking Office in 2012:



(L-R) **Lou Bone** and **Janie Howell** are representing the south campus and **Willem Fleurbaaij** and **Dorothy Roll** are representing the north campus.

If I Knew You Were Comin'

By Carole Eibelheuser



I'd have baked a cake! It is so easy to go to the grocery store and select a boxed cake mix from a huge selection of flavors and then find a tub of frosting to go with the cake. Oh, the convenience of it all!

Sitting in my mother's small kitchen watching her make a cake "from scratch" was a magical experience for me. After she gathered all her "tools"...bowls, measuring cups and spoons, baking pans, etc., and her ingredients, I watched her measure and sift with a hand sifter with a handle that was squeezed and let go. She had a food stained recipe card that she referred to. As the ingredients were added to the bowl, she mixed them together by hand with a big wooden spoon. Then the special treat of licking out the bowl with my very own spoon and fingers put a smile on my face.

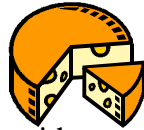
When the cake was done and cooled, she made the frosting from scratch and again I licked the bowl.

On baking days the whole apartment smelled wonderful. I have made cakes and pies "from scratch" using recipes handed down or found in my Betty Crocker Cookbook and experienced the satisfaction of creating a fabulous dessert or meal.

With all the convenience foods out there, some people don't have to learn to cook at all! For all you real cooks, nothin' says lovin' like a home cooked meal...from scratch!

Cheese You Say?

Contributed by Grace Raymond



Having had the recent experience of making cheese at a recent Elderhostel, I decided to do some research on the subject. I grew up in Wisconsin, after all, so it is something with which I have some familiarity, as that state is one of the major producers in the United States. I remember reading the book Heidi as a young girl, and being quite taken with the notion of Heidi and Peter's lunches when they went up the mountain to tend the flock--cheese and bread.

Although there are literally thousands of varieties of cheese made in the world, Americans are chiefly consumers of five main types, the principle one being Mozzarella, because of its use in that American staple: pizza. We produce more cheese by far than any country in the world, nearly all of which is consumed domestically. The European countries export the most cheese.

Cheese can be made with sheep's or goat's milk in addition to cow's milk. An example of sheep's milk cheese is Feta, familiar in Greek cuisine. With any of these varieties, keep a watch on your calorie count, as a one ounce serving is equal to one glass of low-fat milk in your daily count.



Grace Raymond (left) at her cheese making lesson.

Most of us enjoy our old favorites as well as the adventure of exploring a well-thought-out variety of cheeses at a party or buffet. With the variation of spiced, smoked, strong-smelling, hard, or soft and

spreadable, the choices are nearly endless. My personal favorite is one my sister in Wisconsin occasionally sends me from her local cheese house—a white cheese with hickory nuts added.

That cheese we made? It was a simple, soft country cheese. After all the whey had been drained off, we enjoyed it spread on some good bread.



An optimist stays up until midnight to see the New Year in. A pessimist stays up to make sure the old year leaves.

- Bill Vaughn

May all your troubles last as long as your New Year's resolutions!

- Joey Adams

January Display Cases

By Michele Chaffee

The Lakeside display cases will feature a collection of pharmacy items from residents **Richard and Aline Fox**, of Hillside.

Richard was a pharmacist for 55 years and collected hundreds of items, including 50 mortar and pestle sets. The variety is outstanding and most interesting.

In Fairway, we will display the miniature "Art Quilts" by **Ann Loveless**, the niece of resident **Ann Torrey**. The fabric quilts look just like paintings. They are exquisite in detail and must be seen to be believed.

Her techniques include Confetti (mosaic like, fusible appliqué), Impressionistic (layered fabrics under black tulle) and Collage (fusible web appliqué with free-motion stitching.)

Visit From the Top Brass

Contributed by Michele Chaffee

In response to La Costa Glen's generous outpouring of toys and money for Camp Pendleton, Major General Ronald L. Bailey, who serves as the Commanding General of the First



(L-R) Camp Pendleton's Major General Bailey chats with residents **Les Tenney** and **Paul Cook**.

Hummingbird Encounter

By Betty Cortus



When the rains came to Carlsbad late last year after a longish dry spell, I parted my window drapes to look out at the sheets of falling silver, and to listen to their steady drumming rhythm on the path outside. As I pressed my face against the window an inquisitive hummingbird suddenly appeared on the other side of the pane, and nose to beak we stared at each other for a few enchanted moments with only the thickness of a film of glass between us. Hovering soundlessly he seemed to be summing me up with brazen fearlessness in his tiny dark beads of eyes. Sunlight passing through the prism of raindrops turned the feathers of his head and breast into an iridescent rainbow of rose and

violet. Then, in a flash, he was gone. What a cocksure little fellow I thought — yet how handsome! I doubt that even the fussiest hen-hummer would be able to resist his charms for long.

Later I remembered how the poet Emily Dickinson had encapsulated far more deftly than I could a similar fleeting encounter in her little fragment of a poem: "The Humming Bird"

A route of evanescence
With a revolving wheel;
A resonance of emerald;
A rush of cochineal.
And every blossom on the bush
Adjusts its tumbled head;—
The mail from Tunis, probably,
An easy morning's ride.

Marine Division at Camp Pendleton, came to pay us a visit to thank us in person.

He was so pleased to learn first-hand about all of the programs we have that benefit the military. Residents **Les Tenney** and **Laurie Davis** spoke about the Care Packages From Home program. **Pat Spencer** spoke about our furniture donation program for Camp Pendleton and, of course, **Paul Cook** shared the news about the holiday fundraising and toy drive we just completed.

The General was gracious and very personable, introducing himself simply as Ron Bailey. He began by sharing an inspirational message, which is re-

printed on page 11. He asked us to keep sharing our love with today's military men and women and wants to give back to us! Off the top of his head he outlined an idea to host a luncheon for La Costa Glen at Camp Pendleton sometime this spring.

He was eager to hear about our life here and was particularly pleased to learn of our wonderful Glenaires Holiday concert. He is a talented musician himself and treated us by singing "White Christmas" at the end of lunch.

We thank Linda Sundram from the Rotary Club of Camp Pendleton and the Pendleton staff members who attended and were responsible for coordinating the General's visit.

Orpha's Odyssey

By Orpha Cade

Turning 85 in January, I am all fired up to get busy, for there's work to be done and no time for R & R. I am close enough to the finish line, that what's ahead for me is coming into sharper focus. This life I'm living now at LCG is very exciting and I should pick up the pace.

Now I'm sitting pretty at this most beautiful retirement home, relieved of all my household duties and all that cooking for four hungry boys. And I am here and thankful no one ever told my

husband, Wink, that he couldn't get ahead with hard work, brains, talent and ambition.

What's more fun than going



News Blues

By Carole Eibelheuser

Daily, the media bombards us with the sights and sounds of horrific events taking place around the globe. Our computers, TVs, and newspapers provide us with our daily consumption of mind boggling events, most of which do not affect us directly.

For example, does a crime spree in another city affect the way you live? Why read about it? This media immersion can lead to depression, anxiety, loss of sleep and an overall bleak outlook on our world. It is impor-

tant to remind ourselves that the news presents only a small slice of the world. News is almost always a topic of conversation around the dinner table. But if you are overwhelmed by the "news blues," you can take a news break by changing the subject to something more pleasant. Take a news sabbatical for a day or two—the world will go on exactly the same way whether or not you're paying attention. You will probably feel less depressed or anxious, and that is good news.

with a busload of kindred spirits to museums, shows, and stage plays? I had never taken time for Art and Computer classes before, and can hardly believe I've volunteered to write for the monthly Glen Tidings. Recently, I read that when people reach their seventies, they often think their work is done. So I started poking around on the internet, and here's what I found. At 77, Grandma Moses started painting. At 82, Winston Churchill wrote A History of the English Speaking Peoples. At 89, Albert Schweitzer ran a hospital in Africa. At 93, P.G. Wodehouse worked on his 97th novel, got knighted, and died. So I'm not dawdling any longer and have made a vow to get into an exercise class muy pronto!



Elvis: My Memory

By George L. England Sr.

Elvis Aaron Presley was born in Tupelo, Mississippi, on January 8, 1935. His family moved to Memphis, Tennessee, in 1948.

Musical influences were the gospel music he heard in church, as well as the black Rhythm and Blues he absorbed on historic Beale Street as a Memphis teenager.



In 1954, Elvis began his singing career with "That's All Right Mama" with the legendary Sun Records label. In late 1955, his recording contract was sold to RCA Victor. By 1956, he was an international sensation. With a sound and style that uniquely combined his diverse musical influences and blurred and challenged the social and racial barrier of the time, he ushered in a whole new era of American music and pop culture.

Without any of the special privilege his celebrity status might have afforded him, he honorably served in the U.S. Army.

In 1965 in Fort Wayne, Indiana, in a pizza parlor, I saw Elvis and struck up a conversation. He invited me to have pizza with him and we shared that we both had been trained as electricians.

He demonstrated humility and kindness throughout his life. When he heard of a paraplegic who had his van and wheelchair stolen, he bought the man a new van and chair. He gave it to him on Christmas Eve and spent the entire evening with him.

Elvis died at his Memphis home, Graceland, on August 16, 1977.

Matt Karl: A Genial Genius

By Betty Cortus

Computer experts who simplify our lives with their help are sometimes given appellations such as "nerd," "geek" or "genius." I'm sure most would agree that the latter term best befits **Matt Karl**, a visiting computer technician whose genial presence on our campus can be encountered almost any and every day of the week.

Matt regards himself as a transitional figure between old and new technological methods, thanking his versatility in part to his forward-thinking grandmother, whom he observed progressing from a manual typewriter to an electric version of same, then to an early Apple, and now to a completely up-to-date computer.

Although Matt perfected his electronic proficiency while working in large corporations, it is his "people skills" that have allowed him to adapt with such ease to working with LCG residents who now comprise roughly 80% of his clientele.

A born teacher, he tailors each call he makes to the individual

with whom he is at

that moment working, deftly assessing a person's comfort level, aptitudes, and willingness to learn. His positive attitude and energy are infectious. He simplifies the complex, and works patiently at a pace compatible with that of the individual he is currently assisting. He even derives an understanding of a resident's lifetime interests as expressed by his or her home surroundings, and uses this knowledge to personalize his approach.

Happily, this hard working young genius does manage to have a life beyond LCG. His other interests include writing (he enjoyed an earlier career in journalism) sailing (he has done so competitively) and worldwide travel. Doubtlessly, all of us who have had the pleasure of experiencing his friendly personality, and made use of his generously shared professional expertise are more than happy to have him amongst us.



Puzzler's Delight

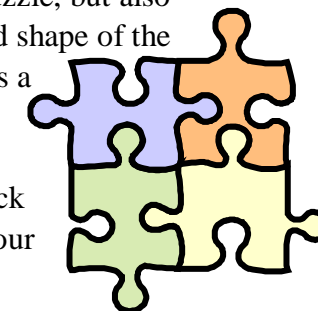
By Carole Eibelheuser

Here and there on campus are quiet places where jigsaw puzzlers are challenged by a thousand or more pieces that will eventually become a fine-looking picture. They laboriously sort through to find the ever important edge pieces, study the picture on the box, and put similarly colored pieces in different areas, for example a white horse, to assemble.

The Gardenview Library always has a puzzle in the works. Upon entering the library, one may find a resident completely unaware of everything except the jigsaw. As the assembly progresses and the picture is coming together nicely, the puzzle devotee may lose all track of time in an effort to finish. Some missing pieces find their way to the floor under the table and are quickly found with an "aha."

This writer enjoys jigsaws on the website www.jigzone.com. None of the pieces has to be rotated to fit, making it easier. New computer users are encouraged to practice with the mouse by using the method of click and drag in order to master the technique. The site also provides choices of not only the puzzle, but also the number and shape of the pieces. There is a new puzzle every day.

Try your luck and exercise your brain!



The 2011 resident council said goodbye to four members as they welcomed four newly elected members. We thank them all for their service.

