

Forest Hill News

May 2018

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THE GREATEST TWO MINUTES

The date was May 17, 1875 and the winner of the event carried the Greek name, Aristides, meaning *the best*. How appropriate that the winner would have a Greek name in a contest having all the elements of Greek drama as Plato described them: Scene, Plot, Conflict, Characters, Diction, Music. The contest, often called “The greatest two minutes in sports.” is now in its 144th iteration, the longest continuous sporting event in the United States.

The event is an ancient sport whose origins go back to 4500 BC when nomad tribesmen first domesticated the horse. Founded by Meriwether Lewis Clark, Jr., the grandson of Lewis of Lewis and Clark fame, the event, now known as the Kentucky Derby, was first run before 10,000 all white spectators who witnessed fifteen thoroughbreds challenge the one and a half mile oval. The winning rider, one of the thirteen African-American jockeys in the race, finished in world record time.

The winning prize was \$2850 compared to \$1,425,000 today. The ticket prices may be similarly contrasted: The infield-paddock seats with no view of the track sold in 1938 for 50 cents as opposed to \$70 now. General Admission, with neither a seat nor a view of the track was \$30 in 1996 and is now \$85. Seating in the grandstand now ranges from \$246 to \$603 while the Clubhouse box seats would cost you \$1675 to \$1889 today if any of those long sold out seats were available.

Big prices...so, enjoy the drama. The element of scene or spectacle is obvious and will be described shortly as we look at Derby traditions. The element of Diction is less obvious, but if one compares the calm baritone voice heard during the *Parade to the Gate* to the high pitched, rapid staccato of the announcer whose voice is heard as the horses round the track, the place of diction becomes more apparent. Characters are there in abundance and the Plot is to get out of the starting gate quickly and run your race as planned. The Conflict is usually between fifteen to twenty-two thoroughbreds ‘tho there were only three in 1892 and 1905.

There’s no room here to describe the Characters associated with the Derby but they include, in addition to all the interesting trainers, owners, and jockeys, a host of Hollywood celebrities, a good representation of British royalty, and a handful of American presidents. And it should not be forgotten that a lot of character is reflected in the names of the horses, such as: Old Rosebud, Sir Barton, Flying Ebony, Kuwai King, Dancer’s Image, American Pharaoh. Finally, with the singing of *My Old Kentucky Home*, the element of Music has taken on an important role on the Derby stage as it continues to bring tears to the eyes of those who sing it. And that is just a single part of the drama that is the Kentucky Derby. Drama indeed...exciting drama, and probably never more exciting than in 1913 when Donerail, at 91-1 odds, simply exploded out of the pack in the final 1/16th of a mile and won the race in record time.

Tradition. The Kentucky Derby is the embodiment of tradition. After 144 years the traditions transcend the race itself. Much more than a horse race, the Kentucky Derby has become a celebration of southern culture.

(Continued on page 2)

THE GREATEST TWO MINUTES (continued)

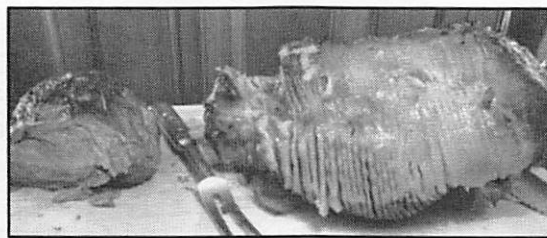
Any reflection on those traditions must begin with the hats as they were a part of the scene from the very beginning when Churchill Downs adopted the same formal dress code as Epsom Downs in England. Part southern culture, part Madison Avenue marketing, the mandatory formal dress was designed to attract the kind of high class society that attended European racing events. With the advent of nationally broadcast TV in 1952, the event became, for many attendees, a fashion show punctuated by even bigger and more colorful hats, their brims often overflowing with feathers and flowers.

And...flowers are, of course, another prominent tradition. From the initial race forward, the winner was presented, in addition to the hand crafted, solid gold trophy, (a story in itself) a bouquet of white and pink roses. In 1904 the red rose became the official flower, a fact which, in 1925, led a New York sports columnist to dub the Kentucky Derby *The Run for the Roses*, an enduring synonym. In 1932 the garland of red roses was introduced and has become another enrichment of the floral tradition.

The singing of *My Old Kentucky Home* began in 1921 and has become one of the most cherished traditions. Some say that when the horses step on the track for the post parade and the band strikes up the first notes of Stephen Foster's ballad and 160,000 voices join in the singing, many with tears on their cheeks, it is then that we witness the most emotionally moving moment in all of sports.

The Kentucky Derby is my wife's favorite sporting event, not due to a fondness for sports, but because this is the one sporting event that is completed, start to finish, in just about two minutes. And those two minutes, most agree, are "The greatest two minutes in sports."
—JE

EASTER BRUNCH



No April Fool here!
There was something for everyone's palate—from bagels with cream cheese and smoked salmon, to a seafood platter, ham and lamb, waffles with berries and whipped cream, eggs Benedict, fruit, sticky rolls, scones, cookies and cake. All were beautifully displayed



surrounded by pastel flowers, bows and fan-shaped napkins. Add friendly service and you had the perfect Easter Brunch.

—PK

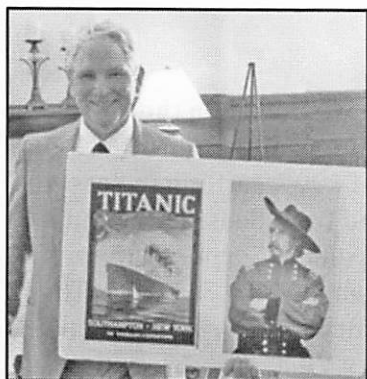


PIANO RECITAL WITH MICHELLE AND ELIZABETH LEE

We have heard them several times before, but it is always a delight to hear the twin Lee sisters again. Previously there was singing. Not today. They presented four major piano works, including Chopin's Polonaise in A Major and his Fantasia-Impromptu. Each sister had two pieces to share, and my favorite was the Rachmaninoff Prelude in G sharp minor. I had never before heard *To Catch a*



Dream by Mier and found it ethereal in the Impressionistic style. All in all, just four numbers showed how very talented and professional these two young ladies are. Hope you didn't miss the performance, but if you did, you can look forward to the recital they have promised for next year. —LM



THE WORST THAT COULD HAPPEN

Historian Pat McAnaney opened his talk in the Fireside Lounge on fantastic failures, flops, and fiascos, by asking what events that happened during our long lives would we like to change. He followed this up by enumerating over a dozen classic failure stories. They included: Introduction of *New Coke*—rejected after only 3 months with a return to *Classic Coke*. Decca Label's hiring of *Brian Poole and the Tremeloes*, instead of *The Beatles*. Ford Company's 1958 introduction of the *Edsel*. Excite CEO George Bell's rejection to buy *Google* from Larry Page and Sergey Brin for \$1 million in 1999—5 years later it was worth \$23 billion. The *Titanic* sank from improper rivet quality in

construction—rather than from hitting an iceberg. Before they became Best Sellers, many book publishers turned down L'Engle's *Wrinkles in Time*, and Rowling's *Harry Potter* books. And of course, there was George Armstrong Custer's last stand, and several other interesting stories to remind us of the failings ever-present in human life!

DID YOU KNOW?

Irma Rombauer wrote *Joy of Cooking* at age 60.
Dr. William Mayo founded the Mayo Clinic at age 70.
 Astronaut **John Glenn** returned to space at age 77.
Mary Fasano graduated from Harvard University at age 89.
Georgia O'Keefe kept painting well into her 90's.
Frank Lloyd Wright was still working at age 91.

ELMER 'SEZ: She was only a whiskey maker, but I loved her still!

NEW ASSISTED LIVING STAFF



LAURIE AMAN, CNA, was born on May 3, 1967 in New Haven, CT, and raised with her two brothers in the wilds of Presque Isle, ME. She graduated from high school in 1986, where she played volleyball. Not having a life plan, she began exploring all around the states, searching for adventures, life direction, and getting to know herself. Landing in Florida after Hurricane Andrew in 1992, she was impressed by the horrific storm destruction. In 2000 she came to the Monterey Peninsula with a friend to settle down. After a couple of years, Laurie began work as a caregiver and spent the next 7 years with the VNA. Continuing as a private caregiver, she also took classes at MPC in medical coding and billing, and received her CNA certification in 2012. She came to Forest Hill in January 2017. Laurie loves to read—particularly Steven King's horror stories. She looks forward to someday retiring to a little log cabin in Maine, where she can enjoy the woods and animals of her childhood memories.



KRISTINE PEREZ, CNA, was born on April 24, 1982 and raised in the Philippines with an older sister, 5 younger sisters, and 3 younger brothers. The family immigrated together to the US in December of 1997, settling in Seaside CA. Another sister was born there. Kristine graduated from Seaside High in 2001, and attended MPC for a year. She worked for Talbert Corporation for 4 years, where she met and married her husband, Bryan, on May 31, 2004. They have 2 daughters, Kaycee: 11, Katelyn: 2, and a son, Brandon: 9. After receiving her certification in 2008, Kristine worked for Country Villa in Watsonville as a CNA for 6 years. Then, a year with Forest Hill Skilled Nursing, before taking 2 years off to raise her 3rd child. Kristine returned to Forest Hill in January 2018, to work in Assisted Living. Her family time with her children is especially important, and she loves lunching with her women friends. She tries to attend her church, San Carlos Cathedral, at least once a week.



PAMELA ROCERO, CNA, was born on July 24, 1988 and raised in the Philippines with an older sister and 3 older brothers. She attended Catholic schools, and 2 years of college studying Business Administration and Marketing, before moving to Dubai, UAE, with her parents in 2008. Working as a receptionist at a bowling alley for 3 years, she learned to enjoy the game. Traveling to Oman, Abu Dhabi, and London, expanded her early love to explore history and culture of other lands. Returning to the Philippines, she met her future husband, Sean, visiting from CA. Pamela immigrated to Seaside, CA in 2012—they were married on February 21, 2013. She also has a 7 year-old daughter. Pamela earned her CNA certification in 2016, when she joined Forest Hill staff. Very industrious, she is also a caregiver at Anjelica's Villa, in Seaside, and for a private individual. Pamela is about to open her own Beauty Salon and Spa, in the Philippines, managed by her sister.

NEW FOOD SERVICE STAFF



Tesie Lauorico was born on September 21, 1965 in Cebu, Philippines, into a family of 7 boys and 7 girls. After a brother, she was the 2nd twin in a life challenging birth. Tesie was raised and went through high school in Cebu city, graduating in 1984. Although she wanted to be a Pharmacist, she went to work instead. Working in a Boutique dress shop in 1992, she met her future husband—a US Marine. It was love at 1st sight. They were married on December 5, 1994. Following her husband Raymond to Hawaii, Okinawa, and San Diego, as a military wife, she bore 3 sons: Raymond (22), Alexander (19), and Francis (15). Tesie has 2 grandchildren, a boy and a girl. Changing to the Army reserve in 2003, Raymond, with his family, was ordered to DLI to learn Persian (Farsi), before serving 3 deployments in Iraq. He retired as Sergeant 1st class in 2015. Tesie has worked as a waitress and other jobs before coming to Forest Hill. She loves to socialize, and go dancing with her girl friends.

APRIL BIRTHDAY CELEBRATION



On April 20 residents celebrated birthdays in the Fireside Lounge for Joanne Kelly, Jane Leatham, Isabelle Long, Dianne Roveto, and Stephanie Wells. Unfortunately, Joanne Kelly and Dianne Roveto were unable to attend. Special music was provided by Connie



Morrison on the piano, and Leonard Paschini, Joe Grain's son-in-law, on the guitar. As usual, Toni provided a wide selection of drinks, cheeses, and other delicious hors d'oeuvres. A rousing round of the Happy Birthday song was sung!

ANNIEGLASS STUDIO TOUR



The seven residents, who toured Annieglass on April 26, were fascinated by the studio tour and enthralled by their end products. Each piece is made by hand. Although dinner sets are trimmed with platinum and gold, they are dishwasher and microwave safe. Glass is not blown in Watsonville. Different sizes are imported from a company on the East coast, then recut and re-kilned. What is unique in the process, Annieglass recycles every scrap of glass—a secret method with patent pending.
—PK

FINDING MEANING AND HAPPINESS IN OLD AGE**By Jane E. Brody**

New York Times, March 19, 2018

What's the best way to develop a healthy perspective on old age? **Spend more time with elderly people and discover what brings meaning and pleasure to their twilight years, despite the losses, both physical and social, they may have suffered.** That's what two authors of inspired and inspiring books about aging discovered and, happily, have taken the trouble to share with those of us likely to join the ranks of the "oldest old" in the not-too-distant future. Actually, the wisdom therein might be equally valuable for young and middle-aged adults who may dread getting old...

...The first book I read was "The End of Old Age" by Dr. Marc E. Agronin, a geriatric psychiatrist at the Miami Jewish Home whose decades of caring for the aged have taught him that it is possible to maintain purpose and meaning in life even in the face of significant disease and disability, impaired mental and physical functioning and limited participation in activities...

...As one of Dr. Agronin's youngest informants said, even when physical decline and losses restrict one's options, there remains the capacity to appreciate and approach each day with a sense of purpose. **"It's all about how you frame what you have," she told him. He cites the concept of "positive aging" developed by Robert D. Hill, a psychologist in Salt Lake City, that is "affected by disease and disability, but not contingent upon avoiding it." Rather, it is "a state of mind that is positive, optimistic, courageous, and able to adapt and cope in flexible ways with life's changes..."**

...The second book, "Happiness Is a Choice You Make," was written by John Leland, a reporter for The New York Times who spent a year interviewing and learning from six of the city's "oldest old" residents—people 85 and above—from diverse cultures, backgrounds and life experiences.

As Mr. Leland told me, "These people totally changed my life. **They've given up distractions that make us do stupid things and instead focus on what's important to them. To a person, they don't worry about things that might happen. They worry when it happens, and even then they don't worry. They just deal with it.** At whatever age we are, we can choose to adapt to whatever happens. We have influence over whether we let things knock us out."

After reading the books, I have a new way of looking at myself: as a "good-enough" aging adult who continues to pursue and enjoy a variety of activities commensurate with the limitations imposed by inevitable changes in body and mind that accrue with advancing years. Never mind that words or spelling may temporarily escape me. I can always ask Google or Siri to fill in the blanks...

FROM POET DAVID WHYTE:

"The only choice we have as we mature is how we inhabit our vulnerability, how we become larger and more courageous and more compassionate through our intimacy with disappearance. **Our choice is to inhabit vulnerability as generous citizens of loss, robustly and fully, or conversely, as misers and complainers, reluctant and fearful, always at the gates of existence, but never bravely and completely attempting to enter, never wanting to risk ourselves, never walking fully through the door.**"