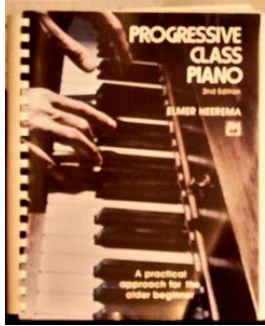


Resident to Resident



The Sounds of Music

By Carol Keochekian

Elmer Heerema had one great desire when he was a tot – he couldn't wait to take piano lessons. Born and raised in a loving home in Paterson, New Jersey, Elmer's parents, both amateur musicians, enjoyed and encouraged their six children to appreciate the beauty of both classical and sacred music. However, Elmer had to be patient because his two older siblings were studying the piano, and he had to wait his turn. Finally at the age of seven, he began lessons, which he pursued zestfully throughout college.

Elmer's focus on musical studies was enriched when he attended Westminster Choir College, Princeton, New Jersey. Majoring in piano performance and minoring in choral music, Elmer was one of 40 students selected to sing in the school's touring choir as well as the larger symphonic choir which performed regularly with major orchestras, including the New York Philharmonic.

Following his college graduation in 1961, Elmer served as a Teaching Fellow at The New School for Music Study, a piano teacher training center also in Princeton. After teaching at the New School for a year, Elmer auditioned for the United States Army Chorus, located in Fort Myer, Arlington, Virginia. He was accepted in the 40-voice chorus, which performed at presidential and diplomatic functions in the Washington D.C. area. While in the Army, Elmer received his Masters of Music at the Catholic University of America with a piano performance major and a minor in choral conducting.

After Elmer was discharged from the Army Chorus, he returned to The New School for Music Study in 1965, and in 1968 he was promoted as head of the professional piano department where he performed solo and duo-piano recitals. He also led numerous workshops throughout the country. In 1969 Elmer married Denna Heeres from Grand Rapids, Michigan, who was his youngest brother's high school English teacher.

In 1970 Elmer answered a phone call that would change his life. The call was from the head of the

Music Department at California State University Northridge, offering Elmer the position of Professor of Music. His academic responsibilities included teaching private piano instruction, piano ensemble, class-piano, and the exciting challenge of directing the University Chorus of approximately one hundred students.

For 17 summers Elmer and Denna along with their two children escaped the hot San Fernando Valley to spend the summer in Traverse City, Michigan, where Elmer taught piano classes at the well-known National Music and Arts Camp, Interlochen, MI.

While teaching at CSUN, Elmer became a student as well, completing his DMA degree (Doctor of Musical Arts) at USC with a major in piano performance and a minor in sacred choral music. In addition to his teaching, Elmer not only directed a church choir but was also inspired to write and publish a college textbook, *Progressive Class Piano*, an adult beginner textbook still used today in college music classes.

Even though most of Elmer's career was focused in academic settings, he continues to find fulfillment in inspiring and motivating volunteer church choir members who not only enjoy choral music, but also desire to communicate the meaning of the sacred text. Church choral experience offered Elmer the opportunity to serve as choir director in several churches of different denominations in the LA area, one of which was the Chancel Choir at Bel Air Presbyterian Church for several years. Elmer is presently the choir director in the neighboring Holy Trinity Lutheran Church where he and Denna became members when they moved to UVTO in 2018.

In addition to a life dedicated and inspired by music, Elmer enjoys other pleasures that add harmony to his life: photography, traveling, gardening, meaningful friendships and relationships, especially with his two married children, five grandchildren, and with his wife and best friend Denna of fifty-one years.



Village View

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Telemedicine Arrives at UVTO

By Linda Metzger, Marty Kaplan and Lois Friss

The practice of medicine is changing because of the COVID-19 Pandemic. Now, University Village is taking telemedicine one step further by contracting with Vituity Healthcare and Medical Services to provide video physician consultations in emergency situations when a decision must be made whether or not to send one of our residents to a hospital emergency room.

The Subcommittee for Physicians Services for the Health and Wellness Committee supports management's decision to implement this service and we have prepared the following questions and answers to explain this program.

WHAT IS TELEMEDICINE?

According to AARP "Telemedicine" is defined as a visit between a patient and a provider by telephone, smartphone, tablet or computer". Many of us have used this recently to avoid a trip to our personal doctor.

WHO IS PROVIDING THIS SERVICE?

Vituity Healthcare was created over 40 years ago by a group of emergency department doctors. It is a physician owned company that provides "Rapid Medical Evaluations by an on duty board-certified ER doctor" to evaluate the patient's situation. This service has already been successfully used at several of our sister communities.

WHAT IS THE COST?

There is no extra cost for residents of UVTO and Oakview for this contracted service. A nominal monthly charge will be a part of next year's budget.

HOW WILL THIS WORK?

Our safety department employees are all certified EMTs who respond when a resident uses their pendant or in-house call button for assistance. Our EMTs are equipped with iPads loaded with each resident's medical history. If the EMTs need assistance in evaluating the situation, they will contact the Vituity physician on call for a face-to-face consultation with the resident and the EMT.



The physician will make the decision to call 911 for medical transport to a hospital emergency room or may suggest following up with the patient's primary

care physician. Our residents will always have the right to override any suggestion made by the Vituity physician, our EMTs, or the 911 responders. It is important to remember that this program is not a substitute for your primary care physician. It is an additional method to provide the latest advances in medicine for our residents.

WHY DO WE NEED THIS SERVICE?

The prior protocol utilized by UVTO required our EMTs to call 911 whenever a resident fell and hit their head or had any loss of consciousness. This often resulted in unnecessary transports to the emergency room since a physician was not involved in the decision making process.

During the first six months of 2020, our Safety department responded to 712 pendant calls of which 100 resulted in calling 911 and 50 of these calls resulted in transport to a hospital. These numbers are lower for 2020 because our residents are less active. It is management's hope that the Vituity program will reduce the number of emergency room visits for our residents.

WHEN AND WHERE WILL THIS HAPPEN?

The start date will be announced by management. All residents of UVTO, including those residents in OakView, are included.

Any admission to a hospital emergency room can be a difficult and taxing experience, especially for the elderly patient. We, the subcommittee for Physicians Services at UVTO, support and encourage management's desire to create programs which are beneficial for the health and wellbeing of our residents. We believe this program has the potential to reduce the number of unnecessary emergency transports significantly.

Weekly Activities		SEPTEMBER 2020 MONTHLY ACTIVITIES AND SPECIAL EVENTS						
Sun		Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
Monday	8:30 Pickle Ball 10:15Mobility & Strengthening with Dario (1390) 1:15 Mobility & Strengthening with Chris (1390) 		KEY Classes Clubs Committees Excursions Fitness/Wellness Games Recurring Events Sign-up Required Special Events Spiritual UVTO Community	1 10:00 Food & Beverage Comm. (Zoom) Contact: Mario Metzger, 2924 	2 9:00 Tech Class with Pat (BD) RSVP: Activities, 3026 10:30 Tech Class with Pat (BD) RSVP: Activities, 3026 1:15 No Mobility & Strengthening Class Today 2:00 Love Letters Play (1390)	3 3:00 Resident Association Meeting (Zoom) Contact: Paulette Markel, 2971 3:00 Men's Current Events (LR) No Meeting Today	4 10:00-2:00 Bylaws Voting (MCT) 11:00 Activities Comm. (Zoom) Contact: Jerry Lewi, 2918 1:00 Mindful Meditation (Zoom) Meeting ID: 873 6123 9553 Password: bemindful 1:30 Great Decisions Group 2A (BR) 3:00 Great Decisions Group 2B (BR) 4:30 Shabbat (Zoom) Contact: Elissa Lazarus, 2597	5 10:00-2:00 Bylaws Voting (MCT) 11:30 Wake Up Your Brain (Zoom) ID: 676 735 6805
Tuesday	10:15Fit-Tastic Fitness with Dario (1390) 1:00 French Class (BD) Contact: Clara Knopfler, C221 1:15 Chair-based Cardio-Fit with Jeri (1390) 2:00 Beginners French Class I (BD) Contact: Clara Knopfler, C221 4:00 Advanced French Class II (BD) Contact: Clara Knopfler, C221	6 5:00 Vespers (1390) 	7 No Fitness Classes Today 10:00 Literary Club (Zoom) Contact: Marilyn Thomas, 3364 	8 11:30 Resident Council (Zoom) Contact: Paulette Markel, 2971 Date Change/Time Change 2:00 Budget & Finance Comm. (Zoom) Contact: Shel Mende, 2843	9 9:00 Tech Class with Pat (BD) RSVP: Activities, 3026 9:30 Village Store Comm. (LR) 10:30 Tech Class with Pat (BD) RSVP: Activities, 3026 2:00 University at UVTO (Zoom) Contact: Ethel Hafner, 4797 3:00 Paper Flower Crafting Class (LR) RSVP: Activities, 3007	10 3:00 Men's Current Events (LR) RSVP: Richard Nelson, 2816. Limit 8	11 1:00 Mindful Meditation (Zoom) Meeting ID: 873 6123 9553 Password: bemindful 1:30 Men's Club Board (BR/Zoom) Contact: Frank Bollinger, 3326 3:30 Town Hall (1390) 	12 11:30 Wake Up Your Brain (Zoom) ID: 676 735 6805
Wednesday	8:30 Pickle Ball 10:00Window Shoppe (DP) 10:15Mobility & Strengthening with Jeri (1390) 1:15 Mobility & Strengthening with Chris (1390)		13 	14 9:00 Tai Chi (BBC) 10:00 Literary Club (Zoom) Contact: Marilyn Thomas, 3364 2:00 Film Noir (BR) RSVP: Activities, 3042. Limit 9	15 10:00 Bereavement Comm. (LR) 11:30 Great Decisions Group 1 (Zoom) Contact: Jerry Reed, 2951 1:00 Hearing Clinic (LR) Appointment Only. Contact: Acoustic Hearing, (805) 482-1104	16 9:00 Tech Class with Pat (BD) RSVP: Activities, 3026 10:30 Tech Class with Pat (BD) RSVP: Activities, 3026 	17 11:30 Singer Nancy Osborne (1390) 3:00 Men's Current Events (LR) RSVP: Richard Nelson, 2816. Limit 8	18 1:00 Mindful Meditation (Zoom) Meeting ID: 873 6123 9553 Password: bemindful 1:30 Great Decisions Group 2A (BR) 2:00 Library Comm. (Zoom) Contact: Marilyn Thomas, 3364 3:00 Great Decisions Group 2B (BR)
Thursday	10:15Fit-Tastic Fitness with Dario (1390) 1:15 Chair-based Cardio-Fit with Jeri (1390)		19 9:00 Tai Chi (BBC) 11:30 Wake Up Your Brain (Zoom) ID: 676 735 6805 4:30 Rosh Hashanah (1390) 	20 9:00 Tai Chi (BBC) 10:00 Literary Club (Zoom) Contact: Marilyn Thomas, 3364 11:00 Health & Wellness Comm. (Zoom) Contact: Kathy Todd, 4772 2:00 Film Noir (BR) RSVP: Activities, 3042. Limit 9	21 10:00 Building Reps. (Zoom) Contact: Don Cameron, 4767 3:00 Chaplain Paul Lenderman (1390)	22 9:00 Tech Class with Pat (BD) RSVP: Activities, 3026 10:30 Tech Class with Pat (BD) RSVP: Activities, 3026 1:00 Hospitality Comm. (Zoom) Contact: Maggie Kildee, 2595	23 3:00 Men's Current Events (LR) RSVP: Richard Nelson, 2816. Limit 8 3:30 Jewish Leadership Council (Zoom) Contact: Elissa Lazarus, 2597	24 11:30 Birthday Party with Neil Dorval (1390) 1:00 Mindful Meditation (Zoom) Meeting ID: 873 6123 9553 Password: bemindful 3:30 Town Hall (1390)
Friday	8:30 Pickle Ball 10:15Mobility & Strengthening with Dario (1390) 1:15 Mobility & Strengthening with Chris (1390) 		25 9:00 Tai Chi (BBC) 11:30 Wake Up Your Brain (Zoom) ID: 676 735 6805 	26 9:00 Tai Chi (BBC) 10:00 Literary Club (Zoom) Contact: Marilyn Thomas, 3364 4:30 Yom Kippur (1390) 	27 11:30 Great Decisions Group 1 (Zoom) Contact: Jerry Reed, 2951 3:00 Eldon Knuth Bronze Medal Presentation (1390)	28 9:00 Tech Class with Pat (BD) RSVP: Activities, 3026 10:30 Tech Class with Pat (BD) RSVP: Activities, 3026 3:00 Lovely and Fabulous Show (1390)	UVTO Locations AC Arts and Crafts Room ADR Avalon Dining Room BBC Bocce Ball Court BC Business Center BD Board Room BR Balboa Room BWR Bordeaux Wine Room CH Catalina Hall CI Channel Islands Room (GV 3rd Floor) DP Dining Patio FC Fitness Center GR Garden Room KT Koi & Turtle LR Laguna Room LSL Lakeside Lounge (LV 2ndFloor) MCT Mt. Clef Terrace MDR Montecito Dining Room OCH Outside Catalina Hall OV OakView RS Resident Services SBL Santa Barbara Lounge (MV 2nd Floor) SHR Sherwood Lounge (LV 3rd Floor) SRL Santa Rosa Lounge (GV 2nd Floor) TC Tennis Courts WDR Westlake Dining Room	
Sat	10:15Mobility & Strengthening with Jeri (1390)							