

## Happy Valentine's Day!

Valentine's Day is associated with the heart...and, as luck would have it, one of our residents is an expert on just that:

### Progress in Cardiology

I began my medical education not too far removed from the "horse and buggy" doctor, an era full of dedicated physicians. Looking back, I'm amazed at the progress in the field of cardiology.

Diagnostics compared to today were archaic. CAT and MRI scans, sonar for seeking heart and circulatory disorders, and Isotope-tagged cells and other media for evaluating poorly functioning heart muscle were not in our armamentarium.

Therapeutics were markedly limited. In 1940 a risky surgical procedure to correct the congenital problem of "blue babies" was imaginative. The pump-oxygenator had not been invented. The research of Alfred Blalock, Vivien Thomas, and Helen Taussig, of Johns Hopkins, devised a shunt of the circulation to facilitate deoxygenated blood to circulate the lungs and become oxygenated. The procedure was experimentally performed on dogs by Thomas and Blalock. Of interest was that Thomas, an African-American, could not afford a college education. The shameful expression of the "Jim Crow Law" would not even allow an African-American to enter the OR. It was only at Blalock's insistence that he was allowed to scrub.

Satisfactory treatment for acute heart failure was a void. Today, we can bail out the accumulation of fluid in the lungs in ten minutes using potent diuretics. Prevention of heart disease has improved with the elimination of risks (e.g., smoking, obesity, and hypertension), exercise regimes, and statin medication. The treatment of an acute "heart attack" is dramatic, with percutaneous angioplasty and stents or, if necessary bypass surgery. Angioplasties were started by a German cardiologist, Andreas Gruentzig. The first human angioplasty was performed in a San Francisco hospital by Gruentzig and Myler. The first

cardiac catheterization was by a German house physician, Werner Forssmann. With the aid of an RN girlfriend, tricked into assisting him catheterize his own heart. He was summarily discharged from the hospital. He did share a Nobel Prize and must have had a fixation on catheters, for he eventually became a urologist.

For dedication alone, a pioneer surgeon, Rene Favaloro, should be mentioned. A resident trainee from Argentina at the Cleveland Clinic, Favaloro was the first to use a vein bypass for coronary artery obstruction. He published extensively in the medical journals. In spite of a promising surgical future in the US, he returned to his native country to do public health service. His political activity adverse to the ruling dictator probably led to an early death.



The frequency of heart transplants is only held back by the paucity of donors. Survivors of this surgery are now living beyond 20 years. Cardiac electrophysiologists outline aberrant electrical path-

ways and with radiofrequency ablation correct atrial fibrillation and other cardiac arrhythmias. Minimally invasive surgery is correcting valve defects. With the use of penicillin, rheumatic fever and the development of scarred valve leaflets is rarely seen except in third world countries.

The future promises advances in medical prescriptions geared to a patient's genetic makeup, thanks to Craig Venter's outline of the human genome. He now is mixing his avocation of sailing with his scientific drive, exploring the ocean's bioactivity. Those who have given up hope should step aside and watch the passing parade.

*Dr Alfred Yager*

# EVENTS

## MON FEB 13 MON MORNING FORUM – 10:30 – MH

Garth Bearman, Chairman at Capital BC Partners Ltd, will speak on Brexit. Garth is a British citizen and resident of London. He specializes in arranging financing for and providing advice to financial service businesses involved in insurance, investment banking and banking. He is one of the founding partners of Capital BC.

## MON FEB 13 SYMPHONY PREVIEW – 11 – L

Dr. Todd Samra will entertain us as he tells us about the upcoming Monterey Symphony concert. Everyone is welcome

## TUE FEB 14 VALENTINE'S DAY GALA – 5 - 8

5:00 - BYOB mixer in the Lobby with recorded romantic jazz background music

5:30 - Celebration dinner in the Dining Room with music and dancing.

7:00 - Dessert and Valentine Variety Show with Manor performers in the Meeting House

## WED FEB 15 ALL-RESIDENTS MEETING – 10:30 – MH

All residents are encouraged to attend.

## WED FEB 15 MOVIE – 7:15 – MH

*Loving* tells the story of Richard and Mildred Loving, an interracial couple, who became the plaintiffs in the 1967 U.S. Supreme Court decision *Loving v. Virginia*, which invalidated state laws prohibiting interracial marriage.

## THU FEB 16 HALF-FAST WALKERS PLAN TO WALK – 9

Walkers will head for **Garland Park**. Sign up on BB. Jack Enbom will lead.

## FRI FEB 17 CREATIVE WRITING CLASS – 9:30– 11 – CR

Third of 4 successive Friday classes. A second series of classes will be taught Mar 3–17. No sign-up is necessary.

## SUN FEB 19 DAYTRIPPERS GO TO CIRQUE du SOLEIL

Manor bus leaves at 11 for 1:30 performance in San Jose. SOLD OUT Questions? Lari 4818

## SUN FEB 19 MOVIE\* – 2:30 – MH

*Out of Africa* is a 1985 American epic romantic drama film directed and produced by Sydney Pollack and starring Robert Redford and Meryl Streep.

## TUE FEB 21 MUSIC IN THE LIBRARY – 7:15

Mozart, *Concerto for Flute and Harp in C*, with Emmanuel Pahud, flute; Marie-Pierre Langlamet, harp; and the Berlin Philharmonic under Claudio Abbado; Debussy, *La Mer*, Boston Symphony Orchestra under Charles Munch; Chopin, *Ballade No. 3 in A-flat, Op.47*, with Deborah Aitkin, piano, and the New York Chamber Symphony under Gerard Schwarz

## WED FEB 22 MOVIE – 7:15 – MH

*Arrival* When twelve mysterious spacecraft appear around the world, linguistics professor Louise Banks (Amy Adams) is tasked with interpreting the language of the apparent alien visitors. Hoping to unravel the mystery, she takes a chance that could threaten her life and quite possibly all of mankind.

## THU FEB 23 HALF-FAST WALKERS PLAN TO WALK – 9

Walkers will head for **Palo Corona**. Sign up on BB. Lee Chambers will lead.

# UPCOMING EVENTS

## SUN FEB 26 MOVIE\* – 2:30 – MH

*All that Jazz*

## MON FEB 27 SPECIAL EVENT – 7:15 – MH

Returning to the Manor by popular demand is three-time world champion jazz pianist Brian Holland and Grammy-winning drummer Danny Coots. HOLLAND and COOTS will wow you with hot ragtime, stride, boogie-woogie, blues and jazz. Don't miss this event!

## WED MAR 1 MOVIE – 7:15 – MH

*Walkabout*

## FRI MAR 3 DAYTRIPPERS GO TO JAZZ BASH BY THE BAY

Hear Blue Street Jazz Band, Big Mama Sue and Friends, Ellis Island Boys, and more. Bus leaves Manor at 11 and returns at 3. Food and drink will be available for purchase. Make checks for \$27.50 payable to CVMRCDT and give to Lari Newberry X4818. Sign up on BB.

## MAR 5 MOVIE\* – 2:30 – MH

*Slumdog Millionaire*

## WED MAR 8 MOVIE – 7:15 – MH

*Manchester by the Sea*

## WED MAR 15 DAYTRIPPERS GO TO RANCHO CIELO

See where young people build their skills and transform their lives. Noon lunch prepared by students of the Drummond Culinary Academy. Great food! Details will follow.

\*The movie committee plans a movie for every Sunday afternoon.

## TWO REMINDERS

- The Manor is a smoke-free campus, which includes all grounds and roads. Please remind your guests, if they smoke they must be off campus, not just outside of the buildings. We have found numerous cigarette butts near the cottages.
- Using the loading platform to enter or leave the Clinic or the Health Center is a hazard, due to the amount of truck and surrey traffic. For your safety, please use the walkway down the hill by the sewing room and the CEO's parking area, crossing the street on the cross walk where you can be easily seen.

Thank you.

The Housekeeping Committee

## Happy Birthday

|      |            |      |          |
|------|------------|------|----------|
| 2/9  | Helen L.   | 2/21 | Judy B.  |
| 2/18 | Lari N.    | 2/21 | Gene B.  |
| 2/18 | Lorraine S | 2/22 | Jorgen C |
| 2/19 | Ingrid A   | 2/23 | Dick M.  |

## NEW/SOON-TO-BE RESIDENTS

|                           |                              |
|---------------------------|------------------------------|
| Zad and Laela Leavy       | Claude "Skip" & Joan Keyzers |
| Charles Bancroft          | Ellen Latimer McGrath        |
| William and Julie Obering | Barbara Eisiminger           |

## ONGOING ACTIVITIES

See also *Master Schedule of Ongoing Activities*  
(C 8-9 Residents' Handbook)

|             |   |  |             |  |  |
|-------------|---|--|-------------|--|--|
| <b>MON</b>  | Chair Exercise MH<br>Monday Morning Forum (4th) MH<br>Advanced Exercise MH<br>Duplicate Bridge GR<br>Dominoes GR  | 8:30-8:45AM<br>10:30AM<br>11:00-11:45AM<br>1:00PM<br>7:15PM                                    | <b>THUR</b> | Chair Exercise MH<br>Half-Fast Walkers<br>Adv. Water Exercise SP<br>Table Tennis MH<br>Bingo (2nd & 4th) GR  | 8:30-8:45AM<br>9:00AM<br>9:30-10:15AM<br>1:15-3:15PM<br>7:15PM                           |
| <b>TUES</b> | Chair Exercise MH<br>Council Meeting (2nd) CR<br>Adv. Water Exercise SP<br>Worship Services (1st) H<br>Communion Service (3rd) HC<br>Lawn Bowling PG<br>Sing For Fun (1st & 3rd) WP<br>Music In The Library L | 8:30-8:45AM<br>9:30AM<br>9:30-10:15AM<br>10:30AM<br>10:30AM<br>1:15-3:15PM<br>2:30PM<br>7:15PM | <b>FRI</b>  | Chair Exercise MH<br>Balance and Stretch MH<br>Strength Circuit Training FC<br>Bookmobile<br>(Every other Friday from Feb 10)<br>Lawn Bowling PG<br>Social Bridge GR | 8:30-8:45AM<br>9:15-9:45AM<br>11:00-11:45AM<br>12:45-1:15PM<br><br>1:15-3:15PM<br>7:15PM |
| <b>WED</b>  | Chair Exercise MH<br>Balance and Stretch MH<br>Java w/Jane (3rd) (3/15)PL<br>Advanced Exercise MH<br>Strength Circuit Training FC<br>Communion Service (3rd) WP<br>Movie Night(1st, 2nd, 3rd & 4th)MH         | 8:30-8:45AM<br>9:15-9:45AM<br>9:30AM<br>11:00-11:45AM<br>11:00-11:45AM<br>11:15AM<br>7:15PM    | <b>SAT</b>  | Chair Exercise MH<br>Adv. Water Exercise SP<br>Putting (2nd) PG<br>Wine Dinner Group (2nd) PDR<br>Music on the Menu DR. (Feb 11)                                     | 8:30-8:45AM<br>9:30-10:15AM<br>10-11:30AM<br>5:30PM<br>6:00-7:00PM                       |
|             |   |  | <b>SUN</b>  | Classic Movie MH*  | 2:30PM   |

\* NEW

### LOCATION LEGEND

|                       |                         |   |                    |
|-----------------------|-------------------------|---|--------------------|
| CR Conference Room(s) | DR Dining Room          | FC Fitness Center                               | GR Game Room       |
| H Hillcrest           | HC Health Center        | HG Hall Gallery                                 | L Library          |
| MH Meeting House      | PDI Private Dining Room | PG Putting Green                                | PL Pavilion Lounge |
| SP Swimming Pool      | WP West Parlor          | BB Sign-up and/or Information on Bulletin Board |                    |

# Clinic Clips

## New Year's Resolutions

The New Year is a perfect time to check on topics that are important to your health and safety. Your clinic wants to ensure you will have a happy and safe 2017! Some of these items are as follows:



- **Safety First!** When you are walking, please wear light colored clothing AND to further protect yourself, wear a **safety vest**. This is especially important during this time of year, when days are shorter and there is not as much light. Vests are **available at the Reception Desk**.
- **Pet Care.** Plan ahead for your pet's care, so that in an emergency others will know who to contact and who will be caring for your little "family member." Posting the appropriate contact on your front door is helpful. In the event you are unable to make that call, someone else can make the contact for you.
- **Medications.** Bring any changes in your medications to the attention of the clinic. Now is a good time to go through your medicine cabinet and bring any expired medications to the clinic to be disposed of properly. **DO NOT** put them in the trash or flush them down the toilet.
- **P.O.L.S.T.** It's also time to recheck your choices on your P.O.L.S.T. form. Many things can affect past decisions, so take a look at your document to see if it reflects your current wishes.

*Connie Hays*



### Jean Brenner

Jean's life is worthy of a book. Trying to capture this multitasking woman in this small space is next to impossible.

When Jean was 3 years old, she lived in Germany. Hitler arrived in her town to give a speech. Jean was asked to present him with roses, but her parents declined. She was photographed on a balcony overlooking the speech - a collector's item photo and the beginning of a lively life. Jean grew up in Palo Alto and went to Stanford. She married soon after. Three children arrived in rapid succession. They moved to Carmel in 1961, and her children went to Carmelo school, across the street from the Manor. Jean was always an artist. She produces beautiful jewelry, layered paintings, photographs, and additionally, is a

collector. Her work shows up in museums. After a divorce, Jean went back to college to get a teaching certificate. She taught 4th grade in Seaside and then Monterey. Three years later she married again. She and her husband shared a love for travel, especially exotic travel. And so the adventures began. They chose to visit traditional cultures before they were replaced by Western ways. They visited the Indonesian side of New Guinea with the purpose of visiting a village that had never seen outsiders. As they ran out of their food, they ate all of the local bananas, papayas, and rice. Soon they were eating raw turtle eggs mixed with rice and fat sego worms. Yum! They mostly dressed like the locals: a skirt and beads for Jean. If Jean was wearing a shirt, the women might pull it up to see if she was a woman. Jean and her husband also ran many rivers. One 21-day river trip in Ethiopia included a stay on an island that included naked men with large guns. They took turns that night guarding their boat from theft.

After her husband sadly died at age 67, Jean continued to travel. She visited nearly every country in the Middle East and has some lovely photographs of women from there. There is hardly a country she hasn't seen. She recently returned from Antarctica. Her favorite countries to visit were Mongolia, Cuba, and Iran. She has collected wonderful tribal art from her travels.

Jean is currently hard at work on the photos she took in Antarctica. I'm sure they will be stunning.

*Kay Enbom*



### Sad Winter Tale

Little Willie from the mirror  
licked the mercury right off,  
thinking in his childish error  
it would cure the whooping cough.

At the funeral,  
his mother said to Mrs. Brown  
"Twas a chilly day for Willy  
when the mercury went down."

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