



ACCENTS

FORTNIGHTLY PUBLICATION - MAY 29- JUN 11, 2020

CARMEL VALLEY MANOR MISSION STATEMENT

BALANCE ACTIVE AND VIBRANT INDEPENDENT LIVING WITH THE SECURITY OF A LIFE PLAN COMMUNITY BY MAINTAINING AN ADAPTABLE AND FLEXIBLE ORGANIZATION THAT ADDRESSES THE NEEDS AND INTERESTS OF CURRENT AND FUTURE RESIDENTS THROUGH ITS FACILITIES, PROGRAMS AND SERVICES.



Sheila Cooper Photos



NEXT COUNCIL MEETING
TUESDAY JUNE 9, 2020
EXPECTED TO BE A VIRTUAL
MEETING VIA ZOOM

Questions, comments or suggestions should be directed to
 Council Secretary Jean Scholefield:
 Tel.. (831) 521-9523
 Email: jeanscholefield@att.net

Poem of the One World~~~Mary Oliver

This morning
 the beautiful white heron
 was floating along above the water

 and then into the sky of this
 the one world
 we all belong to

 where everything
 sooner or later
 is a part of everything else

 which thought made me feel
 for a little while
 quite beautiful myself.

NEW/SOON-TO-BE RESIDENTS

Jeffrey & Marilyn Riehl
 James & Betty Kasson
 Martin (Marty) & Karen Wiskoff
 Sandy Storm

HAPPY BIRTHDAY

5/30	Tom H.	6/5	Jeffery R.
5/30	Ruth R.	6/7	Sue B.
5/31	Hersh L.	6/11	Mary B.
6/3	Sally V.		

A letter from Elliott Merrick as he approaches his 91st birthday, thinking to buy a Rhodes 19 Mariner---

I really think I'll do it, because sailing has always been so very important to me---you know, not casual, not superficial, but deep down.
 I rigged up an old bed sheet on crossed sticks on a rowboat at an early age, for wafting myself down wind and rowing back. And we had an old dory with a home-made sprits'l in Maine on the open ocean—a real clunker with thole-pin oars. Once my father and I almost got blown off, next stop Portugal, but a lobster fisherman came along and towed us in. He knew my father, from my father's early years in Ogunquit, Maine.
 "Breezy, ain't it, Elliott!" he remarked.
 "Yes, it is a mite," my father replied.
 "Shall I give you a line?"
 "Mightn't be a bad idea," said my revered papa.
 And so our lives were saved, in typically non-committal, terse Maine fashion, no words, no thank-you's, just do it. We were already 2 miles off, and blowing so hard we couldn't make an inch rowing against the wind. Our anchor wouldn't touch. We had no food or water.



IN MEMORIAM

5/16 Natalie Munson
 5/17 Dorothy Broad
 5/18 Leslie Geyer

LIBRARY NOTES

Books Selected for June 2020

Fiction

THE BOOK OF LONGINGS Sue Monk Kidd
NIGHT BOAT TO TANGIER Kevin Barry
THE GIVER OF STARS* JoJo Moyes

Mystery

THE CLUB DUMAS* Arturo Pérez-Reverte

Biography

IRVING BERLIN James Kaplan

Politics

FORTITUDE Dan Crenshaw

Short Stories

THE COLLECTED STORIES OF EUDORA WELTY*

Art

EVERYTHING SHE TOUCHED Marilyn Chase

*Donation **MacCulloughFund ***Wagner Fund

DVDs Chosen for June 2020

BREATHLESS

THE CROWN

FLY AWAY HOME

ROMA

SPIRAL (Season 3)

SUCCESSION

THE RESIDENTS' GARDEN SWEET PEA FRAME

It must be six or seven years since Dick Merrill, the resident expert on growing sweet pea plants, asked if I could construct a sweet pea frame in the Residents' Garden . I initially declined due to lack of any knowledge about sweet peas, but that didn't last long. Dick told me that was of no consequence since he would give me all of the information that was needed. Dick could be very persuasive. So we went to the garden, measured the width, length and height necessary in the bed that he had selected. He stressed that he wanted a permanent frame that would not need propping up or repairs when the plants stretched to the top and became heavy. After a trip to Griggs for the wood, I went to the wood shop and cut all of the pieces to size, took a box of screws and assembled the frame in the garden. Once the uprights were securely screwed to the bedding timbers, the corner and center braces in place, and the top cross members attached, the frame was ready for Dick's chicken fencing to be attached. The sweet peas liked the arrangement , and have provided an abundance of beautiful flowers for the residents to take from the vases provided at the Pavilion entry for several years. Gary Nelson has taken as a mission the renovation of the soil and care of the plants, while Diane and others see that the vases of flowers are available at the Pavilion .

Lee Chambers



MEMORIAL DAY PUTTING (WITH SOCIAL DISTANCING)

Nine players participated in a three-day putting contest ending on Memorial Day, May 25, 2020. Each player putted around the 9-hole course four times for 36 holes, on their own, on Saturday and 36 holes on Sunday. Diane Nelson, 153 putts, and Jane Upp, 159 putts, were the two women's finalists and Jeff Riehl, 149 putts, and Ken Johnson, 156 putts, were the men's finalists. Connie Reeves, Deanna Woodhour and Jo White finished in third through fifth position for the women and Jack Enbom and George White finished third and fourth for the men. On Memorial Day the four finalists played a final 18 holes. Jane Upp and Diane Nelson both finished with scores of 39. Jane Upp had an ace on the first playoff hole to win the women's finals and Ken Johnson won the men's finals by three strokes, 34, to Jeff Riehl's 37.

Jack Enbom



Dog Captures Intruder in Old Capital Club Garden



On Mothers Day morning Chef Robert Kincaid and his eight year old dog, Kerwin, awakened at 2:45 A.M. with sounds in the Old Capital Club garden. Robert went out in the dark night with a flashlight and Kerwin to see what was going on. Kerwin, eight years old, blond, cute and weighing 15 pounds ran into the dark barking and cornered the intruder in the garage. Robert and Kerwin escorted the intruder out of the garden. A police report was filed and no damage was done. Kerwin will be receiving a special treat and a hero's badge for his bravery.

Harry Hanson

We Welcome Manor residents' written contributions to ACCENTS***the highs & lows of life***humor***sadness***revelations***sharing.

Covid-19: Part Two

Am I safe? Are you safe from me?

As the Covid-19 pandemic runs its course, we have begun to see some very important information about the virus and its behavior in us. It should be remembered that at least a quarter of the people who were infected with Covid-19 experienced no symptoms or mild cold-like symptoms. It is becoming clear that the response in any single person relates to the patient's age, to the host's immune system, and to underlying medical conditions. Recommendations about social distancing and other precautions should be observed.

In my previous article, I commented about the interrelationship of Covid-19 to the control of blood pressure but the rest of the story is still being clarified. I believe it is safe to say that for the vast majority of medicines that are being taken, there is no need to stop them – particularly if they are for such common conditions as diabetes and high blood pressure. What isn't so clear are some of the drugs being used to suppress the person's immune system if they have an autoimmune disease. Cortisone-like drugs (steroids) should probably be used in the lowest possible dose. The use of hydroxychloroquine and methotrexate (both used to treat autoimmune conditions) is still being investigated. A drug designed to treat Ebola seems to be of definite benefit and other drugs with similar uses are being investigated. We are all awaiting these studies.

But... what about the victims and what about the tests

for Covid-19? If you have tested positive for Covid-19, this means you have the virus. The tests being done to demonstrate this is a genetic test based on the structure of the virus itself. If this test, the PCR test (Polymerase Chain Reaction), is positive, you have the virus. The other tests being used are antibody tests. If the antibody tests are positive, you have had the virus and your body has mounted a protection against it. No one knows how long these antibodies last, but I feel that a very safe assumption is that if a person has these Covid-19 antibodies, it is safe for them to be exposed to patients who have an active Covid-19 disease, as demonstrated by the test for the virus. How long this immunity will last is presently unknown but I think the safe period is measured in months, if not in years.

However, if you have the antibodies, it is possible that you could still carry the Covid-19 virus and pass it on to the next person. This is an issue of vigorous debate among immunologists at the present time. If I were antibody positive, I would certainly feel more secure personally in caring for people exhibiting the disease. What I would be less certain about is whether I could be a carrier, giving the disease to other people, though immune myself. The answer to this question, like the question about possible drugs and possible vaccines is still to come.

Stay tuned for late-breaking news.

A Thought from Malcolm Forbes with Relevance to the Covid-19 Pandemic...

Forbes died in 1990

“The direness of the disease is cause for despair, but the magnitude of the effort and the determination of those conducting the effort to find the answer is cause for inspiration.”

As of today Linda Page has made 600 masks! The elastic comes from Singapore and takes 3 weeks to get here. Her masks are available at the R.O.S.E, \$3.00 each.



Kass Schwin

PUBLICATION STAFF

ACCENTS is published by and for the residents of Carmel Valley Manor, a Life-Care Community at 8545 Carmel Valley Road, Carmel, CA 93923.

Editor: Janet McDaniel
janlaine@comcast.net

Publisher: Celina Manzanarez

Proofreader: Arden Hoppe

Photographers: Lee Chambers
Sheila Cooper
Harry Hanson
Kass Schwin

Contributor: Lee Chambers
Mel Britton
Harry Hanson
Kass Schwin

Information regarding the Manor can be obtained from
WWW.CVMANOR.COM
or from the Director of Community Relations, Angie Machado

(831) 626-4867 or (800) 544-5546

ADDRESS SERVICE REQUESTED