



ACCENTS

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“Music makes up for our shortcomings as humans. It is the vessel for that which we can not articulate with words. It helps release and it helps us hang on. We have music because we both want and need. We also have music because we can give, because some music is also prayer.”

Josiah Black Eagle Pinkham, Nez Perce Indian
Born 1971



“Gone From My Sight”...the “Parable of Immortality”

~~~~~  
I am standing upon the seashore.

A ship at my side spreads her white sails to the morning breeze, and starts for the blue ocean.

She is an object of beauty and strength,  
and I stand and watch her until she hangs like a speck  
of white cloud just where the sea and sky come down  
to mingle with each other.

Then someone at my side says: “There! She’s gone!”  
Gone where? Gone from my sight—that is all.  
She is just as large in mast and hull and spar as she was  
when she left my side, and just as able to bear her load  
of living freight to the place of her destination.  
Her diminished size is in me, and not in her.

And just at the moment  
when someone at my side says: “There! She’s gone!”  
there are other eyes that are watching for her coming;  
and other voices ready to take up the glad shout:  
“There she comes!”

Presumably written by the Rev. Luther F. Beecher  
(1813-1903), cousin of Henry Ward Beecher and Harriet  
Beecher Stowe. Often read at funerals and memorial services and distributed by hospice programs.



## 2020 EMPLOYEE APPRECIATION GIFT FUND

Reminder: Gift Fund ends December 4

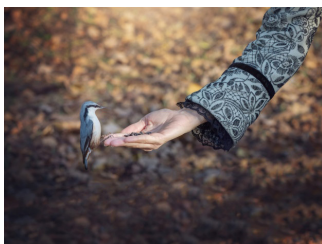
Goal: 100% Participation

Administration, Activities, Dining Services, Environmental Services, Grounds, Housekeeping and Laundry, Reception and Transportation, the Clinic, Health Care and Hillcrest Services: The 180 people in these groups all contribute to making the quality of life at the Manor very special. They provide for us in a caring, respectful, and friendly manner. The year 2020 has brought many challenges, and the employees have adapted to all sorts of changes and special needs to meet those challenges. Now is the time we can thank them by giving to the 2020 Employee Appreciation Gift Fund. We understand that not all residents are able to donate the suggested amount and that others will give more. All levels of giving are important and valued; our goal is to have 100% participation. For those of you who have already donated, thank you! For those who have not donated yet, we hope you will do so soon, as only funds received by December 4 can be distributed in 2020. Envelopes and forms are available next to the collection box on the reception desk should you need them.

2020 Employee Appreciation Gift Fund Committee  
Susan DuCoeur, Arthur Latimer, Jack Enbom

### BREADCRUMBS

~~~~~  
Once, just glancing through the window
(Why should it have fixed him in his place?)
He saw his wife, with breadcrumbs for the birds,
Standing at the kitchen door.
Just a woman in a doorway with a breadboard,
A streak of sunlight, on a dull day, touching her hair,
But also his wife.
She never looked up to catch his stare.
Now that she's gone from his life
And he doesn't know what to do with the years,
He walks round galleries, and before
Those pictures painted by the Dutch---
Bits of yards, bits of rooms, a door, a figure,
Bits of nothing much---
He finds it hard to choke the tears.
Graham Swift, British novelist born 1949...



My Views on the Vaccine



I promised in my previous article that I would have more to say about the Covid-19 vaccine. Two articles from the New England Journal of Medicine are of great

interest with respect to the vaccine. Before getting into the specifics about the vaccine, I wanted to quote some things about what is being discovered as we study the interaction of this virus with our immune system. One of the NEJM articles talked about the genetic risk of Covid-19.

The good thing about Covid-19 is that the majority of people who have experienced the coronavirus have "mild or no symptoms." To the scientists studying this disease, that is a big hint that genetic factors play a very important role in the response to the disease. Much of the genetic work that they do is beyond me, but I will try to summarize it the best I can.

The first is a very important finding and is that people with blood group A have an increased risk of getting the respiratory disease, and blood group O have a decreased risk. The Rh factor doesn't seem to make much difference. From there on the genetic tale becomes much more complex:

There is one gene variant that has a stronger association than blood type and greatly affects the likelihood that the patients having this genetic type often will require mechanical ventilation as well as oxygen if they become infected. There are other genes, mostly on the cells representing the immune system, which affect the response as well. The response of the immune system to the signal coming from the vaccine is quite complex. In the studies cited by the Journal, the vaccine was a vaccine made by combining human RNA (the messenger) with the Covid virus as the vaccinating agent, which seemed to circumvent the genetic barriers. The further good news about all this is that many other scientists in other fields are advantaged by the genetic findings; "Personalized Medicine" (But at what cost?) is becoming a reality.

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NEW/SOON-TO-BE RESIDENTS

Hersch & Shirley Loomis
Barbara Fowble
Sandy Storm
Martin & Karen Wiskoff

Beverly Hamilton
James & Betty Kasson
Roberta Bialek-Elliott

HAPPY BIRTHDAY

11/13	Geneva W.	11/26	Terry H.
11/23	Eunice S.	11/26	Pat Z.
11/24	Susan L.		
11/25	Trudie M.		

IN MEMORIAM

11/2 Richard H. Vaughan

Continued from pg. 2

We now move to the vaccine itself: One of the concerns that the scientists who are developing the vaccine have is that some of the vaccines to other viral respiratory syndromes that we have developed have actually enhanced the respiratory reaction in the people vaccinated. The reason for this is quite complex, but at the present time the evidence is that the RNA-linked Covid vaccine does not cause this enhanced respiratory response.

The rest of the information in this article does not come from human studies but from chimpanzee studies. I will try to summarize all of this.

The animals were immunized with two different concentrations of the vaccine, one 10 times stronger than the other. Following a suitable period of time, the animals were then challenged with the Covid virus. Two major things were studied as the vaccinated animals responded to the challenge. These were the antibody response (measured in the blood), and the other was the disappearance of the Covid virus from the nasal passages of the animals. The good news is that both doses seemed to be quite effective in creating antibody responses and in eliminating the virus from the nasal passages. The next question of course is how long the antibodies will persist. This will be the subject of a later study.

Chimpanzees are not humans, but my own feeling is that Phase One studies in humans (not yet published in literature) will duplicate the findings of the chimpanzee trials. This would permit scientists to move on to Phase Two and Phase Three studies with humans. This is all very exciting-PPP-, but scientists are still concerned about the possible effects of the human RNA part of the vaccine which might affect the genes of the person to whom it was injected. I have not seen any truly scientific study of this possibility reported. My plan is still to take the vaccine as soon as it is available.

I have received some material from the Anti-Vaccine group. In addition to the questions about the effectiveness of the vaccine, this group questions the power of government to force us to take vaccines. My answer to that is simple and was written by Thomas Jefferson when he said.... "certain Inalienable Rights; Among these are Life, Liberty, and the Pursuit of Happiness." I feel very strongly that in the fight against Covid, we are truly pursuing Life for the people who may become infected by the virus in the future, and that this Pursuit is in the best interest for all of us.

Again, I promise more later,

Dr. Melvin Britton





Rochelle Blank Zimmer's life is a collage of different types of creative activity. She knew when she was young she wanted to be an artist, and she became just that in many aspects in her life, which started in New York City. Shortly thereafter her family moved to

Fair Lawn, New Jersey, a sleepy bedroom community just a hop, skip and a bridge, (the George Washington) to NYU, where, captivated by the city, she lived for twenty-seven years in Greenwich Village, then Tribeca. Rochelle got her BA at NYU in Art Education with a minor in Art Therapy. One of her most poignant memories was when she was an intern art teacher at Sloan Kettering Cancer Hospital. A very sick little girl, whom she would visit, drew a picture for Rochelle and gave it to her saying, "I may not be here forever, but this will". When Rochelle next went to visit the little girl, she had passed away. Rochelle has an absolute zest for life. She looks for beauty everywhere; you might say she is a curator of life's hidden beauty and gems. As an independent entrepreneurial woman, NYC was a perfect place for her. Rather than a traditional 9-5 job, she opted to creatively earn her way; waitressing, teaching art at a grade school, designing and building sets for the theatre and creating window displays for some of NYC's 5th Avenue stores. Ever the entrepreneur, she started her own jewelry designing business, Rochelle Jablanca Accessories. She had several representatives + and exhibited at trade shows which got her jewelry and displays into stores all over the globe. Her favorite client was Barney's NY and Barney's Japan. After ten successful years as a jewelry designer, she ventured into buying and selling antiques which enabled her to travel all around the country. Her creative

streak came to the fore when she would go to auctions, markets, and shows to procure beautiful and often whimsical objects that included antique toys, collectibles and ephemeral paper goods. Her merchandising came naturally, and she quickly gained devoted customers. Ever energetic, health and wellness grabbed her attention. She went back to school, got a degree in Health Coaching at the Institute of Integrative Nutrition, followed by a certification in Plant Based Nutrition, an online program at Cornell, and then a Life Coaching Degree. During this time she also spent thirteen years teaching and mentoring students on the art of Coaching or how to assist one who is wanting to move forward with a goal or life discovery.

It was at the time she became a Health Coach that her sister suggested she go on J-Date. "Getting married was not on my bucket list as a young adult", says Rochelle. Her sister gave her the money to subscribe to this online dating site. Rochelle used the money instead to buy a pair of shoes! But to appease her sister, Rochelle did create a profile on J-date. On the last week of her three month subscription she saw a man's picture leaning over petting his dog. She read his profile and thought, 'I could at least be friends with this person'. She contacted him, and two weeks later they met at a vegan restaurant in New York City. It turned out to be Super Bowl Sunday and so cold that Rochelle was almost tempted to cancel brunch. Her date was at the restaurant early, and when she saw him, she knew right away he was THE person. Several hours passed quickly with a parting promise to get together again. Two hours later he called for a second date. That was 2007. In 2009 Rochelle and Jay sent out their wedding invitations, inviting friends to attend "The Loveliest Afternoon of the Year" at the Nassau Club in Princeton, NJ.

Moving to California happened a few years into their marriage when Jay accepted a job in the Bay area. Moving to Palo Alto first, then Danville where they settled into a new home that Rochelle lovingly curated every inch of! Now she, Jay, and Charlee are here in Carmel, excited about their new life. Rochelle said, "I don't believe in regrets." This vibrant lady who also teaches Yoga will be forever young!

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