



# accents

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A **Mnemonic** is any learning device that aids in information retention or retrieval. A classic example of one mnemonic is: CDEFGHIJKL

**C** for COMPASSION  
Open your heart for yourself and others.

**D** for DIGNITY  
Recognize the dignity of every human being.

**E** for EQUANIMITY  
While acknowledging the ups and downs, try to find an even keel.

**F** for Forgiveness  
Seek forgiveness from those you have failed and those who have failed you.

**G** for Gratitude  
Keep in the front of your mind gratitude for all that you have.

**H** for Humility  
Remember that you are no better and no worse than others you encounter.

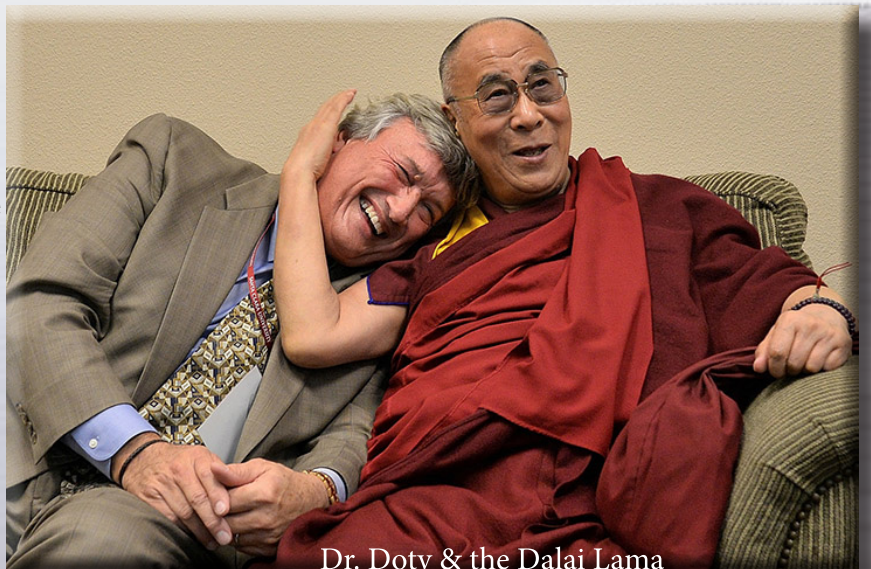
**I** for Integrity  
Value honesty and integrity and use it to guide your actions.

**J** for Justice  
Acknowledge your obligations in context of social justice.

**K** for Kindness  
Be kind to yourself and to others.

**L** for Love  
Let your heart be open to love from within yourself and from others.

This mnemonic is "The Alphabet of the Heart", created by James R. Doty, MD. Dr. Doty is a neurosurgeon at Stanford and the director of the Center for Compassion and Altruism Research and Education (CCARE) at Stanford. The Dalai Lama has supported CCARE in amounts "extraordinary and unprecedented" in the words of Dr. Doty. Reading "Into the Magic Shop" by Dr. Doty will help you discover the Mysteries of the Brain and the Secrets of the Heart. Dr. Doty grew up in Lancaster, CA. with an alcoholic father and a chronically depressed mother. Today he is Professor of Neurosurgery at Stanford. How did that come to be? Read on!



Dr. Doty & the Dalai Lama

# EVENTS

## THU APR 22 DANDY WALK 9:00 AM (AT CHAPEL)

Walkers will depart for **PALO CORONA**. Emily Neel will lead. See Details and sign up on Bulletin Board.

## THU APR 29 BEAUTIFUL SCENIC WALK 9:00 AM (AT CHAPEL)

Walkers will depart for **BIG SUR: GLEN DEVON**. Bruce Newell will lead. See Details and sign up on Bulletin Board.

## WHEN I'M GONE

When I come to the end of my journey  
And I travel my last weary mile  
Just forget if you can, that I ever frowned  
And remember only the smile.  
Forget unkind words I have spoken  
Remember some good I have done  
Forget that I ever had heartache  
And remember I've had lots of fun.  
Forget that I've stumbled and blundered  
And sometimes fell by the way  
Remember I have fought some hard battles  
And won, ere the close of the day  
Then forget to grieve for my going  
I would not have you sad for a day  
But in summer just gather some flowers  
And remember the place where I lay  
And come in the shade of evening  
When the sun paints the sky in the west  
Stand for a few moments beside me  
And remember only my best

*Mrs. Lyman Hancock*

"Three puppies  
hanging on a tree"



## ONGOING ACTIVITIES

See also Master Schedule of Ongoing Activities  
(C 10,11 Residents' Handbook)

<b>MON</b>	Chair Exercise MH	8:30-8:45AM
	Monday Morning Forum (4th) MH	10:30AM
	Advanced Exercise MH	11:00-11:45AM
	Duplicate Bridge GR	1:00PM
<b>TUES</b>	Chair Exercise MH	8:30-8:45AM
	Council Meeting (2nd) CR	9:30AM
	Adv. Water Exercise SP	9:30-10:15AM
	Chair Yoga MH	11:00-11:30AM
	Sing For Fun WP	1:00PM
	Lawn Bowling PG	1:15-3:15PM
	Traditional Yoga MH	3:00-3:30PM
<b>WED</b>	Chair Exercise MH	8:30-8:45AM
	Advanced Exercise MH	11:00-11:45AM
	Mahjong	2:00-4:00PM
<b>THUR</b>	Chair Exercise MH	8:30-8:45AM
	Half-Fast Walkers	9:00AM
	Adv. Water Exercise SP	9:30-10:15AM
	Games GR	1:00PM
	Traditional Yoga MH	3:00-3:30PM
<b>FRI</b>	Chair Exercise MH	8:30-8:45AM
	Bookmobile	12:45-1:30PM
	Every other Friday	
	Lawn Bowling PG	1:15-3:15PM
	Social Bridge GR	3:00PM
<b>SAT</b>	Chair Exercise MH	8:30-8:45AM
	Putting (2nd) PG	10:00-11:30AM
<b>SUN</b>	Movie MH	1:30PM

## 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	PDR	Private Dining Room
PG	Putting Green	PL	Pavilion Lounge
SP	Swimming Pool	WP	West Parlor
BB	Sign-up and/or Information on Bulletin Board		

## NEW/SOON-TO-BE RESIDENTS

Victor & Marilyn Wykoff  
Beverly Hamilton

James & Betty Kasson  
Roberta Bialek-Elliott

## HAPPY BIRTHDAY

4/22 Frances S.  
4/27 Russ H.  
4/29 Leon C.



## What to do if you are ALONE and having a Heart Attack



This comes from Dr. Patrick Teefy, Cardiology Head at the Nuclear Medicine Institute University Hospital, London Ontario.

1. Let's say it's 7:25 pm and you're going home alone after an unusually hard day on the job.
2. You're really tired, upset, and frustrated.
3. Suddenly you start experiencing severe pain in your chest that starts to drag out into your arm and up into your jaw. You are only about five miles from the hospital nearest your home.
4. Unfortunately you don't know if you'll be able to make it that far.
5. You have been trained in CPR, but the person that taught the course did not tell you how to perform it on yourself.
6. HOW TO SURVIVE A HEART ATTACK WHEN ALONE? Since many people are alone when they suffer a heart attack without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 SECONDS left before losing
7. consciousness.
8. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let-up until help arrives or until the heart is felt to be beating normally again.
9. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it to regain a normal rhythm. In this way, heart attack victims can get help or to a hospital.
10. Tell your friends about this, it could save their lives!

Mel Britton

## NOT ALL AMERICAN HISTORY MADE THE HEADLINES

I was born in a very small town in Central Illinois. In the 1920's *many* Italians migrated to Farmington to work in the coal mines, and their families still live there. My Junior High School Principal was Mr. James Perelli whose father was part of that migration and still lived in Farmington when I was growing up. The following story was quietly told about the elder Mr. Perelli from time to time: As a teenager he hopped on a train to Chicago to take a look at the city. He was alone and wandered around Chicago for several days, just getting to know it.

Then one morning he decided to head for home and began the walk to the train station. Along the way a car pulled up and offered him a lift to the station if that was where he was going. He accepted the offer. A driver was in the front seat, and a passenger in the rear. Mr. Perelli joined the passenger who was a talker, and they quickly established that they were fellow Italians and that Mr. Perelli's hometown was filled with Italians as well. The conversation was pleasant but brief. The car stopped at the appropriate spot for Mr. Perelli's departure, and he got out of the car. As he did so, his new acquaintance yelled at him "...and when you get back to Farmington, be sure to tell all of them that you met Al Capone!"



Al Capone, 1899-1947, an infamous gangster and bootlegger who controlled 10,000 "speakeasies" during the Prohibition. He made as much as \$100 million per year. Nickname was "Scarface". In 1931 he was sentenced to 11 years in prison... released after 8 years due to neurosyphilis. He

died of a cardiac arrest after a stroke. Never visited Farmington!

Janet McDaniel



## *Staff Spot - A brief profile of our staff*

### NOEL ANICETO, DINING SERVICES ASSISTANT MANAGER



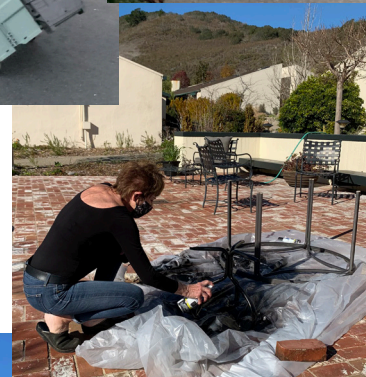
As an addition to Terry Hanson's featured article on her writing plays for the CVM, one of which had Noel as Jack of Jack and the Beanstalk, which I laughed at thinking of Noel's humor, this is an additional, serious side of him.

Noel has worked in Dining Services just short of 20 years. He was first a server for nine years, then a supervisor, and then in 2017, assistant manager. He grew up in the bustling capitol city of the Philippines, Manila. He is the youngest of 5 brothers, attended college in Business Administration, stopped 12 units short of earning a degree as he preferred to not do the ROTC requirement. His girlfriend Michelle, now his wife, preceded him to the US. They corresponded and when she returned

to the Philippines after 5 years, they married, he was 25 and she 20, and left for the US. They have two children, their daughter, Eliza is 17 and their son, Jayden, is 11. Many men who are heads of households bring their work home. (This was pre Covid). Noel does also. He is the one who shops and cooks for the family. He says, "breakfast, lunch and dinner", drives his daughter to where she needs to go. And as an echo of the joking Noel, he is glad his daughter has fun with her friends. She began as a cheerleader on the "Riptide Team" when she was 5 and was part of the team when they went to Disneyland, the team coming in 4th in a National Competition. The entire family went to Disneyland at this time for a week. She has also taken gymnastics and ballet. The Riptide All Star Team in Salinas is a special achievement for young girls in this area. Aliza's parents and grandparents are very proud of her.

*Selma Petker*

### Barbara Fowble decorating Court D at the Manor!



#### PUBLICATION STAFF

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