



Village Life

HDV Member Profile - Robert Seeger, M.D.

New HDV member Robert Seeger is living proof that we should *always* attend our high school reunions, even into our 70s. Robert answered the call to show up at his 60th South Salem High School reunion in 2018 where he reconnected with classmate and founding HDV member Jane McElDowney. A widower and a widow, they embraced their common Salem roots, remarkable careers in medicine and desire to enjoy all that Central Oregon has to offer.



Robert recently retired from a distinguished career as a pediatric hematologist-oncologist in Los Angeles, where he was a Professor at UCLA and then at Children's Hospital Los Angeles and the University of Southern California. His academic work focused on childhood cancer. He and his colleagues were the first in the world to discover that aggressive behavior of a cancer, childhood neuroblastoma, was controlled by a cancer gene called *MYCN*. After this discovery, his research successfully dealt with improving treatment for children worldwide.

Robert grew up in Salem and came to the high desert with his Dad to fish the Deschutes River, East Lake and other fish-filled waters. In the 1980s, he and his late wife Melinda built a house in Sunriver, a vacation place to complement their home in Westwood near the UCLA campus. After Melinda died in 2016, Robert traded the Sunriver home for a condo in Sunriver along the Deschutes River, establishing a new chapter in enjoying Central Oregon, enriched by his son Jeff and his brother and sister-in-law living nearby.

Asked about hobbies, Robert unabashedly shares that – as with many of us - work was his hobby. He adds, though, that now in retirement, he's enjoying good, long nature walks, taking piano lessons and delighting in Jane's company.

Deb Goodall

Just for a Laugh

An older, tired-looking dog wandered into my yard. I could tell from his collar and well-fed belly that he had a home and was well taken care of. He calmly came over to me, I gave him a few pats on his head; he then followed me into my house, slowly walked down the hall, curled up in the corner and fell asleep.



An hour later, he went to the door, and I let him out.

The next day he was back, greeted me in my yard, walked inside and resumed his spot in the hall and again slept for about an hour. This continued off and on for several weeks.

Curious I pinned a note to his collar: 'I would like to find out who the owner of this wonderful sweet dog is and ask if you are aware that almost every afternoon your dog comes to my house for a nap.'

The next day he arrived for his nap, with a different note pinned to his collar: 'He lives in a home with 6 children, 2 under the age of 3 He's trying to catch up on his sleep. Can I come with him tomorrow?'

Music Corner



Eva Cassidy's fame and following came largely after her untimely death of melanoma at the age of 33. Here is her performance of Over the Rainbow at the Blues Alley jazz supper club in Georgetown, DC, on January 3rd, 1996, just months before her passing. Enjoy her emotive delivery of this classic.

<https://www.youtube.com/watch?v=2rd8VktT8xY>

In Memoriam

HDV member Lorraine Zachary died on August 2nd. She was an original member of HDV along with her husband, Frank, who was on the founding board. Born in Asheville, N.C., Lorraine called many states home as a spouse of an Air Force Officer. During a 4 year posting in Omaha, she was able to pursue her own education and became a R.N. in 1979. Lorraine and Frank were avid skiers and after reading about Bend in a magazine, came here for their skiing vacation and fell in love with it. Deciding on Bend as their retirement home, they moved here in the mid-90s. Lorraine did not in fact retire. After helping create the health program at United Methodist Church in Bend, she became the Parish Nurse. Her skills, care and compassion were recognized in 2006 when she was named Parish Nurse of the Year for the entire Northwest. Lorraine's activities in HDV were curtailed in the past few years due the development of chronic health problems but members who knew her will miss her kind, thoughtful ways. We offer our condolences to her husband, Frank, and their two children.

To Your Health

Grieving is Healthy for Us

Grief is one of the heart's natural and universal responses to loss. When we grieve we allow ourselves to feel and experience our pain. We can slowly acknowledge, integrate and accept the changes that have occurred. Grief is a teacher.

When we touch into our emotional hurts we encounter our human vulnerability, our helplessness, our protests, and our struggles. Learning to process our grief allows our hearts to learn and grow from these sorrows. Grief hidden, stored, or suppressed will wait. It doesn't go away. It may come out in health problems, long term depression, addictive behavior, etc.

My second daughter recently died of the effects of alcoholism. She had her disease for many years. Although her final two months with us were incredibly healing for our whole family, her decline and death triggered a severe arthritis condition in my body. I believe this health problem was partially the result of stored sorrow which I am just now working to express.

It takes courage to grieve. We are usually not taught that being with our sadness is helpful and necessary to maintain our all-around health. Traditional societies offered rituals and communal supports to people experiencing loss. Our modern culture, in focusing on our independence, often keeps us alone and isolated when a major death or loss occurs.

As we age the losses compound, so developing grieving practices can be important for living well. Reading books about death and dying and grieving, using support groups, talking with a friend, journaling and having a ritual for your grief are all examples of ways to process our pain. The health advocacy team is available to members in the High Desert Village to offer resource information and support for bereavement concerns. Keep yourself healthy. Allow yourself to grieve gently. In this way our hearts stay open to being joyful and loving again and again.

Wendy Howard - Health Advocacy Team

COVID Update

Today's COVID Update is bittersweet. Deschutes County and state infection rates are climbing with more than 84% of the cases being the Delta variant. It has become the predominant variant across the U.S. because of a high rate of infectivity and transmission. The current surge is fueled primarily by those who have failed to obtain a vaccination and ignore the "tools" listed below. Even before symptoms, those infected have a much higher viral load that is easier to shed in larger amounts than the original Alpha strain. The Delta variant is proving to be somewhat more lethal in all age groups, is affecting children previously thought to be minimally affected and it proves to be a little more resistant to both vaccines, especially the J&J in the US, and the monoclonal antibody therapies used to treat early symptomatic disease. Regeneron claims their product is 70% effective if obtained within 10 days of symptoms.

The good news is we still have the tools to minimize risk that we have had for awhile now.

- Vaccinations – Pfizer and Moderna continue to be 94% effective in preventing infection with Delta; J&J, about 85%
- Masks - Wear one when around others outside your "pod", whether indoors or outside. N-95 type masks or filter in cloth masks are the best if they are close fitting; surgical masks are also good protection. The masks help protect you if others are carrying the Delta variant; and others, if you are infected and without symptoms.
- Distancing – yes as disconcerting as it is, it still works
- Isolate – if you are feeling ill, protect others by self-isolating until you can contact your health provider and confirm you do not have COVID

Despite vaccination, some folks do become infected with COVID. They typically have a milder case and do not need hospitalization though that is not 100%.

As of Friday, August 13, the Oregon Health Authority reported the following number of new COVID-19 cases in Central Oregon:

- 14 new case in Crook County
- 159 new cases in Deschutes County
- 19 new cases in Jefferson County

St Charles, Bend had 34 COVID patients with 7 in the ICU and 5 on ventilators.

Jim Powell