



Village Life

HDV Member Profile -Suzanne Martin

Having grown up on the coast in Watsonville, CA, Suzanne has always loved the ocean. So it took the irresistible lure of her daughter's pregnancy to set in motion her decision eight years ago to retire, sell her home in Poulsbo, WA and leave beloved views of Puget Sound's Liberty Bay to move to Bend. But she didn't want to miss the opportunity to be a part of her grandson's life. Zander arrived six weeks after she and her partner, Alex, settled here. Suzanne jumped right into caring for her grandson four days a week.

While Zander - and his Mom and Dad - were primary motivators for relocation, Suzanne was excited to move here for another reason: quilting. While she's sewn her whole life, her special passion has been quilting, a hobby she's honed for 40 years.

"Central Oregon is a quilting Mecca. It attracts talent from around the world," she explains. "One of the first things I did after moving here was join the Quilt Guild."

Besides entering her artwork in various area quilt shows, Suzanne joyfully participates in "The Undercover Quilters," book club. Its unique twist is that every year members select one of the 12 books they've read and make a quilt depicting some aspect or theme from the book. Among the books selected: *Where the Crawdads Sing* and *Once Upon a River*.

"Knowing there's a design project at year's end enriches one's reading. It makes you pay attention to the book's imagery and mull how you might capture it in a quilt."

Suzanne retired from a rewarding career in medical imaging, most of it working at a women's clinic. She shares she has administered thousands of mammograms, and while the work was sometimes a bit repetitive, she always enjoyed interacting with patients and learning the ever-evolving technology of her profession.

Life serves up unexpected curve-balls. Alex died five years ago and her daughter and son-in-law decided to move to Baker City to be closer to his family in Idaho. Suzanne is torn between staying put and returning to the Puget Sound, to a clutch of good friends in Port Townsend, including the one who urged her to seek out High Desert Village. Whatever she opts to do, Suzanne will make the most of it.

Deb Goodall

A Wonder of Nature



Brown bears are drawn to the Brooks River in Katmai National Park and Preserve Alaska because of the abundant sockeye salmon run each summer. The protein and fat rich fish diet make the costal brown bears larger than the inland subspecies grizzly bear. Park visitors are able to view bears at a safe distance. From that distance and with a long lens I was able to capture this wonder of nature.

Gene Storm

Music Corner



The Everly Brothers, Don and Phil, were an influential part of our musical landscape beginning in the mid-50s. Differences split the duo in 1973 until their musical reunion 10 years later. Phil passed away in 2014 and Don died last month at 84 years-of-age. Their distinct harmonies will forever live with those of us who came of age with the Everly Bothers. Here is their performance of *Let it be Me*.

<https://www.youtube.com/watch?v=AZYpa7u28WU>

To Your Health

Testing positive for Covid-19 can be scary, even if you have had the vaccine. But it is important to know that St. Charles now has a monoclonal antibody (**mAb**) treatment available for those who are eligible. If you have tested positive within the past 3 days or are within 10 days of onset of symptoms and are considered at high risk for being hospitalized because of pre-existing conditions, e.g., age, chronic disease, weight, etc., you might be eligible. A doctor's referral is also required. Information is on St. Charles website.

The treatment is usually a 2 ½ hr. infusion by IV, but recently a subcutaneous injection has been approved. Of the 50 patients St Charles has treated so far, only one was hospitalized and that person had been symptomatic for more than 10 days. Most importantly, it has been shown to be effective against the Delta variant.

What are mAbs? They are designed to target specific cells in our very complicated immune system. These are not derived from humans, they are made in a laboratory and block the uptake of the Covid-19 virus into the cell. Thus they mimic the immune system's natural antibodies which fight viruses, but are able to do it immediately. It takes time for the body to develop natural antibodies once exposed to a virus. This allows the person to fight the virus much earlier and hopefully stay out of the hospital.

Jan Hildreth

CDC Guidelines for Exposure

Fully vaccinated people who have come into close contact with someone with COVID-19 should be tested 3-5 days following the date of their exposure and wear a mask in public indoor settings for 14 days or until they receive a negative test result. They should isolate if they test positive. Fully vaccinated people who live in a household with someone who is immuno-suppressed, at increased risk of severe disease, or unvaccinated (including children 12 years of age) could also consider masking at home for 14 days following a known exposure or until they receive a negative test result.

Most fully vaccinated people with no COVID-like symptoms do not need to quarantine or be restricted from work following an exposure to someone with suspected or confirmed COVID-19, if they follow the testing and masking recommendation above. However, it still recommended they continue to monitor for symptoms for 14 days after an exposure.



*September's child is special
between the heat and cold;
subtle change of leaves
that make the autumn bold.*

*September's child is lovely
soft and mild and mellow;
a favorite time of year
for this September fellow.*

*September's child is winsome
her face is filled with love;
the women in September
are ones that we dream of.*

*September's child is playful
there's laughter in the voice;
there's crispness in the step
fall is their first choice.*

*September's child is golden
they shine among the rest;
colors shout from branches
and to them they do attest.
Dave Lessard*

DISASTER PREPAREDNESS

September - National Preparedness Month

This year we are seeing more and more wildfires plague the summer months as drought, high temperatures and smoke continue to ravage much of the Western United States. In 2020 alone more than 500,000 residents were under evacuation orders as wildfires raged in Oregon.

"As we become more aware of natural disasters we are seeing better disaster preparedness planning available," says Leslie Miller, HDV Board Liaison. To assist in disaster preparedness planning you will find a few resource materials provided by our local American Red Cross and a pamphlet compiled by FEMA.gov <https://www.ready.gov/kit>

Investing time, energy and a small amount of money into getting prepared will save a lot of stress and fear if a disaster hits.

**High Desert Village Board Meeting
Tuesday, September 21 - 4 p.m.
Via Zoom**