

VOLUNTEERS ARE NEEDED!

The Mohawk Valley Regional Vaccination Network is looking for help. They are working hard to put the structure in place to get the COVID-19 vaccine into the arms of the public.

If you are a practicing or retired medical professional, please be aware that volunteers are being recruited to help at vaccination clinics. This is an excellent opportunity to be part of an historic effort to vaccinate residents of the Mohawk Valley (Fulton / Montgomery County area).

The following professionals may administer the vaccination at Points of Dispensing (PODs) after receiving certain training (infection control, PPE usage, and CPR): licensed practical nurses, licensed

pharmacists without certification to administer immunizations, midwives, dentists, certain dental hygienists, podiatrists, EMTs, and advanced EMTs.

Students with one year of clinical experience in medical, nursing, physician assistant, pharmacy dentistry, podiatry, and midwifery programs may also administer the vaccination at PODs.

Volunteers may sign up through SERVNY and may use HCS accounts, NY.gov accounts, or for those without these accounts, use the new member registration guide.



DARK COVID-19 WINTER: VACCINES ON THE WAY

The prediction of a new wave of the COVID-19 virus has come true. Mask wearing and social distancing procedures are still in place. Living in a bubble has resulted in a variety of negative side effects, so we have provided a few suggestions on how to remain Sane and Safe.

COVID-19 vaccines are now becoming available. While you wait please don't neglect other needed shots, such as Influenza (flu) and Shingles. These vaccines should be spaced out over a period of time, usually two weeks. Consult with your doctor or provider on these time frames.

IN THIS ISSUE:

Protect Yourself	3
Shingles	3
Thank You!	4
Keeping in Touch	4

IDEAS FOR STAYING SANE THIS WINTER

Let me start out by saying that I can't guarantee you won't go nuts even if you use these suggestions, because some of us are just more prone to being nuts than others (you know who you are, right?).

At any rate this list of ideas is not for everyone. It is most applicable to an aging, non-tech savvy, non-winter sports person, in short, someone like me.

I assume by now you have cleaned out your kitchen cupboards, your closets, your dresser drawers, your cellar, your attic, your garage, and have pulled every weed that dared to show its head in your lawn and garden.

So now what? There are the usual things, binge watching TV, read (don't forget to check with your local library to see how they can help you access

STAYING SANE continued

books either in paper or online), eat (but for some of us the old freshman 15 has become the Covid 20), take walks, start an exercise program.

What about star gazing? We have the perfect opportunity this winter when the skies are clear and with the little ambient light in our area. How often do we forget to just look up? And don't forget the birds. Granted many have gone south for the winter, but we still have many that hang around.



Get out your bird books, your binoculars and a notebook to start a record of what you see. You can

get phone apps to identify birds by appearance and song.

Try new recipes. Try new ingredients and gadgets. I made zoodles from zucchini this summer and they were great. I have had the gadget for two years now- what was I waiting for? Try your hand at baking bread if this is a new skill for you, or if you are just dusting off an old skill. Nothing is more comforting than the smell of fresh baked bread!



Try writing. Keep a journal. Write letters,



yes real paper and pen letters, not emails or texts. Write your friends. Write your grandchildren. A written letter is special and may become a treasured keepsake.

Write your memories to share. I am the oldest member of my family, so I wrote about my grandmother. I included all the important memories that I have of her and sent it to all of her great grandchildren. My niece wrote back that she never knew why she knit backwards and now she

does, because grandma taught us European style!

Don't forget to update your important papers.

When was the last time you reviewed your house and vehicle insurance, your healthcare proxy, your will?

Keep busy with crafts. My husband taught himself to make wooden keepsake boxes. Do you knit, sew, crochet? Turn those hobbies into ways to give to others. Make masks, make hats and scarves for kids that don't have them.



One of the most important things you can do is **something to help others.** Make phone calls to friends. Send homemade goodies to someone who would enjoy

them. Do mending for someone who is busy trying to work and home school kids. Can you offer help with educational needs? A former Spanish teacher friend spends evenings on Zoom tutoring her granddaughter in Spanish.

If you are good at technology, consider selling some of the "stuff" we have all accumulated on EBay. Use a computer to research new skills, research your genealogy, track down old friends.



Re-pot your house plants.

They probably need it. Study seed catalogs (we will be getting a ton of them soon in the mail) and plan to start some seedlings.

And lastly, don't overlook the combined effects of winter and COVID. Seasonal Affective Disorder (SAD) is a problem for some folks who live in the north and who do not get enough sunshine. If this could be a problem for you, explore **light**

therapy, using a light box for 30-45 minutes a day.



PROTECT YOURSELF FROM INFLUENZA – GET VACCINATED!

What is influenza? Influenza (flu) is a serious disease caused by a virus. Influenza can make you feel miserable! Fever, cough, shaking chills, body aches and extreme weakness are common symptoms.

How do you catch it? You can catch influenza from people who cough, sneeze, or even just talk around you. It is very contagious.

Is it serious? Yes! Tragically, every year infants, children, teens and adults die from influenza. Influenza is very unpredictable. No one knows how deadly will be each year. Even if you have a mild case of influenza, you can still pass the virus on to your friends, family and co-workers who get very sick or even die.

Am I at risk? Yes. Influenza is most dangerous for people with health conditions like heart and

lung disease, the very young and the very old, and pregnant women. But anyone can become seriously sick from influenza- even young healthy people.

How can I protect myself from Influenza? Vaccination is the best way to prevent influenza. Everyone age 6 months and older should get vaccinated against influenza every year. Vaccination not only protects the person who gets immunized, it also protects the people around them- for example, babies who are too young to be vaccinated.



For more information, visit www.vaccineinformation.org.

SHINGLES

If you have ever had shingles or know someone who has, then you already know what a painful and debilitating condition it is. You never want to get shingles and if you have already had it, you surely don't want it again.

Many of us have already had the previous shingles vaccine (Zostavax) so we think we are protected. BUT- the newer vaccine (Shingrix) is much more effective especially in older populations. So even if you have had Zostavax, you should still get Shingrix.

You can get the Shingrix vaccine from your medical provider or from your pharmacy. It is a two dose vaccine with the second dose given between two and six months after the first dose. Call first to verify the procedures being followed by your provider and also to verify how your insurance will cover this. People experience various side-effects ranging from a sore arm to mild flu-like symptoms. Ask your provider to discuss this with you.

This information was provided by the Fulton County Health Department.

The Sacandaga Task Force for Senior Living is an independent council of citizens interested in attracting or developing Senior Living services and facilities in our area. We are a grassroots effort dedicated to community enhancement and the well-being of our Adirondack society.

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ENJOYING THIS NEWSLETTER? Please send your email address to info@stfsl.org to receive it electronically. This will save us printing and mailing costs. Thank you!

TASK FORCE THANKS PARTICIPANTS OF PASTA AND WINE TASTING EVENT

The Sacandaga Task Force For Senior Living wishes to extend our heartfelt thanks to all those who helped make our 6th Annual Pasta and Wine Tasting Event a complete success. Held on March 7th at St. Francis of Assisi Church in Northville, the following restaurants contributed some of their best dishes to the evening. The Inn at the Bridge, Timeless Tavern, Klippels Kozy Korner, Jay's Village Pizza, Cristiano's Pizza, and the newest member of our community, the Local Five and Dine represented Northville. In addition, we had offerings from Placid Pines, Sport Island Pub, Shelby's Four Corners, and Vic's Tavern. During the evening those present were able to vote for their favorite dish. This year the winner was Buffalo Chicken Tortellini prepared by the chef at Placid Pines. The restaurant received a plaque which they will display in their dining area.



Our guests enjoyed all of this delicious food, and were also able to pair some tasty wines from the Northville Liquor Store with the pasta. Desert was handled as always by Mernin's Pie Shop, which brought many of their sweet treats, including of course, their signature rice pudding.

We must also thank the members of the Interact Club from the Northville Central School, who set up all the tables and dressed them with tablecloths, napkins, and silverware. Their help was invaluable.



During the event the Task Force sold chances for a 50/50 prize. The amount collected totaled just over \$200. The woman who won her half of the prize very graciously donated it back to the Task Force. Thank you!

Thanks also to several members of the Northville community who contributed by serving the food, and we mustn't forget our friend from Mayfield who took charge of pouring the wine.

This annual event is one of our Task Force's major fundraisers, and the money we collect goes to our Senior Transportation program, which includes both driving seniors to medical appointments, and taking them on trips to cultural, musical, and scenic sites in the area.

KEEPING IN TOUCH

The Task Force has tried to keep in touch with the people we would normally see at the Red Rooster on Thursdays by holding raffles every month since November and giving the winners a prize. We have picked a name out of a hat for Thanksgiving in November and the winner of the TOPS gift card was Rusty Mosher. At Christmas, nuts and cookies from Mernin's Pie Shop was the prize, which was won by Gloria Fulmer. In January we celebrated National Bagel Day on January 15th with bagels and cream cheese delivered to the winner, Marylyn Corey. Sue Chiellot was happy to receive a \$20 gift card to Stewart's for Valentine's Day. Sue lives in a unique octagon house, built by her husband. Very beautiful.



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Gloria Fulmer and her great grand-daughter Riley were very happy to receive delicious baked goods from Mernin's Pie Shop for Christmas.



Marylyn Corey won the bagels and cream cheese on National Bagel Day, January 15th.

We're already thinking ahead to March and April, when we will give some lucky people a nice surprise!