

villa Voice

October, 2020

Volume 19
Number 6

To add to our other problems, we have to lose one of our favorite people, our dear Noreen Lamoureux, who left us for Geauga County on October 6. Noreen is the sort of person who comes to mind when you hear the expression "good neighbor." She was a member of the small but reliable cadre of good-hearted folks who were always at the forefront when an affair was to be organized or a volunteer was needed to help out, whether it was selling raffle tickets, working a bake sale, assisting at the bingo games, or any other community project that would help toward making life a bit nicer around V.S. We wish her the best; at least the winters in Chardon have eased up a bit these days. *Keep in touch, Noreen!*

Thinking of things that our terrific volunteers have done in the past makes us think of all the things we have missed because of this *#@&?\$* coronavirus. Many sporting events, the 75th anniversary of the final days of WWII, such as Hitler's demise, VE Day on May 7, the atomic bombs on Hiroshima and Nagasa-

ki, and VJ Day on September 2. There was no formal graduation at St. Francis, so the kids were cheated out of what should have been a wonderful experience. Memorial Day, the Fourth, and Labor Day just seemed like any other days. Things were so fouled up that we had more snow in May than in April.

The Covid-19 took horrible tolls on people's lives and jobs. Many drivers received an insurance rebate because everybody was driving less. One ironic statistic was that although miles driven decreased by 18%, highway deaths went up by 14%, no doubt because people driving in less traffic just couldn't keep from stepping on the gas a bit harder.

We have little contact with others; are ending up living like hermits and being bored by inactivity. The long term effects of too much of a sedentary life style are not good. Please try to get as much exercise as you can; sitting idle all day is bad for physical *and* mental health. We want you fit and happy.

It's autumn, the leaves are turning, so Happy Halloween.

The Villa Voice
Of the
St. Francis Foundation
and Villa Serena
Senior Citizens Center
6800 Mayfield Rd.
Mayfield Hts., Ohio
440-449-3977
Linton Sharpnack,
Executive Director
Tom Pitrone
President
Maria Monroe
Property Manager

Mike Ward,
Editor

October



2020 General Election, November 3rd

What might be the most important election in, perhaps, our entire lives will be held on No-

Ways to Vote



vember 3rd. Certainly, the choice has never been clearer nor have the candidates been more forthcoming about the direction in which they intend to take the country. One party is anxious to strike out into a new socialist direction with a more powerful federal government, and the other is for the traditional democratic system that has been the guiding principal of the nation during our lives. These diametrically opposed views of the parties have been expressed in ads and in the party platforms. The contrast is stark, and our votes will determine which way the country will go; either way, the people will get what they vote for.

The election, just like everything else these days, is being heavily influenced by the pandemic. The residents who have been here longest can remember when we had our own precinct right here in the dining room. Then, for whatever reason, they moved across the street behind Eastgate Shopping Center. Now,

the Board of Elections has decided to move the polling place again in response to what they perceive as a need to ensure a safe space where they can control and minimize the possibility of contact with the Covid-19 virus. Everybody will be masked and distances enforced, and booths will be wiped down after each person votes. All this will take place at

Our Savior Lutheran Church
2154 SOM Center Road
Mayfield Heights

For those who might be unfamiliar with the area, SOM Center (Ohio route 91) is the main North-South street just to the west of us which runs past WalMart on the corner. 2154 SOM is about two miles south, after the traffic circle, and just before Cedar Rd., across the street from Gilmour Academy. The voting on election day will be from 6:30AM to 7:30PM. Voting at that site will entail about a ten minute car ride, unfortunately, a major inconvenience for those to chose to vote that way.

If you plan to vote in person, remember that you are registered in Mayfield Heights **Precinct H**. The polls at Our Savior will be set up for social distancing, and adding in the clean-up time, the voting will probably take rather longer than in the past.

From The News Herald

If Covid-19 Is Suspected, What Coverage Does Medicare Provide?

Testing: Medicare Part B coverage is available if you, or a family member or friend, wish to be tested at a drive-thru location (such as Marc's), or a hospital off-site. You may also be tested for the Covid-19 antibodies which, if present, would provide protection against infection. When a vaccine becomes generally available, the Medicare Part D Drug Plan will cover the expense for receiving that.

Outpatient Services: physician visits, emergency ambulance transportation, and emergency room visits are covered under Part A. It is important to note that beneficiaries are responsible for any hospital deductibles, copays, or co-insurances that apply.

You have the right to know what any of these charges might amount to. For more information, call your insurance agent or Medicare at 1-800 MEDICARE for answers. We hope you never need this service, but it's there if you do.

Symptoms of Colds, Flu, the Virus

There is a lot of overlap between the symptoms of these fall and winter maladies. According to the Centers for Disease Control, here are the common ones:

Colds: sneezing, stuffy nose, sore throat, coughing, postnasal drip, watery eyes, and, perhaps, fever.

Flu: cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue, and fever/chills. Vomiting and fever may occur in

children.

Covid-19: sore throat, cough, congestion or runny nose, as well as fever or chills, shortness of breath, fatigue, body ache, headache, loss of taste or smell, nausea, vomiting or diarrhea. Loss of taste and smell is a real tipoff, experts say, and may be a reason for you getting a test.

In which case consult your doctor, who should have a better idea of what is going on locally and whether or not your symptoms indicate that further action is needed.

Consumer Reports Ranks the Autos

The magazine has developed a rating system based on road tests and estimated reliability (frequency of repair). The rating is 1 to 100 as an average of all models tested for a brand. They require two models for each brand, which left out Fiat, Jaguar, Land Rover, Maserati, and Ram.



First ten:

<u>Brand</u>	<u>Rating</u>
Lexus	81
Mazda	77
Toyota	77
Porsche	75
Genesis	71
Hyundai	69
Subaru	68
Dodge	63
Kia	62
Mini	59

Eleven to thirty:

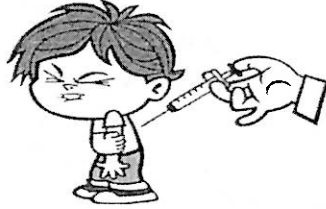
<u>Brand</u>	<u>Rating</u>
Nissan	57
Honda	55
Infiniti	53
Audi	51
Lincoln	50
Ford	50
BMW	46
Buick	46
Chrysler	44
Mitsubishi	43
Mercedes-Benz	42
GMC	40
Tesla	39
Volvo	38
Chevrolet	37
Jeep	35
Volkswagen	33
Acura	27
Alfa Romeo	27
Cadillac	23

Notice; they don't rank by price or reputation. Dodge is the only American brand in the top ten, and Cadillac is dead last, a position which it has held for a few years now.

From Consumer Reports "On Health"

Don't Forget Your Flu Shot

It's never been more important to protect yourself



Getting a flu shot every year is critical for protecting yourself and others during flu season. But this year, public officials say it's even more important than ever. That's because on top of the flu season, we're still in the midst of the Covid-19 pandemic. "We'll have a substantial period of time when we'll have both circulating," predicts Erica Shenoy, MD, associate chief of infection control at Massachusetts General Hospital. Here's what you need to know.

Why the flu shot is critical

On one hand, some early signs hint at a potentially light year for flu. The Southern Hemisphere's flu season, which is sometimes seen as a clue to what the Northern Hemisphere's may look like, has been mild. (But) one reason some countries have reported low flu numbers could be the difficulty of collecting flu data in the midst of the pandemic. In any case, colder weather means more time indoors, in close proximity with other people, giving viruses more opportunity to spread.

People 65 and older usually account for half or more of all flu-related hospitalizations, and the risk of admittance to the intensive care unit, and death from Covid-19, also rises with age.

Although the flu shot won't protect you from against Covid-19, it will cut your risk of flu. The vaccine isn't perfect, but even if you get a flu shot and still come down with the flu, the vaccine will reduce the likelihood of getting severely ill from the disease., which may keep one out of the hospital during the pandemic.

Prevent Covid-19 and flu

You might be wary of going out in public to get a flu shot, but there are safe options.

Your local pharmacy can have you in and out in just a few minutes, and many doctors' offices and clinics are setting up procedures for giving shots quickly. (Ed. Note: CVS, Marc's and Rite Aid on SOM Center Rd., Walgreen's at Mayfield and Brainard, and Discount Drug Mart on Alpha Drive off Wilson Mills near I-271 all have flu shots available.) You don't want to risk having to wait in a doctor's office for a long period surrounded by sick people.

Two shots are formulated for and available only to persons 65 and older. Both are designed to boost your immune system's response to the shot. Studies suggest that these may be better for seniors than the standard vaccine.

More good news: This year, both of the shots designed for seniors are *quadrivalent*, meaning they protect against four strains of flu, compared with last year's three. The Centers for Disease Control recommends getting your shot no later than the end of October.

One warning: if you have a confirmed or suspected case of Covid-19, get your doctor's OK before you get a flu shot. The CDC recommends that people who could still potentially transmit it wait until they're no longer contagious before seeking out a flu vaccine.

When to Call Your Doctor

It can be difficult to tell the difference between the symptoms of flu and Covid-19, or even the common cold. If you notice the symptoms of a respiratory virus, such as fever, coughing, and more, Shenoy recommends calling a doctor. Let your doctor know what's going on, and they can make a decision about bringing you in for an evaluation.

Ruling out a case of Covid-19 quickly is critical, Shenoy says. And though most people recover from the flu without medication, antiviral drugs are recommended for the people who are most at risk for complications, including older adults. But those drugs work best when taken within the first 48 hours of the onset of symptoms.

See the next page for more on this topic.

From the U.S. Department of Health and Human Services

Flu— What You Need To Know

Why get vaccinated?

Flu is spread mostly by coughing, sneezing, and close contact. Symptoms vary by age but include:

- * fever/chills
- * sore throat
- * muscle aches
- * fatigue
- * cough
- * headache
- * runny or stuffy nose

Flu can also lead to pneumonia and blood infections, and if you have a medical condition, such as heart or lung disease and other illnesses, flu can make it worse.

Flu is more dangerous for the very young and very old, and pregnant women. The vaccine can keep you from getting it or make it less severe if you do, and can keep you from spreading it to your family or others.

The vaccine

There is no live virus in the shots: **they cannot cause the flu.** There are many different viruses, and they are always changing. Each year a new vaccine is made to protect against three or four viruses that are likely to be active in the upcoming season. But even when the vaccine doesn't exactly match these viruses, it may still provide some protection.

It takes about two weeks after the shot is administered for the protection to develop, and it lasts through the flu season.

Some people should not get the shot

Tell the person who is giving you the vaccine:

If you have any severe, life-threatening allergies. If you ever had a life-threatening allergic reaction to a dose of flu vaccine, or have a severe allergy to any part of it, you may be advised not to get the shot. Most, but not



all, types of vaccine contain a small amount of egg protein.

If you ever had Guillain-Barré Syndrome (also called GBS), it may be that you should not get vaccinated, and should discuss this with your doctor..

If you are not feeling well. It is usually OK to get the vaccine if you have a mild illness, but you might be asked to come back when you are feeling better.

Risks of a reaction

Although most people who get shots have no problems, with any medicine there is a risk of a reaction. These are usually mild and go away on their own, but worse reactions are also possible. Minor problems include

hoarseness
sore, red, or itchy eyes
cough
fever
aches
headache
itching
and fatigue

these usually begin soon after the shot and last for a day or two.

Problems that could happen after the shot include fainting or dizziness, or vision changing or ringing in the ears. Tell the staff if any of these occur and they will know how to help you. These conditions are rare, but possible.

What should I do?

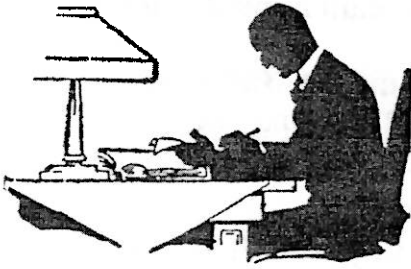
If you think it is a severe allergic reaction or other emergency that can't wait, call 9-1-1 and get the person to the nearest hospital. Otherwise, call your doctor.

Reactions should be reported to the Vaccine Adverse Event Reporting System. Your doctor should file this report, or you can do it yourself through the web site at

www.vaers.hhs.gov
or by calling
1-800-822-7967.

Learn more by contact the Centers for Disease Control and Prevention at

www.cdc.gov/flu
or by calling
1-800-232-4636



*Here are a few
word games to
pass some time
during this
dang lockdown*

Using only the letters **R, E, and B** as often as necessary form words by filling in the blanks.

Example: A M _ _ _ = AMBER

T _ I _ _ , _ O _ N _

_ _ _ UK _ , T _ _ _ L _

_ _ _ W _ _ Y , _ A _ _ I _

_ _ _ ATH _ , _ _ M M _

_ LU _ _ _ _ Y

FOUR-FIT

Place the 4-letter words on the dashes to form 8-letter words. Use each word only once; don't change the order of the letters.

AURA BITE CHAR CODE DUCT FINE
GIRD ITCH LACK MINE NAIL ORAL
PERT PLED RAID RUDE SINE STIR

1. F _ _ PJA _ _ 2. _ _ _ LROA _

3. _ _ _ TOC _ _ T 4. HA _ DR _ _ _

5. BEG _ _ _ G _ 6. _ _ _ IV _ L _ Y

7. IN _ R _ _ G _ 8. _ _ _ MEA _ E

9. M _ SMA _ _ _ 10. _ _ _ IGIN _ _

11. EM _ _ T _ _ R 12. SON _ B _ _

13. _ _ _ N _ _ NSE 14. DO _ _ _ AT _

15. S _ _ _ N _ ID 16. PRI _ T _ _

17. UP _ _ A _ _ S 18. E _ _ _ A _ OR

ALPHABET PLUS Form 6-letter words by taking the letter and 5-letter word that are given and rearrange those six letters to form a new word. The first one shows how.

A + WRITE = _____ (WAITER)

B + GLOBE = _____

C + BITES = _____

D + TONER = _____

E + STORE = _____

F + ROVER = _____

G + LINES = _____

H + FABLE = _____

I + CHORE = _____

J + INURE = _____

K + CLEAT = _____

L + TABLE = _____

M + RUBLE = _____

N + CRATE = _____

O + SHARE = _____

P + METER = _____

Q + ROUTE = _____

R + FINED = _____

S + ALIVE = _____

T + THERE = _____

U + SUPER = _____

V + CONEY = _____

W + NORTH = _____

X + THROE = _____

Y + KNEAD = _____

Z + LAZED = _____

Answers, next page —>

A Clock Puzzler

The hands on an old-fashioned wall clock are together at noon and midnight, but how many other times does that



happen during the day? Hint: At one o'clock, the minute hand is on 12 and the hour hand is on one; about five minutes later, the minute hand overtakes the hour hand, so that's once that it happens.

Answer: see the right hand column.

A Trip to the Hospital

During a recent trip to the V.A. Hospital in University Circle, we ended up in the ENT (Ears, Nose, and Throat) Clinic. There we were treated by a lovely young lady who is an otorhinolaryngologist. Don't let that word throw you, it's just *oto* for "ears", *rhino* for "nose", *laryngo* for "throat", and *ology* for "study of." The lady herself is a Nurse Practitioner, which is a title which is becoming more common these days. In fact, the projection is for a 28% increase in need for them by 2028.



If you've never been treated by one, you're missing something. We have had good vibes in sessions with Nurse Practitioners (or NP's). They are Registered Nurses who have gone on to get a Master's or Doctor's degree and have advanced clinical training beyond that which came with their initial RN program. They can perform many of the tasks which most people formerly associated with doctors, and often do not have to be under the supervision of an M.D. These tasks might include prescribing medicine, examining patients, making diagnoses, and even providing treatment. From a personal standpoint, we prefer a NP. Too many doctors have what they call a "god complex," where they get a bit too stuck on themselves, or so it seems.

Word Games Answers

R, e, and B:

Tribe, borne, rebuke, treble, brewery, barrier, breather, remember, blueberry

FOUR-FIT:

- 1. flapjack 2. railroad 3. autocrat 4. handrail
- 5. begrudge 6. chivalry 7. infringe 8 permeate
- 9. mismatch 10. original 11. embitter 12. songbird
- 13. condense 14. dominate 15. splendid
- 16. pristine 17. upstairs 18. educator

ALPHABET PLUS:

- gobble bisect rodent stereo fervor
- single behalf heroic injure tackle
- ballet lumber nectar hoarse temper
- torque friend valise tether pursue
- convey thrown exhort yanked dazzle

V.S. Notary Public Service Available for Residents and Relatives (No Charge)



If your car title, will, power of attorney, pension verification or other document needs to be notarized, call Mike Ward (Apt. 713) at 440-605-0670.

A Clock Puzzler

The hands are together at some time after one o'clock, two, three, four, five, six, seven, eight, nine, and ten o'clock. If the clock is working correctly, the hands will overlap just before 10:55, and then again at 12:00 o'clock.

Therefore, the hands are together 11 times in a 12 hour period (from noon to midnight or midnight to noon.) So the minute hand travels one-eleventh of the total distance it travels, which is 720 minutes in a 12 hour period, in each of its 11 sweeps. One eleventh of 720 minutes is 65 and 5/11 minutes. The hands overlap at 1:05 and 5/11 minutes, 2:10 and 10/11 minutes, 3:16 and 4/11 minutes. And so forth, until 10:54 and 6/11 minutes and then back to 12:00

From The Plain Dealer

Area Hospitals Achieve High Rankings

The annual ratings of U.S. hospitals, which U.S. News & World Report Magazine compiles, was reported recently, and contains some good news for area hospitals.



As usual, Cleveland Clinic rated best (second best in the U.S.), with national honors in 14 of 16 specialties, and top five in nine. Other Ohio hospitals include, in second place, Ohio State University's Wexner Medical Center, with national places in nine specialties; University Hospitals Cleveland Medical Center, third in Ohio with national mentions in seven categories; our neighbor, Cleveland Clinic's Hillcrest, fourth in Ohio, ranked nationally in four specialties; and Cleveland Clinic Fairview Hospital, with national ratings in four.

The rankings compare more than 4,500 medical centers across the U.S. in 16 specialties, and ten procedures and conditions. In 12 of the 16 specialties, the rankings are determined by analyzing data for performance measures in three areas of health care: structure, process, and outcomes. The other four are ranked by expert opinion.

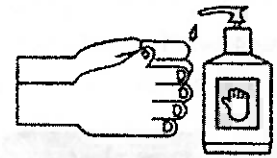
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From the C.D.C.

Chances of Surviving the Virus

<u>Age</u> .	<u>Survival Rate</u> .
0 to 19	99.997%
20 to 49	99.98%
50 to 69	99.5%
70+	94.6%

From the News-Herald



When to use soap and water

(and when is hand sanitizer best?)

The Centers for Disease Control suggests the following guidelines:

Use soap and water

Before, during, and after preparing food

Before eating

Before and after caring for the sick

Before and after treating a cut or wound

After using the bathroom, changing diapers, or cleaning up after a child who has used the bathroom

After blowing your nose, coughing, or sneezing

After touching an animal, animal food or treats, cages, or waste

After touching garbage

If your hands are visibly dirty or greasy

Wet your hands with clean running water and apply soap, rub hands together with the soap, making sure to cover all surfaces, including palms, backs, fingers, between fingers, and under nails, for a minimum of 20 seconds.

Use sanitizer

Before and after a hospital visit, unless the one visited is sick with *Clostridium difficile*, in which case use soap and water

If soap and water are not available, in which case use sanitizer, but use soap and water as soon as possible.