



# THE MILFORD MAILER

A Monthly Post from the Milford Senior Center

**SEPTEMBER 2020**

If you are not on the mailing list for the Milford Mailer but would like to be, please contact the Milford Senior Center Manager, Amy Salistean, at (402)761-3367 or MilfordNESeniorCenter@gmail.com.

If you need to send anything to the Center: 105 S. B St., Milford, NE 68405 P/O Box 374

## \*\* A CHANGE TO TEMPORARY SERVICES \*\*

IN RESPONSE TO THE COVID-19 PANDEMIC

### DELIVERY Meals

Home cooked meals are being offered Monday through Friday, **delivery only**. These meals are prepared at the Senior Center in the morning and delivery will begin at 11:30. Your meal will be placed at your front door.

For seniors 60 and older, the **SUGGESTED CONTRIBUTION** for this meal is \$4.50. Payment can be in cash or check, in an envelope. Meal tickets can be used and are encouraged. If a Statement is preferred, that can be sent also.

Each lunch will always consist of a nutritionally balanced meal with the option for milk.

Reservation for the meal **MUST** be received the day prior to delivery. The answering machine is available for meal requests also.

**PRE-SCHEDULED Exercise Room appointments only**, available starting Monday—Friday 1:30-3:30pm

To sign up for an afternoon, pre-scheduled Exercise Room appointment, you must call Amy at the Center before arriving or sign-up in advance. Only two people will be allowed in the Exercise Room at the same time and the machines will be sanitized between uses.

**TAI CHI MAINTENANCE CLASS** for Previous Participants only      Thursday 10:00am

This class is only offered to those that have passed the Beginner Introduction classes. You must sign-up with Kathy Ruzicka for this class ahead of time, at 761-3593.

**FOOT CARE CLINIC**                      September 17th                      Appointments Starting at 9:00 am

You must contact the Center or Kathy Ruzicka if you are interested in making an appointment.

**\* IMPORTANT RULES AND GUIDELINES ON FOLLOWING PAGES \***

## Before Entering the Milford Senior Center



### YOU MUST:

Wear a mask

Sign a risk release form (only once)

Sign-in on the Contact Tracing Sheet

Have your temperature taken

(it must be 99.9 degrees or lower)

Use hand sanitizer or agree to immediately wash your hands



## Once You Have Entered the Milford Senior Center

### YOU MUST:

Practice social distancing at all times (6 feet apart)

Bring your own water bottle. Cups will not be available.



### YOU ARE HIGHLY ENCOURAGED TO:

Wear a mask at all times

#### Tai Chi

You must sign-up before hand

Everyone must stand 6ft apart or greater

Personal items must be placed 6ft apart

#### Exercise Room:

You must sign-up before hand

Sessions are 30 minutes long

Only 2 people in the room at once

Machines must be thoroughly cleaned afterwards

These rules and guidelines have been voted on and approved by the Milford Aging Services Commission and are supported by the City of Milford. Your cooperation is appreciated in these difficult times. If you have any questions or concerns you are highly encouraged to contact Amy Salistean at (402)761-3367.

**\* There will be no exceptions to these Rules and Guidelines \***



## September Birthdays

Joanne TeSelle	9/2
Herb Greenwade	9/9
Anna Mae Roth	9/11
Coral Eberspacher	9/15
Janice Bell	9/18
Donna Stauffer	9/20
Fritz Vernon	9/24

## Delivery Potato Bake

September 23rd 11:00 am

Steaming baked potato, homemade chili, cheese, onions and sour cream  
PLUS dessert!



**FOR ONLY \$6.00**

This is a fundraiser that is open to anyone and everyone in the community but **MUST** be ordered before 3:00pm on September 22nd.

\*A group of volunteer drivers will be needed as well as a few volunteers at the Center to prep and package

### \*NEW\* Delivered Craft Bags \*NEW\*

#### Bag #1 Painted Rock Kit

If you look carefully, painted rocks are being left in the most unusual places around town. Here is your chance to bring a small piece of happiness or hope to a stranger.

You will receive everything you need to create a unique stone of your own.

#### Bag #3 Autumn Leaf Candle Holder

What a great way to begin fall decorating! In this bag you will receive a jar, faux fall leaves, Modge Podge, twine and a sponge brush. All you will need to provide is the candle for inside.

TO GET A CRAFT BAG DELIVERED, PLEASE CALL AMY AT THE CENTER, (402)761-3376.



### \* Flu Shot Clinic Coming in October \*

#### Provided by Memorial Hospital

The details for this clinic are being finalized currently. We will follow the current health and safety protocols for the Hospital while still making this easy and convenient.

If you would like to sign-up for this Vaccine Clinic please call Amy at (402)761-3367

for more information.



# A Virus that is Changing the World

Article Written by Dr. Robert Wergin

These are challenging unique times in our lives. The COVID 19 virus has changed all our lives and our daily routines. As a physician it has changed the way I see patients and has pushed our clinic into the Telehealth world where we can see patients over our computer. How did this happen?

Beginning in November in 2019 there was a beginning of reports of a new contagious virus developing in Wuhan, China. This was a completely new virus meaning the World's population has no natural immunity to it. It was called COVID 19. COVID stands for Coronavirus and the 19 stands for the year it was discovered 2019. The virus was reported to have come from bats and spread in the Wuhan China live animal markets. At first there was concern about the spread of a new virus with no natural immunity in the population but the scientists were not sure how fast it would spread and its consequences. It turned out to be a very bad thing. The spread of the virus was rapid and the potency of it in terms of health outcomes was worse than the influenza virus. There were attempts to isolate the virus by quarantining those who had it and prevent the spread of the disease until a vaccine and medications to treat it could be developed. As you know those attempts were not successful and now we have a world wide pandemic.

The United States now has over 5 million confirmed cases of COVID virus infections and over 165,000 deaths. The state of Nebraska now has over 29,000 cases and 359 deaths. Seward County has had over 125 COVID cases and now 2 deaths. It has affected the way we shop and go to church. It has had a devastating effect on our national and state economies. But we will get through this! For now, we will attempt to prevent the spread of the disease by wearing a mask which is effective if everyone does it. It is less contagious if we avoid crowds and practice social distancing of greater than 6 feet. How does this work? The virus is spread by droplets from coughing sneezing singing and yelling. A mask reduces these droplets from getting to you and then giving you the infection. Don't go out in public if you don't feel well. Avoid people who feel ill or have a fever. Wash your hands frequently or applying hand sanitizer frequently will help. The best masks are N-95 but can be hard to breath through. Surgical masks are also very effective and even cloth masks with 2 layers are all helpful in preventing infection.

Why so much focus on what I can do to prevent getting COVID 19? We know from other countries and other states that masks and social distancing reduce the number of people who get sick. The best treatment is not to get it in the first place. We hope we can keep the number of people getting the disease low until a vaccine can be developed. There are several companies that have made tremendous progress in developing a vaccine and I believe there will be a safe vaccine by February or March 2021. If enough people get the vaccine or are immune from having the illness you get "herd immunity" meaning if a large number of people in your area can't get the illness there is no one to give you the virus.

How do I know if I have the illness and can I be treated? One unique symptom of COVID 19 is a loss of taste and smell, Fever over 100.4, sore throat, cough, headache, fatigue, shortness of

(Dr. Wergin's Article continued)

breath, nausea, vomiting and diarrhea has been added as symptoms to watch for and get tested. The best way to get tested is call your doctor and get advice of where you can be tested or should you be seen.

More severe symptoms are trouble breathing, new confusion, inability to wake or stay awake, persistent chest pain or pressure, and bluish lips or face. These can be more serious and will require you to go to the emergency room. Higher risk people who are more likely to get sicker with the illness are if you are over 60 years old and the older you are the more the risk, diabetes, high blood pressure or heart disease, and lung disease. In mild cases the symptoms last 2 weeks but can last much longer the more ill you are. There is a chance you won't return to good health and have heart or lung complications from the inflammation in those organs that the virus causes in more severe cases. Treatment is supportive with oxygen and rest. In the hospital at times the patient will need a ventilator or a machine to help them to breath. There is a antiviral drug called Remdesivir that does help kill the virus and improve outcomes. Using serum plasma from the blood of a patient that has recovered from the disease can help by passing antibodies to the infected patient. A strong steroid called dexamethasone has also been helpful in those who are in the hospital and are very sick. Vitamin E at 1,000 units a day in some has seemed to help with immunity. Hydroxychloroquine has been a controversial treatment and there has been conflicting results if it works. It is a drug used to treat malaria and Lupus normally.

What is the bottom line then after all of this and what should I do? Wear a mask and practice social distancing greater than 6 feet will help prevent you from getting the disease. Avoid crowds of people larger than 6 or 10. Wash you hands frequently and disinfect objects you come in contact with. Basically, don't get the disease and wait for the vaccine and "herd immunity". Don't be misguided by some that say this is just a mild flu. It is highly contagious and deadly. Have faith and know that things are going to be alright. We will get through this together!

#### Lunch Reminder:

**The meals are still being made from scratch and a reservation the day before ensures that the correct number of meals is prepared.**

The suggested donation amount for the regular weekly meals is \$4.50.

Meal tickets work great.

The Birthday Meal at the end of the month will be \$5.00.

**If you have any ideas for meals or recipes you would like to suggest, please do so. The menu for September is currently in the works. Missing a favorite Jell-O Salad or Casserole? Let me know!**



SEWARD COUNTY TRANSIT is still in business, helping connect your needs to a solution.

The Transit is currently using the most recent FTA recommendations and following a strict sanitation process to ensure your trip is as healthy as possible.



Scheduling changes frequently so CALL AHEAD for a service. Grocery delivery available!

Call Denny at (402)643-4067 to schedule a ride or delivery

### GIVING BACK TO OUR COMMUNITY

Pizza Kitchen and Dragonfly Café & Bakery have both made an extra effort to support the Senior Center during this difficult time. Let's help them out now!

Pizza Kitchen (402)761-2110

Dragonfly Cafe & Bakery (402)761-4547

### Milford Ministerium

If you are concerned about leaving your home for groceries, medicine or supplies, the churches of Milford are working together to provide that service for you.

Please contact Tim Springer at 826-7529.

September is National Senior Center Month. The coronavirus has changed a lot of things in our communities including our senior centers being closed. The centers continue to offer nutritious, healthy meals to our seniors by pick up or delivery options. The three senior centers in the county are Milford, Seward and Utica. Across the country, nearly 11,000 senior centers serve 1 million older adults each day, making them one of the most widely used services among America's older adults.

September is Fall Prevention Month. Every year on the first day of fall, September 21<sup>st</sup> we celebrate National Falls Prevention Awareness Day. On this day we promote greater awareness, understanding and the reality about older adults falls. Many people think "It won't happen to me". The truth is 1 in 4 adults fall every year in the U.S. Falling is not a normal part of aging. Over half the falls take place at home-inspect your home for fall risks- removing throw rugs and making sure you have good lighting, no extension cords you can trip on are safe ways to prevent falls. Every 11 seconds an older adult is treated in the emergency room for a fall.

SCAMS ALERT-We have received calls of the Grandparent Scam in the county. The grandparent scam is a form of telephone fraud. The scammer calls a grandparent and pretends to be a grandchild in distress and asks for funds to be wired to a specific location. What you need to do is to verify the persons identity by asking only a question you and your grandchild would know the answer to or a different middle name the scammer wouldn't know. Check the story out with your grandchild even if you've been told to keep it a secret. Don't send gift cards, money transfers, once the scammer gets the money, it's gone. If you have questions call your local police, if you have a phone number that may help to trace the caller. Our office is always another way to help with scam information

The Seward Farmer's Market is at the Seward County Courthouse on Wednesdays from 5-7 pm and Saturdays from 8 am to noon. Now as the warmer weather is here, it's a good idea to take a cooler with you to place your produce in for on your way home. I have a limited supply of Cashews left you can call Kathy at 402-761-3593 to place an order.

**Thought for the Month: Throw kindness around like Confetti.**

Check out and like Seward County Aging Services Facebook for information on upcoming services and programs in the county.

An Article by Kathy Ruzicka, Seward County Program Manager