

WEST WARWICK SENIOR NEWS

MARCH 2021

Our Mission is to Improve the "Quality of Life" for Seniors



WEST WARWICK SENIOR AND COMMUNITY CENTER
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COVID - 19 PROPER MASK WEARING

Proper mask wearing is needed to protect yourself and others. The mask need to cover both the nose and mouth because there are high viral loads in the nose and mouth.

Why wearing a mask helps prevent the spread of COVID - 19 :

COVID - 19 is airborne and spread by respiratory droplets which enter through the nose and mouth. **Wearing a mask will help prevent** the spread of these droplets into the air. It is possible for someone to spread the virus even if they do not have symptoms.

Tips on how to wear a mask:

1. It must fit as snugly as possible to the face, covering the chin, mouth and nose up to the nose bridge. **The mask should not be** below the nose or worn at the tip of the nose.
2. The mask **should fit tightly against the face**. This means there should be no gaps or openings along the sides of the mask.
3. For individuals who **wear glasses**, masks can cause lenses to fog up. Adjust the position of the mask near the glasses. The skin under the eyes will help redirect the flow of exhaled air under the chin and out the lower part of the mask.

CDC Recommendation:

- ◆ Masks should be worn in addition to staying at least 6 feet apart, especially if indoors around people who don't live with you.
- ◆ **If someone in your household** is infected, people in the household should take precautions including wearing masks to avoid transmission to others
- ◆ Effective February 2, 2021, masks are required on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and in U.S. transportation hubs such as airports and train stations.

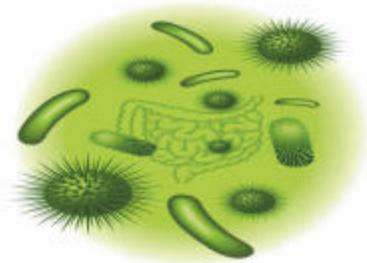
**THIS INFORMATION IS TO SUPPORT
PRECAUTIONS THAT ARE ALREADY IN PLACE**

Prebiotics and Probiotics

What are Probiotics?

Probiotics are live microorganisms (bacteria or yeast) that may support treatment of diarrhea, irritable bowel syndrome, and intestinal infections. They are found in normal human gut and help us breakdown foods, make vitamins (Biotin and Vitamin K), prevent harmful bacteria from growing, and help stimulate our system. Probiotics may be killed by heat, stomach acid, or over the course of time. They are available as supplements over the counter (Align, Acidophilus, Culturelle, Phillips Colon Health, etc) or in many foods (yogurt and kefir, sauerkraut, miso soup, kombucha, kimchi,, and etc.).

**REMEMBER, CONTACT YOUR DOCTOR
BEFORE TAKING ANY TYPE OF
TREATMENT**



What are the possible side effects?

- **Generally considered safe**
- **Mild stomach upset (ex. gas, bloating)**
- **Long - term safety is not known**

What to look for on a product label:

- **Microbe and CFU (colony Forming Units)** - what type and how many living microorganisms are in each dose?
- **Suggested Serving Size** - How much should I take?

Difference between Pre and Probiotics

1. **Prebiotics** are non-living, non digestible fiber like ingredients that were as food for probiotics.
2. **Prebiotics** support treatment of chronic digestive disorders or inflammatory bowel disease.
3. **Prebiotics** are found in supplements or daily food (onions, garlic, banana, apple, whole wheat bread etc.

COVID VACCINE INFO

How are COVID-19 vaccines authorized and approved for use?

Researchers began developing vaccines for COVID-19 in January 2020, based on decades of understanding immune response and how vaccines work. Thousands of volunteers participated in clinical trials that started that spring, making sure we can trust the vaccines to be safe and effective. Based on the results, the U.S. Food and Drug Administration (FDA) authorized two vaccines for public use in December 2020 and a third in February 2021. The vaccines met the agency's rigorous and science-based standards for quality, safety, and effectiveness.

COVID-19 is a new virus requiring new vaccines, but vaccines have been saving lives and protecting us for centuries. Now, medical experts believe COVID-19 vaccines can help us move forward in our everyday lives.

How do COVID-19 vaccines keep us safe?

Vaccines are the best protection we have against many serious illnesses. They protect us from diseases by teaching our immune systems how to fight viruses and infections — without actually getting sick from the disease.

COVID-19 can have serious and life-threatening complications, which is why it's important for everyone who's eligible to get vaccinated. If you're not sure, ask your doctor if you should be immunized against COVID-19.

Why is there more than one type of COVID-19 vaccine?

Many teams of medical experts around the world have helped in the search for a safe and effective COVID-19 vaccine — including many of the leading doctors here in the United States. Having multiple vaccines in development and production is crucial so that vaccination programs can be rolled out in many different countries at the same time, reaching as many people as possible.

While we can't make as much of any single vaccine as quickly as we want, more than 2 billion doses of the authorized vaccines are expected to be manufactured in 2021 — and they must be carefully transported and stored.

What's it like to get vaccinated against COVID-19?

Getting a COVID-19 vaccine will be a lot like getting any other shot.

When you go in, you'll be given a fact sheet that tells you more about the specific vaccine you're being offered. Once you've had the vaccine, you will receive a vaccination card with the date, location, and type of vaccine you received. You might also get a card reminding you when to come back for the second shot if applicable.

The supply of vaccines will increase in the coming weeks and months. We expect several thousand vaccine providers across the country to offer vaccines — including doctors' offices, hospitals, pharmacy chains like CVS, Walgreens, and Walmart, and certain other qualified healthcare centers.

West Warwick Senior Center

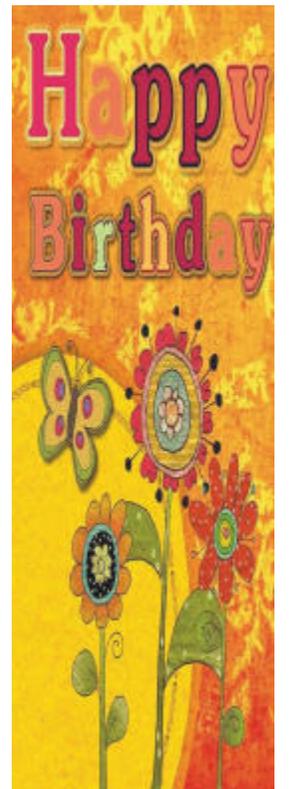
Fun Stuff

HAPPY BIRTHDAY

TO OUR MEMBERS WHO HAVE MARCH BIRTHDAYS



Happy Birthday To:
3/4 Lorraine Lee
3/5 Patricia Travers
Julian Bergschneider
3/9 Murielle Rochon
3/13 David Blais
3/14 Robert Gardiner
3/14 Frank Rathbun
3/19 Dale Feldon
3/22 Sandi Biron
3/22 Marsha Maxwell
3/25 Patty Doyle Chatelle
3/28 Suzanne Bessette
3/30 Joan Bradbury
3/31 Christine Mucci



WEST WARWICK SENIOR CENTER

Name: _____ Date: _____



Feeling Grateful Word Search

What are YOU thankful for on Thanksgiving Day and all the other days of the year? Here are a few ideas to get you started.

ANIMALS
BED
BIRTHDAY
BOOKS
CARS
CHALLENGES
DAD
EARTH
FAMILY
FLOWERS
GRANDPARENTS
HEALTH
HEARING
HEART
HOME
ICE CREAM
JOKES
LAUGHTER
LUNGS
MOM
MOON
MUSIC
NATURE
OXYGEN
POPCORN

L	E	R	D	I	D	N	V	I	K	B	S	T	E	A	C	H	E	R
X	Q	I	A	C	C	D	V	G	P	S	R	E	W	O	L	F	V	S
T	Q	Q	D	E	S	J	Q	E	S	L	A	O	R	G	U	Q	T	Z
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X	F	R	Q	V	H	U	V	E	I	G	H	J	R	D	M	Q	U	D
D	G	N	S	O	S	I	N	H	V	T	M	S	F	S	E	O	H	S
S	Z	E	O	I	L	L	E	M	S	E	K	O	J	F	I	J	M	B
Z	Z	L	C	L	A	U	G	H	T	E	R	H	Z	P	H	L	A	A

RAIN
READING
SCHOOL
SHOES
SIGHT
SMELL
STARS
SUNSHINE
TASTE
TEACHER
TOUCH
VACATION



YOGI BERRA ISM'S

* When you come to a fork in the road, take it.

* You can observe a lot by just watching.

* It ain't over till it's over.

* It's like déjà vu all over again.

* A nickel ain't worth a dime anymore.

* Always go to other people's funerals,
otherwise they won't come to yours.

* Never answer an anonymous letter.

* The future ain't what it used to be.

* Pair up in threes.

* If you ask me anything I don't know;
I'm not going to answer.

* If I didn't make it in baseball,
I won't have made it workin'. I didn't like to work.

* If the world were perfect, it wouldn't be.



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***“HOW OLD WOULD YOU BE
IF YOU DIDN'T KNOW HOW OLD YOU WERE?”***
(LEROY “Satchel” Paige)

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Foster Grandparent Program

If you are interested in improving our community by helping children get a good scholastic start, we are seeking volunteers in the Foster Grandparent Program ... ***also known as “Classroom Grandpa’s and Grandma’s”*** Volunteers will receive a tax-free stipend of \$3.00/hour. This stipend will not affect income taxes, Social Security, Food Stamps, housing, or Supplemental Security Income. Volunteers will also receive mileage reimbursements or a bus pass, paid leave hours and paid holidays. If you can commit to at least 15 hours a week.

Call 822-4450 and ask for the Foster Grandparent staff to learn more!

**We're
Searching for
Volunteers**