

# Blazing Trails

MAY 2021

Vol 53 • Issue 5

A monthly publication of the  
**Missoula Senior Center**

Center hours and operations  
will return ASAP.

**Underground Thrift Store  
Hours extended!**

**10 am- 3 pm**

**Monday- Saturday**

705 S Higgins Ave  
Missoula, MT 59801  
406-543-7154

[www.themissoulaseniorcenter.org](http://www.themissoulaseniorcenter.org)



Kitchen staff and volunteers, including Sylva Stone in center, work on the kitchen line during a daily lunch pick up. Thank you to all of our staff and volunteers who work in the office, kitchen and in the Thrift Store!

## NOT ALL SUPERHEROES WEAR CAPES

### VOLUNTEER SPOTLIGHT: SYLVA STONE

By Kathryn Evans

Sylva Stone smiled. Then she enthusiastically answered, "I truly have enjoyed volunteering these past four years at the Missoula Senior Center. It has been a rewarding experience for me to be able to serve others while at the same time enjoying such a pleasant activity myself."

Her weekly shifts give her the opportunity to help both shoppers to the Underground Thrift Store, plus assist the center staff with various other projects for the non-profit self sustaining organization.

Sylva looks forward to those three days. They are never boring. "One day I may be sorting and pricing

and the next time I can be upstairs helping on an administrative job." She does admit to one problem, a constant challenge for her. "I actually pay to volunteer. I am so surrounded by all these bargains and fun items I have become an avid shopper. I find it difficult to go home empty handed."

As the name implies, the Underground Thrift store is "down under" located in the basement of the facility at 705 South Higgins Avenue. It is well organized, well stocked with a vast variety of merchandise from what one might say "everything but the kitchen sink." It also has very convenient off street parking at its side entrance; is a stop on the Mountain Line bus route; and has a bevy of friendly volunteers to greet you, to help you should you need it.

Over the past years at the center Sylva has developed many friends and recalls some happy incidents. "One day a young woman came to the shop looking for a very definite item which we did not have. Pat and I gave it some thought and suggested another idea. The customer hesitated for several minutes, then decided it might work and left with it. Later that same day she returned with two beautiful roses in bud vases for each of us in appreciation of our help."

A fun, silly mission occurred one Halloween when some frat guys from the UM came to the store for costumes. "They wanted to be dressed as princesses. We found gowns and jewels for transforming each one into a gorgeous fairy book character."

Sylva's parents escaped from Czechoslovakia to Germany in the late 1940's when the Republic fell to

.....Continued on Page 9

## BOARD OF DIRECTORS

### President:

Stevan R. DeSoer

### Past President:

John Nugent

### Treasurer:

Elizabeth Johnson

### Board Members:

Shirley Howell

Pat Janes

Julie Robitaille

Lou Ann Sharkey

John Walker

*Under normal operations Board meetings are the 3rd Wednesday of the month at 1:30*

## MSC STAFF

### Kitchen:

Jackie Ybarra, Jessie Williams, Gene Fraser\*, Ted Hunter\*

### Housekeeping

Pedro Garza\*

### Maintenance Engineer:

John Walker (Volunteer)

### Membership:

Marge Nordin (Volunteer)

### Bookkeeper:

Jane Goffe

### Editor of *Blazing Trails*:

Kelly Bouma

### Trips Coordinator:

Janice Jacobson

### Volunteer Coordinators:

Kathi Campbell, Lou Ann Sharkey, Pat Janes

\*Staff person is supported by Easterseals-

Goodwill Senior Community Service

Employment Program

*Blazing Trails* is published by the Missoula Senior Center. To submit content or for general inquiries about this publication, email:

NEWSLETTER@missoulaseniorcenter.org

## LETTER FROM THE MSC PRESIDENT

Dear Members,

Your Board met on April 7th and considered a pretty packed agenda. Of key interest was presentation of a draft reopening plan. Finalization of a plan will be a top priority at the next meeting scheduled for May 12th. Our grab and go lunch program continues to be popular, consistently serving over 1600 lunches a month. If you haven't tried the lunches lately, please do so – the food is really good! And, as an added incentive to come by (11:30-12:30 each weekday), our friends at WINCO are donating bread and milk to hand out to our lunch crowd.

### THANK YOU WINCO FOR YOUR GENEROSITY!!

The Board also considered bids to update the Thrift Shop lighting but tabled it considering the estimated cost of over \$8,000. Continuing on with our infrastructure concerns, the Board is getting estimates for replacing our aging boiler system; landscaping; and exterior signage. So if you are wondering what to do with your tax refund, please keep the Center in mind.

On the volunteer front, the Center continues to need "a few good members" to maintain our operations as we move toward reopening. Current specific needs include: assistance with our lunch program (weekdays 11:15-12:45); help in the thrift shop book section; help with the thrift shop quilting and hand crafting section.

Over the past couple of years many of your Board members have had to assume roles as day-to-day administrators for various functional areas of the Center. This is not practical or sustainable, thus the Board is looking at establishing a manager level position. This position would handle daily operations of the Center and be the chief administrator/point of contact for the Center. This will allow the Board to provide policy and program direction more effectively for the operation of the Center.

We are still seeking some assistance/expertise in the following areas:

- A volunteer who would take a leadership role in developing a re-opening plan.
- A volunteer who would take a leadership role in developing a comprehensive membership program – from recruitment to active engagement to recognition.
- A volunteer who would take a leadership role in developing and managing our public persona. Communication Plan/ Webmaster/Digital Footprint
- A volunteer who would take a leadership role in establishing an event approval process and program.

Thank you for your continued membership, your support, and remember our lunch service 11:30-12:30 every weekday. Also remember that your membership card provides you an automatic savings when used at the Underground Thrift Store.

.....Steve DeSoer



# MSC NEWS

**O**ur Mission is to develop and implement programs and services that support the physical, intellectual, and emotional health and well-being of elders and to serve as a focal point for community projects that enhance health, education, recreation and socialization for elders and their families in the Missoula area.

*Hello TCC Friends,  
As most of you know, we don't know when activities will resume at the Senior Center.*

*I am letting you know of the classes where I will be resuming ongoing drop-in classes below. Some of you may have access to one of these venues. Would love to have you join me. T'ai Chi Chih classes will resume at:*

**THE PEAK (Blue Mtn.)  
Thursdays  
11am-12pm and**

**The Women's Club  
Fridays  
9:30am-10:30am**

*Look forward to seeing you then.  
Chi-fully, Lynne*

## THANK YOU!

*On behalf of the Missoula Senior Center, I want to recognize Life Member Barbara Ross for her ongoing support of, and commitment to, the MSC recycling program.*

*Due to her sponsorship of this program, the MSC is actively recycling materials resulting from our ongoing lunch program.*

*Thank you, Barbara, for your efforts.*

*Steve DeSoer, President*

### KITCHEN VOLUNTEERS NEEDED

MSC is looking for volunteers to assist with our "grab and go" lunch program. We need help with set up, meal prep, food service, and general clean up.

Time commitment: 3.5 hours for 1 or more days a week.

Please contact Kathi Campbell  
Volunteer Coordinator 406-543-7154.  
Thank You!

### SENIOR CENTER BIKE RIDES

WHEN: Fridays!

WHERE: Meet in the parking lot of the Missoula Senior Center

TIME: 10:00 am - Time may change as weather gets warmer

**Contact Person: Debbie Goertzen 406-552-2433.** Please call Debbie before Friday if you plan to join the group. Let Debbie know your biking capabilities and distance you have ridden.

*Bike Helmets are required! Bring water and small snacks and wear layered clothing. A waiver must be signed before your first bike ride.*

**THE MSC  
THRIFT STORE  
IS OPEN!!!  
Monday-  
Saturday  
10am-3pm**

**NOW ACCEPTING DONATIONS!**

### VOLUNTEERS WANTED!!

**Who:** Missoula Parks & Rec

**WHAT:** Missoula Senior Olympics

**When:** September 9-11, 2021

**Contact:** Anna Bruning, Adult Programs Coordinator,  
406-552-6684

**Jean Croxton is now teaching an online Yoga class. Open to all at no cost.**

**Two classes!**

**Sundays at 12pm  
Tuesdays at 10am**

**To join the class on Zoom, use the following link:**

**<https://us02web.zoom.us/j/86887339869?pwd=WUExaUhDNzdwUzZiUVFmOHpld3R5UT09>**

**Meeting ID: 868 8733 9869  
Passcode: namaste**

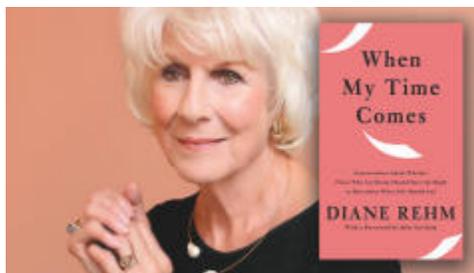
# BOOK CORNER

By John Nugent

Four books important to the End-of-Life conversations were recently published.

1. *When My Time Comes: Conversations About Whether Those Who Are Dying Should Have the Right to Determine When Life Should End* by Diane Rehm.

Diane Rehm hosted The Diane Rehm Show, on NPR, from 1979 to 2016. This book is also the basis of a PBS documentary. Spurred on by the death of her husband, the Peabody-award-winning journalist crosses the country to take an in-depth look at medical aid in dying. She speaks to people on all sides of the issue, uncovering the pros and cons, the facts and the misinformation surrounding this controversial practice that is now legal in nine states and the District of Columbia. Featuring a deeply personal foreword by John Grisham, *When My Time Comes* is a response to many misconceptions and misrepresentations of end-of-life care. It is a call to action—and to conscience—and it is an attempt to



heal and soothe, reminding us that death, too, is an integral part of life.

2. *Lessons About Life and Living from Working with Death and Dying* by Anna Lyons and Louise Winter. End-of-life doula Anna Lyons and funeral director Louise Winter have joined forces to share a collection of the heartbreaking, surprising and uplifting stories of the ordinary and extraordinary lives they encounter every single day. From working with the living, the dying, the dead and

the grieving, the authors share the lessons they have learned about life, death, love, and loss. This is a book about life and living, as much as it's a book about death and dying with two major themes; When we acknowledge and accept our mortality, we can live a better life and when we embrace the end of life in the same way as we embrace the beginning of life, we can live a more fulfilling life.

3. Journalist Katie Engelhart explores the "right to die" movement in her new book, *The Inevitable: Dispatches on the Right to Die*. Wherever you fall on the debate over the right to determine one's own time and manner of death, *The Inevitable* challenges our deepest assumptions about euthanasia, what it means to live and die with dignity, and hoping for a quality of life at the end of life. The author writes, "When I started reporting the book, I heard this phrase over and over ... 'I'd rather die like a dog.' A lot of people spoke to me about euthanizing beloved pets in their past. They talked about [euthanizing their pets] as being acts of mercy and acts of love — and all they wanted was the same option for themselves." When you have a dog or a cat that is in pain and near the end of life, you have the option of putting down your beloved pet. Some people who fear the loss of function — mental or physical — would like a similar option for ending their own lives in a safe, peaceful and legal manner. Engelhart says individuals sometimes resort to ordering lethal veterinary drugs from Mexico or China. The author calls for a more compassionate view as to how many of us die.

4. *Hastening Death by Voluntarily Stopping Eating and Drinking (VSED): A Compassionate, Widely-Available Option for Hastening Death*. Edited by Timothy E. Quill. The U.S. Supreme Court has affirmed the right of a mentally capable individual to refuse medical therapies, including food and fluids. Even though the U.S.

Supreme Court has affirmed the right of a decisionally capable individual to refuse food and fluids, not everyone is understanding and supportive of this choice. VSED has challenges, including dry mouth, progressive weakness, and eventual delirium. But it provides an important, meaningful choice for some seriously ill patients without other acceptable "last resort" options. Still, many questions remain: (1) How to manage severe thirst? (2) How to treat delirium? (3) Whether and when to add sedation? These questions are reviewed in the new multi-authored book on the clinical, ethical, legal, and policy aspects of VSED: Voluntary Stopping Eating and Drinking. VSED is a compassionate option that respects patient choice. Despite its strongly misleading image of starvation, death by VSED is typically peaceful and meaningful when accompanied by the adequate clinician and/or caregiver support.

In 2020 Maureen Jennings published two books in a new book series, *Heat Wave - Paradise Café* and *November Rain: A Paradise Café Mystery*

This is the 17th book by Jennings I have read in the last few years. I believe I have read all her fiction that is in print. These books are centered in Toronto, not long after the William Murdoch Series. Working as a Private Investigator at the T. Gilmore and Associates, Charlotte Frayne finds herself in the middle of a few mysteries. The William Murdoch books are the basis for *The Detective Murdoch* television series, *Murdoch Mysteries*, now in its 14th season and one of my favorite programs. Maureen Jennings remains as a creative consultant for the TV series, probably why it has been so successful.



I recently listened to an interview with author Tony Horowitz talking about his book *Midnight Rising: John Brown and the Raid that Sparked the Civil War*. I lived in Maryland for several years and became interested in the history and religion of John Brown and the Raid on Harpers Ferry and how it started the years of Brown's work as an abolitionist. I had not read this book so immediately ordered it. It is an excellent book for learning about this eccentric man, his family, his bad business ventures, the historic figures he came across, and the small, secret army he convinced to go to battle to rid the United States of slavery.

Margaret Brown Maron the award-winning mystery writer who published 30 books and was one of the founders of *Sisters in Crime* died earlier this year at the age of 82. Maron began her writing career in 1968 when she published "The Death of Me," her first short story, in *Alfred Hitchcock's Mystery Magazine*. At the

time she was living in Brooklyn, N.Y., with her husband and only son, and had given herself a writing course from books in the Brooklyn Public Library. Her Judge Deborah Knott series, which began in 1992 with the publication of *Bootlegger's Daughter*, consisted of 20 books and starred an attorney who is the daughter of a North Carolina bootlegger. Over the course of her career, Maron served as the third president of *Sisters in Crime* as well as president of *Mystery Writers of America*. She was named a Grand Master by the MWA in 2013, and her books have received Edgar, Agatha, Anthony and Macavity Awards.

From my stack of books, I read "A Still and Quiet Conscience: The Archbishop Who Challenged a Pope, a President, and a Church" by John A. McCoy. I had this book in my pile for some time but was stimulated to read it now after an online discussion with one of my nephews, a graduate of

Carroll College, about "Hunthausen Catholic values." Raymond Hunthausen was born in Anaconda, became a priest of the Helena diocese and served as President of Carroll College and Bishop of the Helena diocese before becoming Archbishop in Seattle. This is a truly revealing book about the insider politics of the Catholic Church. As a longtime Catholic and admirer of St. John XXIII (and Vatican II), it disturbs me to see how members of the Vatican establishment, including two revered Popes, bowed to the requests of the Reagan administration and subjected Archbishop Ray Hunthausen to an Inquisition-style persecution. John McCoy is to be commended for his exposé. A couple of quotes from the book, "The Pope doesn't have to fire four bishops. He only has to fire one and tell the world why he fired him," and "The Seattle Archbishop's

.....Continued on Page 14

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# SENIOR health

If it has been at least two weeks since you received your last dose of the COVID-19 vaccine, congratulations! You are now considered “fully vaccinated.” You are armed with our best weapon against a virus that has killed more than 2.6 million people worldwide and upended our lives in unimaginable ways.

That is truly something worth celebrating. But before you toss aside your mask and throw a party, it’s important to remember that the coronavirus is still spreading and the majority of Americans have yet to be vaccinated — so precautions continue to be necessary to protect yourself and the people around you.

The U.S. Centers for Disease Control and Prevention (CDC) has published some specific guidance about what the fully vaccinated can do and cannot do, and AARP has asked experts to answer other

common questions about life after vaccination. Here are 10 things you should know now that you’ve been jabbed.

## 1. You still need to wear a mask

Even though COVID-19 cases are down from their peak in January, the coronavirus is still circulating in the U.S., and new and more contagious variants have emerged. So wearing masks and social distancing are still important in helping slow its spread until we can reach herd immunity — when an estimated 70 to 85 percent of the population is vaccinated.

For the latest coronavirus news and advice go to [AARP.org/coronavirus](http://AARP.org/coronavirus).

“Until more of the population is vaccinated, masking is important, not just to protect yourself but also other people,” says Purvi Parikh,

M.D., an allergist and immunologist at NYU Langone Health and an investigator in COVID-19 vaccine clinical trials.

Masking will also help slow the spread of coronavirus variants — and prevent the emergence of new ones — because the virus can’t mutate if it is not spreading.

## 2. You could still catch COVID-19

This is the other reason experts don’t want you to put aside your mask just yet. Although all three vaccines authorized for emergency use in the U.S. were found to be highly effective against severe disease and death from COVID-19, there’s still a chance you could get infected with the virus.

The Pfizer-BioNTech and Moderna COVID-19 vaccines were about 95 percent effective in preventing symptomatic COVID-19 after two



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doses in clinical trials. The Johnson & Johnson vaccine was 66.1 percent effective in multi-country clinical trials and 72 percent effective in U.S. trials.

"The whole point of a vaccine is that it prevents you from dying or ending up in the hospital," Parikh says. "But you may still get sick."

3. You could infect someone else

There's also a small chance that you could get infected with the virus and not even realize it, and then you could transmit it to someone who is not vaccinated, says Kristen Marks, M.D., an infectious disease specialist at New York-Presbyterian/Weill Cornell Medicine who leads COVID-19 vaccine trials.

Researchers are still studying whether the vaccines prevent the asymptomatic spread of the virus, she says; early data indicates that they likely do. But the evidence is preliminary and more research is

needed.

4. You can visit friends and family

Fully vaccinated people can gather indoors with others who are also fully vaccinated, without wearing masks or physical distancing if you choose, the CDC says, because the chance of anyone getting infected would be remote.

You can also spend time inside with unvaccinated people from a single household without wearing masks or physical distancing if you choose, the CDC says, as long as no one is at increased risk for severe COVID-19 disease and no one lives with somebody who's at increased risk as well.

That means you can visit (and hug!) your unvaccinated children and grandchildren. What's important, the CDC says, is to keep two unvaccinated households from mingling. The agency offers this example: If fully vaccinated

grandparents are visiting with their unvaccinated daughter and her children, and the daughter's unvaccinated neighbors also come over, the visit should then take place outdoors, with everyone wearing well-fitted masks and maintaining physical distance (at least 6 feet). This is due to the risk the two unvaccinated households pose to one another.

The CDC still recommends avoiding medium-size and large gatherings.

5. You don't have to quarantine after exposure

You do not have to quarantine or get tested after an exposure to someone with the coronavirus, as long as you aren't experiencing any symptoms, the CDC says. If you develop a cough, fever, shortness of breath, diarrhea or other symptoms of COVID-19, however, you should get tested.

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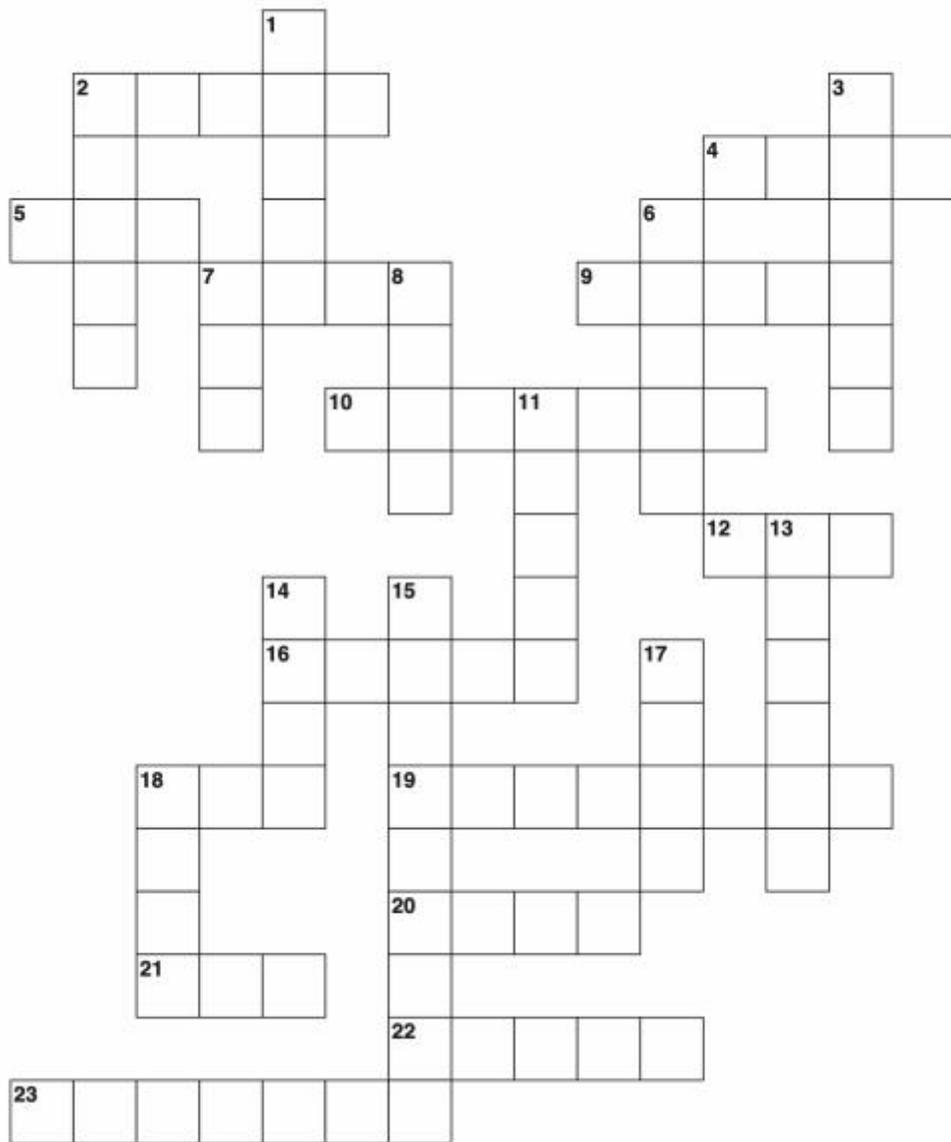

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# PUZZLE OF THE MONTH

## ANIMAL YOUNG



By Evelyn Johnson - [www.qets.com](http://www.qets.com)

Solution on Page 14

## ACROSS

- 2 Young dove
- 4 Young alpaca
- 5 Young bat
- 7 Young cow
- 9 Young hog
- 10 Young toad
- 12 Young fox
- 16 Young owl
- 18 Young fish
- 19 Young duck
- 20 Young sheep
- 21 Young louse
- 22 Young cicada
- 23 Young goose

## DOWN

- 1 Young bee
- 2 Young pigeon
- 3 Young bobcat
- 6 Young otter
- 7 Young bear
- 8 Young horse
- 11 Young turkey
- 13 Young gorilla
- 14 Young kangaroo
- 15 Young eagle
- 17 Young zebra
- 18 Young deer



Continued from Front Page

the communists. They lived there in a displaced persons camp until the early 1950's. With Sylva (who was born there) the family finally was sponsored to a move to Minneapolis, MN.

Her father found employment as an accountant and her mother became a high school teacher of home economics and German. Sylva grew up there and briefly attended the University of Minnesota. "I left to find a career which I am still searching for," she says in jest. She still speaks Czech with her family.

Married in 1971 to Tim Stone, the couple celebrated their 50th wedding anniversary on March 26. They moved from Minnesota to Montana when Tim, now retired, was offered a telephone position with the Bell system. Until her retirement in 2015, Sylva worked for the State of Montana, first in the Secretary of State's office and later for the Motor Vehicle Division and the Montana Crime Lab.

Not only does Sylva volunteer locally but she also is on call with the National Disaster System. Since her training as a logistic officer in 2002, she has been on emergency duty at tropical storms Rita and Katrina in 2005 and more recently in February 2020 when the cruise ship, the Diamond Princess, was struck with the coronavirus while anchored at Yokohama, Japan.

Due to the COVID pandemic, Sylva and Tim are sharing their home in Milltown with their son and nine-year-old grandson, a third grader at Bonner School. "He is a very lively/energetic youngster who keeps us busy and involved in his many interests and activities. It is fun having them stay with us," she explains.

At home to relax from her varied days, Sylva enjoys reading and doing puzzles, both crossword and jigsaw.

*\*A special thank you to Kathryn Evans, a volunteer herself, who interviewed Sylva and wrote this article!*



## THE RESOURCE CENTER IS HERE FOR YOU

Our specialists can answer your questions about:

- Care Management
- Caregiver Support
- Housing
- Dementia Resources
- Financial Assistance
- Lifelong Connections
- Long-term Care Options
- Money Management
- New to Medicare Workshops
- Meals on Wheels
- Community Lunch Program
- Retirement
- Reverse Mortgages
- Social Security Workshops
- Tax Reduction Programs
- Transportation Information
- Veteran Directed Care

For complex issues, the Resource Center team can meet with you.

337 Stephens Ave., Missoula, MT



### ■ IN-HOME SUPPORT SERVICES

Affordable homemaking, respite and personal care assistance for caregivers and individuals. Companion Volunteers and Personal Care Attendants help make daily life manageable.

### ■ LONG-TERM CARE OMBUDSMAN

For residents of nursing homes or assisted living facilities, your local Ombudsmen can help you to know your rights and advocate for quality care.

### ■ RESOURCES

Books, DVDs, brochures, computers and a wealth of information about aging well available at the on-site resource center. Internet access and printer are available. Technology and training are available through the Lifelong Connections program.

### ■ CAREGIVER SUPPORT

- Respite program for caregivers
- Monthly support groups
- Family Caregiver Support program

# 728-7682

[MISSOULAAGINGSERVICES.ORG](http://MISSOULAAGINGSERVICES.ORG)



# MSC COMMUNITY

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 Darlene Harkcom  
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 Edna Murphy  
 Janice Hicks  
 Jerry Duke  
 Jill Borden  
 JoAnne Church  
 JoAnne Klietz  
 Judy Ansley  
 Karen Thompson  
 Lois Hartse  
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 Vickie Amundson



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# 2021 May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	29	30	01	02
03 Meatloaf Mothers Days - Week! Meatloaf, Mashed Vegetable, Fruit, Dessert	04 Roast Turkey Meal, Mashed, Stuffing Assorted Vegetables, Dessert	05 Spaghetti w/Meat Sauce, Salad Croutons Garlic Bread, Spumoni ice cream	06 Roast Beef and Potato Salad, Croutons Soup, Fruit, Dessert	07 Grilled Chicken Ceasar Salad, Soup, Dessert, Fruit.	08	09
10 Meatloaf Mondays! Meatloaf, Rice, Vegetable, Fruit, Dessert	11 Soft Taco Salad Beef & Cheese, Assorted Vegetables, Chips Salsa	12 Spaghetti Garlic EVOO Butter, Parmesan Chicken Fruit, Dessert	13 Tuna Salad, Croutons, Mac, Ham & Cheese, Fruit, Dessert	14 Tuna Casserole, Mixed Vegetable Fruit, dessert	15	16
17 Meatloaf Mondays! Sandwich Chips Fruit Dessert	18 Bean 3-Cheese Burrito, Rice, LTO Salad, Salsa n Chips, Jello	19 Spaghetti w/Meat Sauce, Salad Croutons Garlic Bread, Spumoni ice cream	20 Ham Salad, Croutons, Ham/Bean Soup, 1/2 Grill Ham & Cheese, Fruit Dessert	28 Cheese Burger w/ Fries Dessert and Fruit		
24 Meatloaf Mondays! Meatloaf Mashed Vegetable, Fruit, Dessert	25 Chicken Soft Taco Beans Rice, LTO Salad, Salsa n Chips, Jello	26 Spaghetti w/Meat Sauce, Salad Croutons Garlic Bread, Spumoni ice cream	27 Chef Salad, Croutons, Soup, Fruit and dessert.	28 Ham n Cheese Sandwich, Fruit, Dessert Ham Noodle Soup.		
31 Meatloaf Mondays! Meatloaf, Rice, Vegetable, Fruit, Dessert	01 Notes:					

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Continued from Page 7

6. You should keep your vaccine record card handy

In the future, you may need proof of vaccination to travel, work in certain industries or attend large events, Parikh says. Several other countries already have a validation system in the works, and a number of private companies in the U.S. are working on creating a digital passport that would include your vaccination status. "Obviously, your vaccine card is your main proof right now," Parikh adds.

#### AARP membership card

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Your card may also come in handy to confirm which vaccine you received, and when you received it,

if a booster dose is required. Some people are laminating their cards; another way to preserve it is to take a photo and store it on your phone. If you didn't hang on to your card, the provider that administered your vaccine should have an electronic or paper record of it.

#### 7. Travel is still discouraged

Even though the number of airline passengers has been rising, the CDC continues to recommend against travel, even for those who are vaccinated. In explaining the decision on March 8, CDC Director Rochelle Walensky said:

"In terms of travel, here's what we know: Every time that there's a surge in travel, we have a surge in cases in this country. We know that many of our variants have emerged from international places, and we know that the travel corridor is a place where people are mixing a lot. We are really trying to restrain travel at

this current period of time, and we're hopeful that our next set of guidance will have more science around what vaccinated people can do, perhaps travel being among them."

#### 8. It's a good time to go to the doctor or dentist

Countless Americans put their health care on hold due to the pandemic. Now that you're vaccinated, it's time to schedule that colonoscopy, dental cleaning or elective surgery you've been putting off. "Being vaccinated, now is the safest it has been to have surgery in well over a year," says Beverly Philip, M.D., president of the American Society of Anesthesiologists.

The only screening you may want to hold off getting right away is your mammogram. Many women develop swelling in the lymph nodes in their underarm after vaccination, the CDC says. Although the swelling is a normal sign that your body is building



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protection to the coronavirus, it could cause a false mammogram reading. For that reason, some experts recommend waiting four to six weeks after you are fully vaccinated to get a mammogram.

### 9. You may need a booster shot

Marks says there are two reasons we might need a booster shot: If our immunity wears off naturally or if the virus changes so much that the immunity we have from the current vaccines proves inadequate.

Researchers still don't know how long immunity from the vaccines will last. "We're collecting data," Marks says. "The phase 3 trials only started last summer, and the data lags a few weeks behind that."

The current vaccines should provide some protection against the coronavirus variants circulating right now. But a few contain a mutation that may allow the virus to elude some of the antibodies produced through

vaccines. The vaccine manufacturers are working to create booster shots or updated versions of their shots to improve protection against those variants.

Chances are that we will have to get some kind of COVID-19 shot on a regular basis, perhaps once every three years or every year, like the flu shot.

### 10. A return to normal hinges on herd immunity

Before life can get totally back to normal, experts say that first we need to reach herd immunity — when enough Americans are vaccinated to significantly slow the spread of the virus. Estimates of when we will reach that point range from this summer to early 2022.

"I'm very optimistic about summertime, when rates will naturally reduce and the number of people we've been able to vaccinate will make it so that the virus is not

being transmitted as quickly," Marks said. "The wild card is the variants."

Factors that will affect that timeline include the percentage of Americans willing to get the vaccine, how quickly a vaccine for children is authorized and how well the vaccines work against more contagious variants of the virus.

*Michelle Crouch is a contributing writer who has covered health and personal finance for some of the nation's top consumer publications. Her work has appeared in Reader's Digest, Real Simple, Prevention, The Washington Post and The New York Times.*

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Homemaking Services.....728-7682  
Meals on Wheels.....728-7682  
Resource Help Line.....728-7682  
Respite Care.....728-7682  
Blue Mountain Clinic..... 721-1646  
Community Medical Center...728-4100  
Crime Prevention Desk..... 552-6000  
Elder Abuse (Hotline)..... 327-7886  
Fair Housing..... 549-4113  
Food Bank..... 549-0543  
Hospice of Missoula..... 543-4408  
Human Resource Council... 728-3710  
Imagine Missoula.....748-6752  
Montana Legal Services..... 543-8343  
Partnership Health Center..... 258-4789  
St. Patrick Hospital..... 543-7271

The Auberge.....542-7009  
Bee Hive Homes.....552-4879  
Flor Haven.....542-2598  
Kathy's Place.....239-1966  
Edgewood Vista.....549-9660  
Evergreen.....549-0988  
Grizzly Peak.....215-1835  
Heartland Care Givers.....542-0241  
Hillside Place.....251-5100  
The Springs at Missoula.....273-0101  
At Home Assisted Living.....549-8127  
Village Senior Residence.....549-1300  
Pleasant View Personal Care...728-8675  
Rosetta Care & Asst Living.....728-5822  
Warm Sunsets Asst Living.....273-2200  
Heartland Caregivers Inc.....542-0241

Case Mngmt Caregiving.....541-6577  
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