

Volume II, No. 2  
Summer 2020

*A membership-based, non-profit organization supporting the efforts of mountain residents to remain in their homes for as long as possible by enhancing a vibrant, intergenerational community, and by connecting neighbors with a network of services and resources.*

P.O. Box 10063  
Huntsville, AL 35801

## FROM THE EXECUTIVE DIRECTOR

This year, the Village turned five. For me, that's five years of seeing firsthand how our community can grow stronger; five years of working with wonderful neighbors and friends; and five years of rewarding work as the Village's Executive Director.



Delia Siegrist

Now, I feel that it's time for me to help someone else step into this role. I think of being a "director" as a collaborative, creative position. How can we continue to support our members in their desire to have longer and more rewarding and independent lives at home? What other resources do we need to fulfill our goals? What new ideas do we have for expanding and developing our mission?

I'm writing this with the hope that one of our neighbors will be interested in stepping into the role of Executive Director and tackling these questions. This is a role that requires someone who is management-oriented, and who wants to learn how each part of the Village runs. It requires computer literacy (our website is a very important way of keeping in touch), but not necessarily a great deal of technical skills. Perhaps most importantly, this job requires someone with the time and passion for this exciting work—for getting to know people in the community and developing a vision for how we can make our beloved Monte Sano a welcoming place at every stage of life.

I hope that the Village will thrive long after I'm gone, adapting as new people with new ideas step into leadership positions. I feel that this is the best time for me to devote my energies by working jointly with the next Executive Director, in the coming year, to develop a road map for what comes next.

By communicating everything I've learned in the job and conveying how things presently run, I can "pass on the torch," so to speak. If you're passionate about what the Village stands for, dedicated to seeing it continue, and feel you are well-suited to help in this effort, let's talk!

## COVID Precautions at All Voting Polls

**Election Dates are Jul 14, Aug 25, Oct 6, and Nov 3**

Monte Sano voters can be assured that when they arrive at MSUMC to vote, extreme precautions have been taken by Madison County to protect them from COVID-19. These precautions are listed below:

1. All voters are required to wear masks in order to enter the facility. Masks are available for those without one.
2. Election workers are provided masks, face shields, and gloves.
3. The County is providing the following items to each polling location:
  - Disinfectant wipes to clean pens, styluses, door handles, etc.
  - Disinfectant sprays and paper towels to wipe down voting booths, table surfaces, etc.
  - Spray bottles and two gallons of hand sanitizer—one to spray voters' hands as they enter the facility, and one for workers.
  - Tape to mark off six-foot distances.
  - Signage to indicate mask, hand sanitizer, and distance requirements.
4. Additional styluses are provided so that they can be sanitized between voter use.
5. Voters are encouraged to bring their own pens/pencils to mark their ballots.
6. Ballots used in the July 14 election will have the March 31, 2020 Runoff date due to postponement of the election, but are still valid.

## Volunteer Services Provided During First Six Months of 2020

From January thru June, Monte Sano Village offered a multitude of services in the categories shown below. The following data reflects the dedication and commitment of MSV volunteers in performing the many things they were called upon to do.



Update Deliveries	130
Transportation	34
Personal Support	5
Technology	8
Illness and related support	52
Contractor suggestions	10
Home maintenance	5
Wellness checks	424
Block captain calls	20
Mask delivery	13
Sanitizer delivery	16
Mask/Sanitizer combo bags delivered to members and volunteers	100

**Total 817**

Services requiring visits inside homes and close personal contact have necessarily been limited due to COVID-19.

*Pam Patrick, Volunteer Committee*



***Lue English presents this lovely watercolor painting to Joanne Sanders, winner of the Mystery Photo contest this Spring.***

## Monte Sano Village Board of Directors

### Officers

#### President

*Lue English*

#### Vice Presidents

*Delia Siegrist  
Pam Patrick*

#### Secretary

*Elsie Peterson*

#### Treasurer

*Cathy White*



### Committee Chairs

#### Contractors

*Connie Burns*

#### Membership

*Elsie Peterson  
Rusty Bynum*

#### Publications

*Bobbie Graham*

#### Social

*Frances Cerro  
Maggie Little*

#### Volunteers

*Pam Patrick*

## Introducing Caring Strategies for Aging Life Care Management

Providing guidance and clarity in making complex eldercare decisions is one of the many services offered by *Caring Strategies*, a Huntsville service organization that has been a supportive advisor to Monte Sano Village. In addition to consultation sessions, services provided by CS case managers may also include coordinating aspects of care for those who do not have family nearby, such as medication management, in-home services, medical care, emergency support, and care transitions after a hospitalization.

Jeanie Tauss, Caring Strategies' owner, emphasizes, "when individuals encounter unexpected health challenges, we can advise them on which options and resources



are the best fit for their needs based on our assessment." As a licensed clinical social worker and certified care manager, she leads a multidisciplinary team of highly educated and experienced professionals. Click [HERE](#) to view the CS website and to learn more.



## ***Elsie, Elsie ... How Does Your Garden Grow?***

The Community Garden on Monte Sano is a well-developed place to express your love for growing vegetables, herbs, and flowers. There are 24 plots which rent for \$15 or \$30 per year, for plot sizes 4' square or 4' x 8', and for which running water is provided, and full sun is frequent. A compost heap is provided for Community Garden members. A tool bin is also provided for small tools, watering cans, and supplies; and there is a small tool shed for long-handled tools.

The garden was conceived and organized by sisters Katy Bothwell and Maggie Patrick in 2010. To make the garden a reality, a group of ten Monte Sano residents worked hard with support from The Little Green Store, and with WHNT Channel 19 who generously donated the use of the land. Planting in the garden commenced in the Spring of 2011.

This huge effort has materialized by the large number of gardeners that frequent the garden and by their continued use of organic gardening practices. Garden members are expected to participate in Community Garden workdays and keep their assigned spaces weeded.

Elsie Peterson, MSV Board Member, has been enjoying this opportunity since its beginning. She is a Garden charter member, having contributed to its establishment.

With her 4' x 8' plot she produces a variety of lettuces of rich color and flavor, including 'Red Sails,' 'Curly Simpson,' 'Freckles,' and 'Oak



***Curly Simpson Lettuce***

Leaf.' "I love the variety of colors and leaf shapes of lettuce. It's fun to grow pretty things that we can eat," she says. Behind the lettuce, you see the tops of carrots and onions. She sometimes grows snap peas, beets, tomatoes, and zucchini.



***Elsie Peterson holds an Elephant garlic which has large heads of cloves and interesting purple flowers.***

Larkspur also thrives in her plot. Its seedlings appear early in spring or sometimes even in late fall or winter, but it doesn't really shoot up until late April or May, and hits full bloom in June. "It self-sows freely," she says, "so although it is an annual, there will be more next year."



***Larkspur***

From May to November, gardeners tend their crops in the lot secured by fencing and a locked gate. In addition to their plot, all gardeners get a section of fence where they can grow things that climb, like blackberries, runner beans, gourds, and cantaloupes.

One bed *outside the fence* is available to all garden members for growing herbs. "Deer don't care for culinary herbs," she says, "so herbs are safe out there; but without the fence, the vegetables wouldn't stand a chance."

Many of the garden members wait until warm weather to start their crops, but Elsie says she always starts hers early, usually around the end of February. The boxes are usually in high demand, so it is wise to plan ahead for your Monte Sano Community Garden plot. To reserve a box, contact Emily Hubbard at [montesanocommunitygarden@gmail.com](mailto:montesanocommunitygarden@gmail.com).



## Avoiding Dangerous Falls

According to the National Council on Aging, “every 11 seconds, an older adult goes to an emergency room to treat an injury from a fall.” And the Center for Disease Control and Prevention reports that falls among adults 65 and older increased more than 30 percent from 2007 to 2016.

Catherine Gorges, a member on the AARP Board of Directors, believes that the key to avoiding falls is “*finding the correct balance—with our minds as well as our bodies.*” In other words, we should not unconsciously assume that we won’t fall, and take no preventive action; nor should we be so afraid of falling that we stop moving and become less agile, and therefore more likely to fall.

Gorges calls this, “the brain-body connection,” and offers the following steps to help accomplish it:

- **Work on strength and resistance training.** Lift weights, do Pilates and exercises such as push-ups, which build muscle.
- **Walk and use stairs if you can.** Find a walking partner—to help motivate you.
- **Strengthen your quads.** Lean against a wall, slide down and squat, then stand again, and repeat.
- **Have your vision and hearing checked regularly.** Clouded vision or impaired hearing can greatly increase your chance of falling.
- **Talk with your doctor or pharmacist.** They can tell you about medication side effects that can increase fall risk.
- **Wear the right shoes.** Find a pair that won’t make you slip
- **Remove tripping hazards.** The NIA says 6 out of 10 falls occur at home. So give attention to the following:

- ◇ Use slip-resistant mats rather than throw rugs.
- ◇ Tuck electrical cords out of the way.
- ◇ Get door handles with levers not knobs.
- ◇ Use railings and grab bars to navigate your home.
- ◇ Place slip-resistant mats in the tub or shower.

There is a lot we can do to avoid falls without slowing down. To stay safe, concentrate on finding mind-body balance.

---

## Protect your Dog from Rattlesnake Bites

---

When Delia and Kyle Siegrist were keeping Lucy, a friend’s dog, she came into the house from the yard limping and whimpering. They knew without a doubt that something was seriously wrong. They took her immediately to Linderman’s Animal Hospital where Dr. Johns discovered fang marks from a rattlesnake bite and began treating her intravenously with medication that required her to stay overnight. The medication alone, *Antivenin*, cost over \$400 (much cheaper than previously.)

The positive side of this story is that there is now a vaccine created by Red Rock Biologics for protecting dogs from the effects of rattlesnake bites. The cost is \$18 a shot. The dog must have two shots the first year, and one annually after that. More information on the vaccine can be found by clicking [HERE](#)

On Monte Sano, snakes come with the territory. We all do our best to keep a neat yard where we can see everything where we walk. But we must be extra-vigilant against rattlesnakes for our families and pets. Shown here is a photo taken on Sunday, June 28 by Heidi Siegrist on the road in front of the Monte Sano Club pool. Clearly, we aren’t the only ones a BIG rattlesnake has visited!





# SPOTLIGHT ON LUE ENGLISH



## *Wildflower Identification—A Passion of a Lifetime*

Lue English, President of Monte Sano Village, is not only Monte Sano's expert on wildflowers that grow on our mountain, she is the Botanical Queen of the Woods here. Since early childhood, she has been on a quest for finding and identifying native plants that bloom every year at the same time, and provide challenge and pleasure to nature lovers like herself. Her childhood memories are of gathering acorns, hickory nuts, walnuts, and

orange butterfly weed. "I wandered the trails as soon as I could walk, usually with my grandfather or on the shoulders of my 14-year-old uncle."

"My primary interest originally," she says, "was the early spring wildflowers. My young sons would run into the house saying, 'Mom, come look what I've found.' I have had help from professors and friends who began to call to ask me what they had found." Her hiking friends still send great pictures from their adventures on Monte Sano trails, particularly this year, since many spring rains have contributed to an abundance of flowers.

Lue developed an extensive wildflower database that is posted at [montesano.org/wildflowers.html](http://montesano.org/wildflowers.html). She

developed it over a 20-year period beginning in 1969. There are over 130 plants on the list, which includes six characteristics of each flower.

She found that the most prevalent wildflowers on the mountain in early spring include toothwort, bloodroot, trout lily, bluebells, and spring beauty. These are followed by a variety of trilliums, yellow lady's slipper, shooting star, larkspur, and jack-in-the-pulpit. Early summer brings St. John's Wort, Black-eyed Susan, and Queen Anne's Lace. Goldenrod arrives in mid-summer, and in late summer—Asters. "There are so many in our yards," she says, "some think of them as weeds. Others treasure the beauty of tiny bluets, hop clover, and chickweed."

Many questions come to mind when you engage a wildflower expert. Are some wildflowers medicinal? Are some poisonous? Are some edible? "Medicinally," she recalls, "I have often used the leaves of the *plantain*. My sons knew that if they came home with a cut, a rash, or a sting, I would head for the yard and find leaves, crush them, and place them on the wound."

She claims that there are many poisonous native plants such as those that cause dermatitis—poison ivy, trumpet creeper, and nettles. Some have been reported to cause internal injury and fatalities. Among these are baneberries, pokeweed, yellow jessamine, and buckeye.



**Lue and cousin, Frances, searching for wildflowers on Monte Sano**



There is an abundance of wildflowers that are edible, but she warns to beware of weed killers when eating them. These include violets, chickweed, plantain, elderberry flowers, and dandelion leaves.

Lue has shared her considerable knowledge of wildflowers broadly in Huntsville, including presentations for Monte Sano Elementary School; and for the Four Seasons Garden Club, Earth Day, and a Weeden House benefit.

In addition to her expertise in wildflower identification, she is an artist of nature. In 1979 she published a wildflower beginner's guide with actual-size line drawings of 29 flowers that grow in Monte Sano State Park. Below are three trillium drawings from the guide, hand-colored by the artist.



**Erect White Trillium**



**Toadshade Trillium**



**Yellow Trillium**

"Man has already destroyed many species by the construction of roads, buildings, and highways," she says. "Help us by enjoying the flowers as you observe, sketch, color, or photograph them. Leave them for others to enjoy."

## Finding Urgent Care Near Monte Sano

When you are feeling under the weather, and you would rather not wait for a doctor's appointment, and your situation is not critical enough to go to a hospital emergency room, choose one of the following urgent care facilities within 5-6 miles of Monte Sano.

- **American Family Care in Hampton Cove**, 410 Sutton Road, Owens Cross Roads, AL, **256-472-6258**. Short wait times, affordable costs, and high-quality medical care are promised. A full lab and advanced medical technology are available to provide virtually any tests and exams needed.
- **Huntsville Hospital Urgent Care**, 900 Bob Wallace Ave., Suite 104, **256-539-0781**. Diagnosis and treatment of common illnesses and ailments, x-ray and suturing capabilities. No appointment is required. Most insurance plans, Medicare, Medicaid, Tricare, and VA plans are accepted.
- **HAPPI Health**, 813 Franklin Avenue, **256-519-3650**. Quality care is available for children by a pediatrician, as well as adult services by a family practitioner. Treatment is provided for illnesses and injuries without scheduling an appointment. The physicians are Dr. Angelique Andrews and Dr. Romualdo Diaz.

Urgent care facilities' hours may change during the Covid-19 outbreak, so it is wise to phone first.

**Note of Importance:** The following symptoms warrant a trip to a hospital Emergency Room rather than an urgent care facility:

- Infants less than 6 months with fever greater than 103 degrees
- Stroke or heart attack symptoms
- Loss of consciousness and/or seizure
- Severe burns
- Open fractures
- Pregnancy-related bleeding/complications
- Injuries related to a car accident
- Any head injuries

## Mystery Photo Contest

**Do you know this young man? He spent his childhood exploring Monte Sano.**



**The first person to guess correctly will win a prize. You can guess by calling 256-384-4177 and leaving a message.**

*"Treat people as if they are what they ought to be, and you help them to become what they are capable of being."*

**Johann Wolfgang von Goethe**  
(1749—1832)



## With Grateful Hearts, We Thank You

The Monte Sano Village expresses sincere thanks to the churches, banks, businesses, and organizations that contribute to our Mingles, meetings, social events, educational sessions, and that serve as advisors.



**Monte Sano Baptist Church**



**Monte Sano Woman's Club**



**Monte Sano Civic Association**

