

FROM THE PRESIDENT



Winter is Coming!

This is an extraordinary time challenging our ability to adapt and thrive. How will we survive COVID 19, flu, and isolation? How will we celebrate the holidays? How will we find joy?

As a spring and summer loving, barefoot Alabama girl preparing for this winter, I made a list: Get a flu shot! Wear a Mask! VOTE! Take walks! Plan safe ways to see friends and family. Visit with my pod of friends who limit their social contacts to that group, and gather once a week, outside with an outdoor heater, and serve hot chocolate, coffee, cider. Discover more ancestors. Finish family stories and send them to cousins.

Embrace silliness!

The word silly comes from an Old English word "selig" meaning to be happy. Join me in this winter of silliness. Be goofy, be funny, be playful. Running short of ways to be silly? Think back to your childhood. When the wind blows, see if you can fly. Sing every day. Laugh out loud. Mask all the faces in your house. Mask your Jack-o-lantern, your turkey, your Elf-on-the Shelf.

Look to the Internet for inspiration. Song writers are helping us. We have Pandemic Pop and Covid-19 Parody songs. Neil Diamond has done a "Sweet Caroline" remake. "Bohemian Rhapsody" has become a Covid-19 Cleanliness Aria. "My Sharona" has become "My Corona," thanks to ZDogg MD. My favorite so far is Shirley Serban's "Super Nasty Cataclysmic COVID-19 Virus" to the music of "Supercalifragilisticexpialidocious."

Corona virus jokes bring us smiles and giggles: "After years of wanting to thoroughly clean my house but lacking the time, this week I discovered that time wasn't the problem."

Be silly! Share the laughter! Lue

Frances Akridge to Speak at the MSV Annual Meeting

We are honored and grateful to have City Council Member Frances Akridge speak at the MSV Annual meeting on Thursday, October 15 on Zoom at 2:00 pm. She started her first term as a Council Member in 2018.

Frances was born in Washington DC, and settled in Huntsville in 2007. She obtained her Bachelor of Science degree in Special Education from Virginia Commonwealth University in Richmond Virginia.

Since the early 2000s, Frances has served her community in a number of organizations with a particular focus on the arts and education. In her free time, she and her husband enjoy biking, gardening, hiking, and camping.

MSV members and volunteers are urged to join us and learn more about Monte Sano's key representative in the City Council.

Volunteer Services Provided January thru September of 2020



From January thru September, Monte Sano Village offered a multitude of services in the categories shown below. Our volunteers are fantastic!

| | |
|-------------------------|-----|
| Update Deliveries | 192 |
| Transportation | 42 |
| Personal Support | 9 |
| Tech Support | 11 |
| Illness-related | 55 |
| Contractor referrals | 17 |
| Home maintenance | 7 |
| Vacation support | 1 |
| Wellness checks | 618 |
| Block captain check-ins | 20 |
| Mask delivery | 13 |
| Sanitizer delivery | 16 |
| Mask/Sanitizer delivery | 100 |
| Newsletter delivery | 12 |
| Absentee ballot support | 80 |
| Board ballot delivery | 13 |

Total 1,206

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

Pam Patrick, Volunteer Committee

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

GENERAL ELECTION Madison County

November 3 , 2020

Polling hours: 7:00 am —7:00 pm
Click [HERE](#) to view a Sample Ballot

Create your Personal *my Social* *Security* account

With your free, “my social security” account, you can receive personalized estimates of future benefits based on your real earnings, see your latest statement, and review your earning history. It even makes it easy to request a replacement Social Security Card, as described below, or to check the status of an application.

How to Request a Replacement Social Security Number (SSN) Card Online

Follow these directions to **create an account**:

- In your web browser, enter www.ssa.gov/myaccount.
- Click the “Create Account” button and follow the directions.

Recent Mingles on Zoom— Very enjoyable and well-attended

The Village August and September Mingles were a delight with a colorful presentation on birds of Monte Sano by Bill McAllister and the sharing of short stories by two talented community authors, Patricia Sammon and Beth Thames. All the presentations are available on montesano.org. Click [HERE](#) for Bill’s presentation, and click [HERE](#) for Patricia’s and Beth’s presentations.

We are fortunate to have so many talented folks like these in our community that we can learn from and enjoy. And with the advantage of Zoom, we can interact in a safe way. Please join us for the Annual Meeting on October 15 where our program will include an introduction of our new MSV Board nominees. Please call Delia if you need assistance with Zoom.



**Bobbie Graham
presents watercolor,
"The Blue Hen's
Rooster," to Angie
Stevens, winner of the
Mystery Photo contest
this Summer.**



Another COVID-19 Danger – SPAM

The spammers never stop !

When in doubt, please call the MS Village number or look at the MSV webpage for trusted web links to COVID-19 information. **DO NOT** give out your personal information unless you know exactly who you are dealing with.

Be **VERY** cautious about phone calls, email, links, Medicare deals, and even websites that offer COVID-19 information, applications, preventions, cures, money, government checks, loans, etc. Often the websites or links "look" like normal ones, and may even have the name and the *logo* of a well-known website, but have an extra character or space or subtly incorrect spelling in it.

Even if you can verify an email sender, *it is better to cut and paste any link into your web browser, rather than clicking on the link itself.* Be cautious.

STAY HEALTHY THIS WINTER

*Viruses thrive indoors, and this winter
we have a new one*

Wear a Mask !

Wash your hands !

Use Hand Sanitizer !

Drink Water !

Get a Flu Shot !

Get pneumonia vaccine !

Use your own pen !

Wipe handles of grocery cart !

Avoid crowds !

Stay safer at home !

Keep active, Walk !

Sleep 7-8 hours !

**Call your doctor if you develop
symptoms !**

Are Your Driving Skills as Sharp as They Used to be?

As we age, our reflexes may not be as quick, our bodies not as flexible, and our vision and distance perception not as keen—all making driving more challenging. As long as you're still a safe driver, though, you needn't give up the car keys. But consider a few options: Drive less at night, in heavy traffic, or in bad weather. Slow down a bit.

Check your medications. If you see a warning, "Do not operate heavy machinery while taking this drug," know that a car is heavy machinery! And finally, take a driver safety course, such as the [AARP Smart Driver course](#), which can help you hone your safety skills and become aware of your limitations. A bonus: Many states offer insurance discounts if you complete the course.



— Source: Carol Levine, author,
AARP's Navigating Your Later Years for Dummies

DIFFERENCES IN HOW OLDER, YOUNGER ADULTS HANDLE PANDEMIC STRESSORS

Studies show that older age is associated with higher levels of emotional wellness and less reactivity to stressors. Researchers recently conducted a study to determine if this held true during the COVID-19 pandemic. Researchers sought participants in the US and Canada. They initially recruited 913 individuals ages 18 to 91 through print, television, and radio news outlets, social media, and hospitals. The participants were asked to complete an online baseline survey and online diaries for seven days.

The researchers measured perceptions of COVID19 stress (such as concerns about safety, strain on finances, and concerns about achieving work goals), daily affect, daily stressors, positive events, and how well they coped with stressors.

The study showed that younger and middle-aged adults had more concerns about COVID-19 for emotional well-being, finances, and work goals than did older adults. Older age was associated with higher positive affect, lower negative affect, less affective reactivity to events, and more frequent positive events overall. While older adults felt less control over stressful situations, they reported better perceptions of their ability to cope with stressors as compared to younger adults.

Mystery Photo Contest

Do you know this young lady? She has been a Monte Sano resident for a total of 35 years. If you are the first person to guess correctly, you will win a prize. Call 256-384-4177 and leave a message.



The authors acknowledged that it was possible that some results were related to the different social roles of older and younger adults. In addition, the sample was primarily white and well-educated, so the results may not generalize to other populations. Nonetheless, the study suggests that older adults, on average, are more psychologically resilient than younger adults during the pandemic.

Source: Klaiber P, Wen JH, DeLongis A, Sin NL. The ups and downs of daily life during COVID-19: *The Journals of Gerontology: Series B*; (2020); Jul 17

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

