

**PERSPECTIVES – AUGUST 2020**  
**Carolyn Durphy – President**

Hello All,

Here it is August and the year is more than half over! We have had the past week or so of 90 degrees and hotter weather!! Whew!

I am sitting on the deck writing this newsletter. Not too hot today (Wednesday the 29<sup>th</sup>.) Some days the humidity drives me back in the house. We had a lot of rain, thunder and lightning last evening. My rain gauge reads ½ inch. The way it was coming down I would have thought more.

**Wilderness Food Bank Drive**

We are planning another food drive for the Wilderness Food Bank on Wednesday, August 12<sup>th</sup>. It will be held in the lower level parking lot of the Clubhouse from 10AM to 3PM.

Please plan to bring what food you can. I talked with the folks in charge and they would prefer food as to money. Of course, they will always take money. Here is a list of the items they would like:

Cereal	Ravoli	Canned Corn
Canned Green Beans	Raman Noodles	Pancake mix
Syrup		

When coming to drop off food, please wear your mask. We can also pick up food from your vehicle. Thanking you all in advance for your support. I am sorry I was too late to get it in the Lake Currents. I have been in touch with the Players and the Lion/Lioness and they have agreed to announce it to all their members.

**August Happy Birthdays**

Anne Boyd, Helen Brewer, Judy Chess, Alice Clune, John Connon, Lee Frame, Betty Hughes, Martha Keys, Deborah Kratzer, Connie LeMay, Dave Lyon, Eileen McFarland, Marilyn McKay, Vera Moody, Mike Pulice, Mildred Russinko, James Shorten, Emily Slunt

## **Email Scams**

You may have received emails that list the sender as different AARP members with various messages and a link. Sometimes they ask if a person in a picture (with a link) looks familiar or something similar. Do Not Click on the link! If you receive one of these emails just ignore it and delete.

## **Medical News Submitted by Sandie Frame**

You all may be sick of hearing more about Covid-19; however, by now everyone should know that this is an exceptionally dangerous virus for those of us over the age of 50 or those with comorbid diseases so the following is probably known by all. None-the-less, I will remind everyone. Data definitely shows that we should be wearing masks whenever we go out into the public areas or go into stores or other establishments. Washing our hands frequently and for at least 20 seconds with soap and water also is vital. If you have alcohol or alcohol wipes cleaning doorknobs, sink and toilet handles, keyboards or any surface that is frequently used can help. If you have no alcohol or Purell use any cleaning solution. I carry alcohol wipes and Purell in the car to clean the steering wheel and my hands after pumping gas or touching anything that might carry any germs. Anything one can do to avoid contact with any germ or virus surface or individual is for the best. Enough said on that.

I know being homebound is boring. I kept busy at the beginning making masks for those in need and the hospitals. I needed something more so rather than sit around feeling sorry for myself we decided to do some indoor tasks around the house. Lee and I decided now was the time to dig out boxes of photographs from the last 60 years. We have boxed up pictures left by our parents too. There are few flat surfaces in this house that are not covered in stacks sort of divided by years or where we lived when. It is going to take time to finish that task. The biggest problem for me has been to keep up some kind of exercise program. Walking outdoors is one of the best if you are able. If you want something more here are some chair exercises to help strengthen your muscles. It takes about ten minutes to go through this routine.

Start with a sturdy chair: Sitting straight up with your feet together on the floor for each exercise. Each exercise is repeated 10 times. Each should be done fairly slowly to maximize the pull on each muscle.

1. Toe raises: Feet together raise your toes slowly up bending your ankles as far as they can go.
2. Heel raises: Feet together, raise your heels slowly off the floor again bending your ankles as far as they can go.
3. Straight leg lifts: Raise your right leg straight out in front of you straightening your knee as much as possible. Bend your knee and lower your foot flat on the floor. Repeat with your left leg.
4. Marching leg lifts: Without straightening your knee lift your right leg up as if you were reaching for your chest. If you need to you can use your hand to help elevate the leg. Lower the leg back to flat on the floor. Repeat 10 times. Now do the left leg.
5. Hip Abduction. If you have a theraband tie the band around your legs above your knees. If not that is OK too. Without lifting your leg, slide your right leg out to the side to your comfort level then bring it back to center. Change and repeat with the left leg.
6. If you have a medium sized ball you can do adduction exercises by placing the ball or even I large rolled towel between your knees and squeezing your knees together 10 times.
7. Finally for your back. Again if you have a theraband use it. IF not just do the moves you're your arms. Holding your arms in front of you level with your shoulders, stretch the band as you pull your elbows straight back. Now squeeze your elbows together and tighten those back muscles.

Source: Internet site: [easycaring.com](http://easycaring.com)-10 minute chair exercises. I added the ball squeezing from the physical therapy rehab. program following my surgery.

## **SPEAKING OF EXERCISE**

**Submitted by Garry Archer**

I have found a great form of exercise is to head out for a walk (even if it's a walk from your car) to Fairways Café in the mid-morning. There my friend Al and I exercise our constitutional right to openly discuss all the pressing problems of the world like –

Why do we have the cheapest gas – and where can you go for the best bakery items...

From there we take our constitutional walk back home. But in the interim we get to see and say hello to neighbors we know and some we don't. So this is my plug for one of our better underused facilities here in the Lake – Fairway's Café – complete with some outside seating.