



PERSPECTIVES - NOVEMBER 2021

**Carolyn Durphy – President &
Pam Archer – Membership**

A Happy Thanksgiving to you all. What a beautiful fall this has been. I have been trying to keep up with the leaf raking and it is a losing battle!! It is a rainy Friday as I am writing this. I am hoping that we are all able to be with our friends and family for our Thanksgiving dinner this year. I know the rules and regulations have eased up a bit but we still have to take precautions. I got my Moderna booster shot last week. Hope you are all able to do the same.

I have some sad news – Madeline Salustri passed away on Tuesday, the 26th. She will be so missed by us all. I spoke with Johnson funeral Home and they informed me that there will be a service at the Lake of the Woods Church but the date has not been set. We will send out a blast as soon as it is confirmed.

We are adding a new feature to our newsletter and need your help. We're calling it **Odds & Ends**. If you have something you would like to share with our

membership you should send it to Carolyn or Pam (contact info on the last page as always). This could be a funny story, a shout out for a kind act you observed, or even a small item (limit one please) that needs a new home or you are looking to obtain. We are open to ideas. See our first entry toward the end of this month's newsletter.

We have a Board meeting this coming Monday, Nov 8th. We will be discussing the officer elections and the future of our chapter. Information will be sent out after the meeting.



November Birthdays – Pam Archer

Mary Jane Atwater, Marilyn Buttimer, Stephen Cakouros, Berry Dunbar, Mari Eder, Mary Gray, Roland Hamilton, Dolores Johansmeyer, Joan Litschert, Cynthia Pedersen, Peggy Powell, Joe Sauro, Kenneth Tillman, Ann Walker, Elizabeth Wiley, Mary Kay Wilks, Ellen Wilson



Sunshine Report – Vi Liberti

A sympathy card was sent to the Salustri family

Travel – Pierre Payette

Pierre is meeting with White Star Tours on Monday, Nov 8 to plan a trip to the Amish Country in late April or early May. Sight and Sound is presenting "DAVID" this coming year.

Mask Wearing Not Tied to Fungal Lung Infection – Sandie Frame

Although some social media posts claim that people are entering emergency rooms with fungal lung infections from wearing masks, these claims are simply not true.

Masks collect what you are already breathing out, and fungal spores are not part of the normal flora of the mouth, nose or upper airways says Kelly Pennington, M.D., a clinician who focuses on fungal lung infections at Mayo Clinic.

The consensus is that wearing masks can help prevent fungal lung infections in those with a severely weakened immune system, not cause them. Dr. Pennington says. She adds that people with weakened immune systems may be at risk of severe COVID-19 complications.

I think we all need to be wary about receiving and/or believing health information from social media sites. Do a fact check with your health provider for accurate information.

Of Note: The only endemic fungus locally is the Blastomycosis which can cause outbreaks of infections often associated with exposure to wooded areas along waterways or construction sites. It can cause serious disease, including pneumonia in healthy people. Spores are picked up where they exist in nature and not transmitted by other people. Unless you are a hiker in the woods along the rivers or work in a construction site it is unlikely that you would come in contact with this fungus.

Source: Mayo Clinic Health Letter, Volume 39. Number 9, September 2021

Odds & Ends – Carolyn Durphy

I have 2 new #220XL black cartridges for an Epson printer and discovered that they are the wrong number for my printer. If you can use them, I will sell them for \$20.00.



ANNUAL MEETING

You are invited to join in the Annual Meeting outlining Aging Together's activities during the last fiscal year: July, 2020 - June, 2021.

WHEN:

**November 10, 2021
6:00pm**

WHERE:

Zoom Viewing

To Register:

Click Here:

<https://www.agingtogether.org/upcoming-programs.html>

Or go to www.agingtogether.org and continue to the "Upcoming Programs" section under the Programs tab. Click on the "Register" button under the event listing.

You will receive an email with Zoom link information specific to this program. Please check your email after you have registered.

This meeting is open to the public.

Hear how Aging Together has worked to align with our mission in the past year, and what we are doing to support the goals of the three-year strategic plan.



We will review the work of each of the five County Teams whose purpose it is to define specific needs in their communities and facilitate resources and programs that fulfill those needs.

Aging Together's Executive Director (Ellen Phipps) and Board Chair (Lisa Peacock) will address Aging Together's endorsement of Liveable Communities in our region, especially as

They will also speak about how Aging Together and its partners have responded to the challenges facing older adults, especially COVID-19.



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