

Milton's Golden Gazette

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We are getting ready for you!

Seniors, welcome to Level 3!

We want to let you know what is going on as we make the necessary preparations to go back to as normal as possible here at the Milton Community Center and keep everyone safe in light of COVID-19.

First you need to know that we are working very hard with instructors and group leaders to bring as many programs back as possible while making some adjustments for safety. If your program does not come back or resumes with modifications please understand the decision was not the centers, but that of the instructors.

With that in mind, we cannot give you an exact date when everything will resume as parts of the community center are still being utilized to assist with recovery efforts following Hurricane Sally.

When the programs resume, we will notify you of the times and dates via the e-mail system we have established through this



The Milton Community Center is once again open from 8 a.m. to 8 p.m. Monday through Friday and from 10 a.m. to 4 p.m. on Saturday.

newsletter and on our Facebook pages - @seniorsinmilton, @miltonsportsplex, and @rsvpofsrc. If you or someone you know does not have Facebook or receive an e-mail, please contact RSVP as we are working on additional ways to get the word out to the seniors we serve.

Also please make note that the center is still a COVID-19 testing site on Monday, Wednesday, and Friday through the efforts of Santa Rosa County Emergency Management and Ascension Sacred Heart Medical Group. They conduct testing from 9 a.m. to 1 p.m. on these days in our parking lot.

Speaking of a parking lot, the grass area to the south of the center has been turned into a paved parking area with handicapped parking spaces next to the building. During your next visit to the center, please park in this lot to reduce your walking distance and enter the at the south end of the building.

Now for some of the changes you can expect at the Milton Community Center involving our programs. Some programs might be limited in numbers per the Center for Disease Control (CDC) COVID-19 guidelines. With this in mind we are strongly suggesting you wear a mask

in the building and despite the strong urge to hug the neck of a friend, please use a fist bump or a friendly wave and a big smile.

When it comes to refreshments, as are provided at some of our activities, the center will be providing coffee in the dining area only. If you would like to have a snack or something to munch on, please bring what you would like. We are asking that these snacks only be for you and not to be shared as to reduce the risk of an outbreak here at the center.

Another thing we are asking is for you to visit Kiwi or Faye in the RSVP office to fill out an information form.

On this form we ask that you provide an emergency contact. We are urging you to do this in case of something happening and we need to contact you directly or a family member in case of an emergency.

Please bear with all of us at the Milton Community Center as these are uncharted times and situations, we are all going through. If we do err, we would rather it be on the side of caution for everyone's benefit instead of becoming a statistic talked about on the local news.

If you have any questions you can contact Joe at 850-983-5466 as well as Faye or Kiwi at 850-983-5220.



Chicken Noodle Soup

Ingredients:

- 2 Tbsp extra-virgin olive oil
- 1 cup chopped onions
- 2 lg cloves of garlic, minced
- 1 tsp dried thyme (or 1 Tbsp fresh chopped)
- 1 bay leaf
- 8 cups low-sodium chicken broth
- 2 lbs chicken breast, skin removed
- 2 cups celery, sliced
- 2 cups carrots, sliced
- 2 cups frozen peas
- 1 ¼ tsp salt
- ½ tsp fresh ground pepper
- 3 cups cooked whole-wheat egg noodles
- ¼ cup fresh parsley, chopped

Instructions:

Heat oil in a large pot over medium heat. Add onion and garlic and cook, stirring occasionally, until softened, 2 to 3 minutes. Add thyme and bay leaf; cook, stirring, for 1 minute. Add broth and chicken. Cover, increase heat to high and bring to a simmer. Uncover and cook, turning the chicken occasionally, until an instant-read thermometer inserted into the thickest part without touching bone registers 165 degrees F, 20 to 22 minutes. Skim any foam from the surface as the chicken cooks. Transfer the chicken to a clean cutting board. When cool enough to handle, remove the meat from the bones and shred.

Meanwhile, add celery, carrots and peas to the pot; return to a simmer. Cook until the vegetables are tender, 4 to 10 minutes. Stir in the shredded chicken, salt, pepper and noodles and cook until heated through, about 3 minutes more. Remove from heat and stir in parsley.

Time saving tip - Use a rotisserie or leftover chicken and cut out the step of cooking the chicken breast.

Nutrition per 1 1/2 cup serving size:

273.9 calories; protein 26.2g 53% DV; carbohydrates 25.1g 8% DV; exchange other carbs 1.5; dietary fiber 4.8g 19% DV; sugars 5.3g; fat 7.1g 11% DV; saturated fat 1.5g 8% DV; cholesterol 45.1mg 15% DV; vitamin a iu 6323.8IU 127% DV; vitamin c 13mg 22% DV; folate 42.1mcg 11% DV; calcium 57.4mg 6% DV; iron 2.1mg 11% DV; magnesium 36.8mg 13% DV; potassium 607.2mg 17% DV; sodium 559.7mg 22% DV; thiamin 0.3mg 33% DV.

This recipe is courtesy of the Santa Rosa County Extension Office located on Dogwood Drive in Milton.

Senior Tips Home Improvement tips for all Seniors

Many aging Americans prefer to age in place and receive home care in their own homes. For this purpose some home improvements and modifications need to be taken up so as to have a sound, safe and secure home suitable for aging.

1. The first home improvement tip is to have pathways that are brightly lit, uncluttered and clear both for you and your care giver. Also all walkways, hallways, stairwells, bathrooms and areas for dispensing medicine must be brightly lit.

2. The change in levels should be kept at a minimum on the main floor of the home, for ease of movement. Nonslip flooring must be installed in the entryway. The master bedroom and bathroom should be on the first floor whenever possible.

3. Safety and emergency procedures must be given due consideration in the home improvement process. Important telephone numbers including those of police, doctors, emergency services, fire and poison control services, must be within easy reach at all times.

4. Emergency preparedness and first aid kits should always be in an accessible place and smoke and carbon monoxide detectors need to be installed. There should be no carpeting, loose electrical cords, throw rugs or any appliances in the pathways.

5. Have a fire disaster and fire escape plan in place and make your care giver fully aware of it so that there is no confusion when disaster strikes. Suitable assistance devices like ramps, grab bars and handrails must be installed wherever necessary.

6. A room for your home care provider will need to be set up if your care provider is to sleep at home. You will need to set up a specific desk area for home care professionals so that they can carry out all the patient care paper work.

7. You will need to arrange for assisted transportation for yourself. You may also have to provide transportation for the care provider.

8. Make sure that all medicines are stored properly and are readily accessible. Dosages and expiry dates should be clearly marked and any expired medicines should be promptly discarded.

9. As an important step in the home improvement and modification process, it may be necessary to replace all door knobs with lever type door handles as they are easier to use.

10. Make sure that your pet's behavior and temperament are suitable for accepting newcomers into the home as well as the care givers in the house and the care givers must be conversant with the behavior and temperament of your pet.

In need of good helpers

All RSVP volunteers: Our program's parent organization CNCS (Corporation for National and Community Service) has gone through a rebranding to the name of AmeriCorps which resulted in the Senior Corps becoming AmeriCorps Seniors with a new logo.

The name change will only affect the Senior Corps name not the program of RSVP. Our mission will not change. We are still here to make a positive impact in our community, to the lives of people we serve and the volunteer themselves. As we implement this change you will receive a new shirt and start seeing more things with the AmeriCorps Seniors logos on them.

As we start to come out of the Covid-19 pandemic, hope you are still in good health and ready to start back coming together and serving this community once more.



Old Logo



New Logos

STAY UP TO DATE

Keeping the correct
personal information on hand
with the Milton Community
Center & RSVP can:

1. Help notify your family in case there is an emergency involving you.
2. Let us share important messages with you involving the community.
3. Help us serve you better!

THE KEY TO THIS IS...
HELPING YOU

Make sure you keep your Milton Community Center participation information up to date at all times.



Oct. Birthdays

Happy birthday to:

- Jeanette Elwood - Oct. 1
- Sandra Wells - Oct. 3
- Deb Fry - Oct. 5
- Marcia Olafson - Oct. 5
- Joan Newman - Oct. 6
- Sandra Skillman - Oct. 6
- Mary Brown - Oct. 11
- Iris Burt - Oct. 11
- Elizabeth McLeroy - Oct. 11
- Becky Young - Oct. 14
- Juanita Farmington - Oct. 15
- Steven Schaffter - Oct. 15
- Norma Tawney - Oct. 16
- Lucile Johnson - Oct. 20
- Aynor Demirbas - Oct. 22
- Jean Lambert - Oct. 22
- Lena McFee - Oct. 22
- John Feeser - Oct. 23
- Joyce Smith - Oct. 24
- Rae Wertz - Oct. 30
- Christy Griffith - Oct. 31

COVID
CORONAVIRUS
DISEASE **19**

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: [FloridaHealth.gov/COVID-19](https://www.floridahealth.gov/COVID-19)

CS14015



RSVP NEEDS YOU!

CAN YOU...

**DRIVE
PACK DISASTER KITS
HELP AT A LOCAL FOOD BANK
AND MUCH MORE!**

CALL RSVP AT 983-5220!

CDC: Questions and Answers on COVID-19

Q: What should I do if I get sick or someone in my house gets sick?

Most people who get COVID-19 will be able to recover at home. CDC has directions for people who are recovering at home and their caregivers, including:

Stay home when you are sick, except to get medical care. Use a separate room and bathroom for sick household members (if possible).

Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.

If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

Provide your sick household member with clean disposable facemasks to wear at home, if available, to help prevent spreading COVID-19 to others.

Clean the sick room and bathroom, as needed, to avoid unnecessary contact with the sick person.

However, some people may need emergen-

cy medical attention. Watch for symptoms and learn when to seek emergency medical attention.

When to Seek Emergency Medical Attention

Look for emergency warning signs* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

*This list is not all possible symptoms.

Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

Q: What should I do if I have had close contact with someone who has COVID-19?

Stay home for 14 days after your last contact with a person who has COVID-19.

Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.

If possible, stay away

from others, especially people who are at higher risk for getting very sick from COVID-19.

Q: Should I be tested for a current infection?

Maybe; not everyone needs to be tested for COVID-19.

If you have symptoms of COVID-19 and want to get tested, call your healthcare provider first. Most people will have mild illness and can recover at home without medical care and may not need to be tested.

CDC has guidance for who should be tested, but decisions about testing are made by state and local health departments and healthcare providers.

You can also visit your state or local health department's website to look for the latest local information on testing.

Q: How does the virus spread?

The virus that causes COVID-19 is thought to spread mainly from person to person, mainly through respiratory droplets produced when an infected person coughs, sneezes, or talks.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Spread is more likely when people are in close contact with one another (within about 6 feet).

COVID-19 seems to be spreading easily and sustainably in the community ("community spread") in many affected geographic areas. Community spread means people have been infected with the virus in an area, including some who are not sure how or where they became infected.

Q: Will warm weather stop the outbreak of COVID-19?

It is not yet known whether weather and temperature affect the spread of COVID-19. Some other viruses, like those that cause the common cold and flu, spread more during cold weather months but that does not mean it is impossible to become sick with these viruses during other months.

There is much more to learn about the transmissibility, severity, and other features associated with COVID-19 and investigations are ongoing.

Q: What is community spread?

Community spread means people have been infected with the virus in an area, including some who are not sure how or where

they became infected. Each health department determines community spread differently based on local conditions. For information on community spread in your area, please visit your health department's website.

Q: Can mosquitoes or ticks spread the virus that causes COVID-19?

At this time, CDC has no data to suggest that this new coronavirus or other similar coronaviruses are spread by mosquitoes or ticks. The main way that COVID-19 spreads is from person to person.

Q: Should contact lens wearers take special precautions to prevent COVID-19?

Currently there is no evidence to suggest contact lens wearers are more at risk for acquiring COVID-19 than eyeglass wearers.

Contact lens wearers should continue to practice safe contact lens wear and care hygiene habits to help prevent against transmission of any contact lens-related infections, such as always washing hands with soap and water before handling lenses.

The following information was obtained from the CDC website, www.cdc.gov.