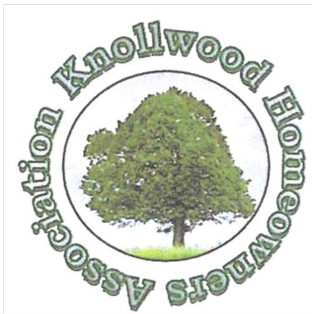


The Knollwood Voice



Inside this issue:

- Struggling to Stay Positive 2
- Holidays ... continued 2, 3
- ..Smart & Safe Social Pod 3
- Covenant Corner 4
- Around the Corner 4
- Flu Vaccine 4

To submit a topic for a future publication, contact your block captain or send an email to milledge6@aol.com.

Community Meetings
Suspended due to Safe-at-Home health order.



Navigating the Holidays During COVID

Celebrations don't have to be off-limits this year, but you'll need to make some necessary changes.

The holiday season—with its pumpkin patches, cornbread stuffing, and twinkling lights—is fast approaching, and with it come the questions: “I’ve been postponing non-essential travel and social activities for over six months,” you’re starting to think. “Can’t I just take a break from social distancing for some much-needed family time?”

There are no easy answers for how to make plans right now—especially if you’re at high risk for serious COVID-19 complications if infected. “COVID-19 is a virus that isn’t going anywhere anytime soon,” says Vinisha Amin, M.D., a family medicine specialist at the University of Maryland Upper Chesapeake Health in Bel Air. To stay sane, we all need things to look forward to, including our beloved annual traditions.

While we can’t tell you for certain what your holiday plans should look like, we can provide doctor-approved advice on how to think through those decisions with your loved ones.

Shifting Traditions

Perhaps the hardest thing about planning social events is the fact that it’s getting colder outside. “Unlike summer where you could host events in your backyard, for most people, the Thanksgiving and Christmas meals will have to be inside,” notes Rashid Chotani, M.D., Medical Director and senior scientist at IEM in Morrisville, NC. As we know now from published research, the [coronavirus](#) is more likely to spread in closed-off indoor

spaces than open air.

If you *can* manage an outdoor gathering, that’s your best bet in terms of safety. Dr. Amin encourages people to abide by these three rules for all social events:

1. Request that all attendees [wear masks](#).
2. Have hand sanitizer with at least 60% alcohol available or have hand washing stations with soap and water for people to use.
3. Try to maintain a six-foot distance from everyone who doesn’t live in your household, *especially* if that person is considered high-risk. (If you’re planning to partake in trick-or-treating this year, depending on what your town is allowing, place individual treats spaced out on your porch or in a large tray outside of your home, so kids’ hands only touch one thing. And, of course, wear a mask and stand at least six feet away from guests.)

For indoor events, it’s best to limit them to the people you are already quarantining with. “Perhaps it is time to reset the button on the traditional holiday feasts with extended family and friends,” Dr. Chotani says. “The safest bet to celebrate the holidays this year is with your household alone.” The CDC notes that if one member of your household is vulnerable, all other family members should act as if they are at higher risk, too.

This is especially true if you’re planning a sit-down meal. “Sitting unmasked in proximity with people not from your immediate household at a table for a lengthy amount of time equates to a high risk of transmission,” Dr. Chotani notes. Instead of a meal, consider

Continued on page 2

Community Update

Community Alert

Coming in 2021, Alabama DOT installation of roundabouts on SR-126 at both I-85 EXIT 16 RAMPS, and at SR-126/SR-8 (US-80) intersection and on SR-8 (US-80) at MARLER ROAD.

Knollwood Directory Update

An updated Knollwood Telephone Directory will be made available to neighbors. Contact your block captain or KHA secretary for a copy of the directory or copy of the form to update the directory.

Community Meetings

KHA community meetings are suspended until further notice. The KHA executive council has continued to conduct activities in the interest of the community during the COVID-19 stay at home health order.

Knollwood Veterans & Family Members

Scheduled KHA community meeting dates are October 29, 2020, January 28, 2021, April 29, 2021, and July 29, 2021.

East Montgomery Neighborhood Alliance meets every 2nd Thursday in January, April, July, & October at First Christian Church, 1705 Taylor Rd.

Neighborhood Services

Recommends attendees of city and county meetings contact meeting hosts. “In support of Stay-at-Home mandates many are rescheduling or offering a virtual method of participation.”



Struggling to Stay Positive? Experts Say Don't Fight It

You have permission to stop sprinkling sunshine. It's safe to say we're all feeling a bit exhausted with everything happening in the world right now. The natural inclination is to lean on all those glass half full memes or succumb to the pressure of "looking at the bright side," but sometimes that approach makes the weight feel that much heavier. Then there's the guilt. Guilt for knowing that others have perhaps been more impacted than you, and for still feeling so despondent.

"When we talk about grief, we usually think of it as the loss of a loved one. As a psychologist in the New York area, I have had to counsel many patients who have lost people near and dear to them to COVID. That is the traditional form of grief," says Sanam Hafeez, PsyD, a neuropsychologist and faculty member at Columbia University. "Then there is less spoken grief, which is the loss of a way of life. People are mourning the life they once knew. A life where we could touch each other, socialize freely, go to sporting events, work in our offices, travel, and live without the daily fear of catching a potentially deadly virus."

Add to that a very high level of uncertainty about the future. There's no textbook manual on what comes next or how we ought to proceed. This is all unprecedented, and it's really, really, really hard.

Toxic Positivity: The Importance of Feeling and Acknowledging Grief

Toxic positivity has become a bit of a buzzword in niche wellness circles. Simply put, it's the act of overriding another person's emotions by directly or indirectly negating how that person feels. For example, saying something like, "Oh, it's not that bad!" or "Hey, at least you didn't experience XYZ."

"I'd like to point out that feelings are not negative or positive, they just are," says Bianca L. Rodriguez, LMFT.

"Using statements like, 'good vibes only' or 'stop being so negative' with others who express their grief often backfires because you become a person that others no longer feel safe confiding in."

And here's the thing. Even if we listen attentively to others and give them that space to feel, we sometimes struggle to give ourselves the same permission to be anything but positive. This is partly because society has deeply ingrained the importance of keeping your chin up, and partly because we are empathetic beings who see others' struggles and worry, illogically, about minimizing their grief by even feeling ours.

"While being an optimist and seeing the glass as 'half full' is a good trait, human beings are not robots. We have emotions, and we need to process them and make sense of them," Hafeez stresses. "By refusing to feel any negative thoughts, we suppress feelings and they can eventually become bigger, bubble over, and lead us to our breaking point."

Healthy Ways to Work Through Your Grief

There's a happy medium between toxic positivity and being a so-called "Debbie downer."

Give Yourself Permission to Feel

It's essential to pay attention to your emotions as they come and to deal with them wholly. The traditional stages of grief are denial, anger, bargaining, depression, and then acceptance. It probably won't be a straightforward path, and there will be many bumps along the way. "Learning how to identify what you're feeling, experience your feelings, and to self-soothe is the foundation of emotional wellbeing," Rodriguez says.

Avoid Substance Reliance

Pouring an evening glass of wine or cracking a beer is totally OK, but there's a line between relaxing with a glass and using substances as a coping mechanism.

"Many people will deal with grief by drinking or doing drugs to numb their feelings," Hafeez says. "Once they stop using these substances that temporarily negated their pain, they find that the feelings are still there and must be dealt with before they can move on productively in life."

She also notes we've seen an uptick in substance abuse since the pandemic started. For those who suffer from addiction, there are many Zoom meetings all over the world running 24/7. You can learn more about these at AA.org.

Connect With Others

Talking and connecting is so important now, especially since many of our in-person interactions are limited. "Picking up the phone—and not just texting—is very important," Hafeez says. Utilizing technology like Facetime, Skype, Zoom, and Google Hangouts to see the other person's face can be enormously helpful to enhance the level of human connection. If you're OK seeing people in person, consider forming a small "quarantine crew" of people who you trust are being safe and meet with them regularly.

www.realsimple.com

Navigating the Holidays—continued from page 1

another type of gathering. Could you go for a hike together? Sit around a campfire? Host a "potluck" where everyone brings their own food? "Consider finding an activity to do together that does not involve eating," he suggests, "and consider seating guests apart from each other, preferably outdoors."

You could also seat guests by "pods" together with others in their household to minimize risk of transmission between groups. Dr. Chotani advises having multiple food and drink stations without any shared utensils. If you're outside, stock up on warm clothes and other layers to keep everyone comfortable. "You can provide personalized blankets to the guests to keep them warm and to take with as a holiday gift," he suggests.

Tips for Making Plans

- **Know the stats in your community.** "Go to your jurisdiction COVID-19 website to learn what is happening in your community," Dr. Chotani suggests. (The CDC and USA Facts both have maps of COVID cases by county.) If cases are spiking where you live, you might want to call off the plans. Again, this is especially crucial if you or a close loved one is at high risk for serious illness if you contract the disease.

Continued on page 3

6 Steps For Creating a Smart and Safe Social Pod for This Fall

You can spend time with loved ones. Here's how, according to the experts

At the beginning of the pandemic, you were told to keep your distance from everyone who wasn't in your immediate household. But six months have gone by, and as we carefully begin to open up our social circles the phrase "social pod" has emerged to describe a group of family or friends outside your household whom you see regularly. Is it safe to set up a social pod as the chillier months of fall and winter approach? And if so, how to set one up safely? Follow these 6 smart guidelines, according to the experts.

1. Start small

If a social pod makes you nervous, connect with one other family and see how it goes, suggests Catherine L. Troisi, PhD, associate professor in the Divisions of Management, Policy, and Community Epidemiology at UTHealth School of Public Health in Houston, TX. Have open conversations about how everyone's feeling about socializing together, and how confident everyone is with controlling exposure to COVID-19 in their daily lives.

2. If you do form a pod, remember that it's not a guaranteed safe space

Even if you've agreed to form a pod with people you trust, you're still mixing via them with different families. And widening your circle in this way does increase your risk of contracting COVID-19, says Amesh Adalja, MD, senior scholar at the Johns Hopkins University Center for Health Security in Baltimore, MD. That risk doesn't mean you should necessarily abandon pods and resign yourself to a winter in isolation, however: "There's no reason to shame people who want to be with family and friends," Adalja says. "Just use common sense when you're getting together."

3. Stick to outdoor socializing as much you can

Your ability to stay outside for gatherings may wane depending on what part of the country you live in; however, outdoors is still safer than indoors, says Dr. Adalja. Thank nature's natural ventilation system. So, pile on the jackets and consider outdoor activities like coffee walks for socializing.

4. Develop and maintain ground rules

If do choose to socialize inside with your pod, staying six feet apart and wearing your mask will reduce risk the most, but some pods may choose not to do these things. Whether or not you do is a personal decision based on the group. Best to talk it through with each other and develop ground rules when you're together, says Dr. Troisi. For example, if a family has recently traveled, they may want to mask up. Or, if the virus is prevalent (or on the rise) in your community, consider having everyone mask.

5. Don't police your pod

While it's important to talk about your expectations (are you going to stick with grocery delivery or in-person shopping? Is it okay if kids move from virtual to in-person learning during the year?), it's a losing battle—and exhausting—to try to police the movement of everyone in the pod. Better to pod up with people who you trust are making safe and like-minded decisions.

6. If you feel sick, opt out

This should go without saying but make it the number one rule of your pod. Everyone will feel safer and more trusting if this is at the top of the rules list!

www.myrecipes.com

Navigating the Holidays—continued from page 2

- **Ask your doctor for advice on talking to your loved ones.** There's nothing worse than trying to convince your family members to take this pandemic seriously. Dr. Amin suggests using the hard data about case numbers to help them understand why you need everyone to wear a mask. "Another helpful trick would be to partner with your physician and ask them to help you formulate a way to deliver pandemic safety measures to your loved ones," she says. The CDC has a handy guide talking to children about the virus, a great tool if you'll be bringing your little ones to a family gathering this fall.
- **Be aware that those traveling from out-of-state may be carriers.** Are you a parent of a college student who is traveling home for the holidays? Dr. Chotani urges extra caution in this scenario. "Parents of children who have been away at universities and are returning for holidays need to be extra careful," he says. "The returning student may be a silent carrier or caught the disease while flying or traveling back from the university to home." If possible, ask that your student get rapid tested before directly interacting with anyone in your household.
- **Ask guests to take extra precautions.** "If you are really nervous, ask those who plan to attend your event to get tested a few days before to confirm that they are COVID-19 free," Dr. Chotani suggests. You can also ask your guests to quarantine carefully for at least two weeks prior to the gathering, and to take their temperature before arriving.
- **Get creative and embrace change.** It's hard to let go of beloved traditions like family-style meals and white elephant gift exchanges. But you can still enjoy the company of loved ones, even if it's in a different way. "Holidays are about family and being around loved ones," Dr. Amin says. Planning safe and meaningful gatherings with others can help you stay motivated to keep social distancing this winter, even when it gets lonely and hard.

Above all, remember that we all need to look out for one another. "Please do recognize that we are all co-dependent on each other for each other's well-being," Dr. Amin says. "We should all wear masks, practice hand hygiene, and maintain good social distancing protocols this upcoming holiday season." Your health and the health of your loved ones is the most important thing. The best way you can show love to each other is by prioritizing everyone's safety.

www.healthcentral.com

Knollwood Homeowners Association

P.O. Box 241641, Montgomery, AL 36124-1641 Web address: www.knollwoodhomeownersassociation.org

Executive Council

President—David Nii Tackie (272-5306)
Vice President—John Ivery (272-8600)
Secretary—Glenda Horton (322-2508)
Treasurer—Katie Daniel (409-0613)
Chaplin—Annie Harris (277-6151)

Block Captains

Knollwood Blvd/Maple Drive—Ollie Robinson (272-1959)
Pinetree Drive—Annie Harris (277-6151)
Ash Drive—Vacant
Elm Drive—Jacqueline Milledge (244-8044)
Elm Drive—Khalilah Hasan (322-9032)
Cottonwood Drive—Maxine Wheeler (270-9120)

Communication with the Knollwood Homeowners Association must be sent to the Secretary.

Feeling gratitude and not expressing it is like wrapping a present and not giving it.
~William Arthur Ward



KHA Covenant and Restrictions Highlight

AMENDED COVENANTS AND RESTRICTIONS OF THE KNOLLWOOD SUBDIVISION (PLAT NO. 1)

8.16 Renters—Occupants shall assume the obligations as stated in this document as Lot Owners and Residents of the Homeowners Association. The Lot Owners and occupant(s) shall have an agreement which provides for the upkeep of the residence and property

www.knollwoodhomeownersassociation.org

COVENANT CORNER

HOA Membership Dues

\$200.00 - May be paid in full

\$100.00 - Due on or before December 15, 2020
\$75.00 late fee due after January 15, 2021

All payments by check or money order should be sent to:
Knollwood Homeowners Association, P.O. Box 241641,
Montgomery, AL 36124-1641

Vision—We welcome all to our thriving community with love, courtesy, and respect.

Mission—To preserve and promote Knollwood Subdivision as a pleasant community for residents and a vital contributor to the Greater Montgomery Area.

Around the Corner (News and Notes)

Thank You:

County Commissioner Singleton for allocating funds to the community for beautification projects

For working on the clean up of the median—Thomas Anderson, Jimmie Horton, Lucious McDade, John Summers, Lee Wheeler, and Woody Wordlaw

For working on the clean up of the common areas—Taylor Hough, Lee Ballard, Bennie Harris, and Renard Brooks

For planting flowers and maintenance on the median—Khalilah Hasan, Annie Harris, and Mary Brown

For keeping drains clear—Evelyn Crayton

For keeping drains clear, taking care of vacant properties, and picking up trash throughout the neighborhood—Rena Harris



GENERAL ELECTION DAY

11/03/2020

Getting a flu shot will help protect you and may benefit your community

If you haven't gotten your flu shot already, the Alabama Department of Public Health and the Medical Association of the State of Alabama encourage you to get vaccinated for influenza. While flu activity is currently low, influenza outbreaks tend to occur during the winter months. It takes about two weeks for the flu shot to be effective and flu season can last until May.

Everyone 6 months of age and older (with rare exceptions) should get the flu vaccine, especially this year when the demands on Alabama's healthcare system are significant due to COVID-19. Influenza vaccination will not prevent COVID-19, but it is the best way to minimize the risk of flu.

Flu and COVID-19 disease share many of the same symptoms --- fever, headache, sore throat, muscle aches and fatigue.

However, COVID-19 is caused by infection with the coronavirus SARS-CoV-2 and flu is caused by infection with influenza viruses. Similar symptoms may make the two illnesses more difficult to diagnose and treat. Getting a flu vaccine will reduce the chances of possible misdiagnosis and getting both diseases at the same time.

Flu Vaccine Clinics - Contact your private physician, pharmacy, or local county health department for a flu clinic schedule or visit or visit vaccinefinder.org

www.alabamapublichealth.gov