



# ACTION SERTOMA

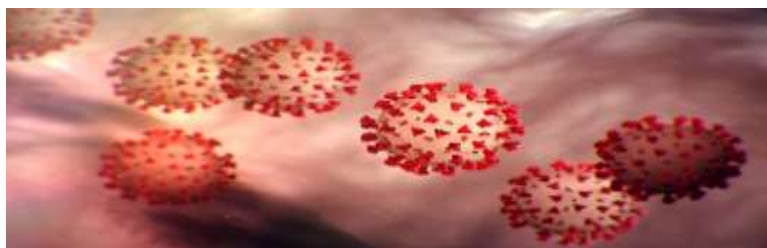
## NEWSLETTER

April, 2020

Volume 1/No. 3

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## CORONAVIRUS

A lot has changed since the last bulletin. Unless you've been living in a cave, or you've had your head stuck in the sand, it's all about the Coronavirus (COVID-19.) When last we spoke, everything was somewhat normal. Normal meaning the ho hum of our everyday life....our families, our friends, our neighbors, our work, our co-workers, our pets and ourselves. Then we went to sleep one night and woke up the next day to a pandemic. One that has altered our lives and has shaken us to our very core. We've gone from unlimited freedom to shut down and stay-at-home orders; from dining out to dining in; from working at the office to working from home and schools closed. All of this in the name of social distancing so that we, in some small way, can help to combat the spread of this insidious virus. It appears that is helping. Data has shown that this is the case. While we are not total prisoners of our own devices, we're pretty damn close. Look to the bright side of this scenario. We get to spend more time at home, no commuting to work, unless you've been deemed to be a necessary worker, e.g. medical personnel or

"So, first of all, let me assert my firm belief that ***the only thing we have to fear is...fear itself*** — nameless, unreasoning, unjustified terror which paralyzes needed efforts to convert retreat into advance."

first responders. A friend of mine said that it was somewhat refreshing to stay at home as he got to relax, read a book and do some binge TV watching. All was going well when he said that he noticed a strange woman in his family room. He was about to call the police, when he came to the realization that it was actually his wife.

Many adjustments are in store for everyone and we hope that this pandemic will not last too long. However, at the time of the writing of this Newsletter, the stay at home order was extended to April 30th. Hopefully, it will end at some point, but, there's no telling when. We'll deal with it as it needs to be dealt with and pray that those in charge actually take charge and don't turn this dire situation into a political battle and inevitable standoff.

Enough said about this. Let's move on to the facts...facts that come from the medical professionals and the infectious disease researchers who are burning the midnight oil to find a vaccine.

The CDC (Center for Disease Control) is the point group and it tries to keep us relatively calm and provide needed updates. The CDC is closely monitoring this outbreak which is caused by a novel (new) coronavirus first identified in Wuhan, Hubei Province, China.

The CDC is responding to this [pandemic](#) of respiratory disease which is [spreading](#) from person-to-person and is caused by a novel (new) [coronavirus](#). The disease has been named "coronavirus disease 2019" (abbreviated "COVID-19"). This situation poses a serious [public health risk](#). The federal government is working closely with state, local, tribal, and territorial partners, as well as public health partners, to [respond](#) to this situation. COVID-19 can cause [mild to severe illness](#); most severe illness occurs in older adults. **This is a rapidly evolving situation and CDC will provide updated information and guidance as it becomes available.**

Virtually every corner of the earth has been hit by COVID-19 with some areas being hit harder than others. The situation in the U.S. is that different parts of the country are seeing different levels of COVID-19 activity. The United States nationally is in the acceleration phase of the pandemic. The duration and severity of each pandemic phase can vary depending on the characteristics of the virus and the public health response. The CDC and state and local public health laboratories are testing for the virus that causes COVID-19. All 50 states have reported cases of COVID-19 to CDC. U.S. COVID-19 cases include:

- Imported cases in travelers
- Cases among close contacts of a known case
- Community-acquired cases where the source of the infection is unknown.

Most U.S. states are reporting some community spread of COVID-19.



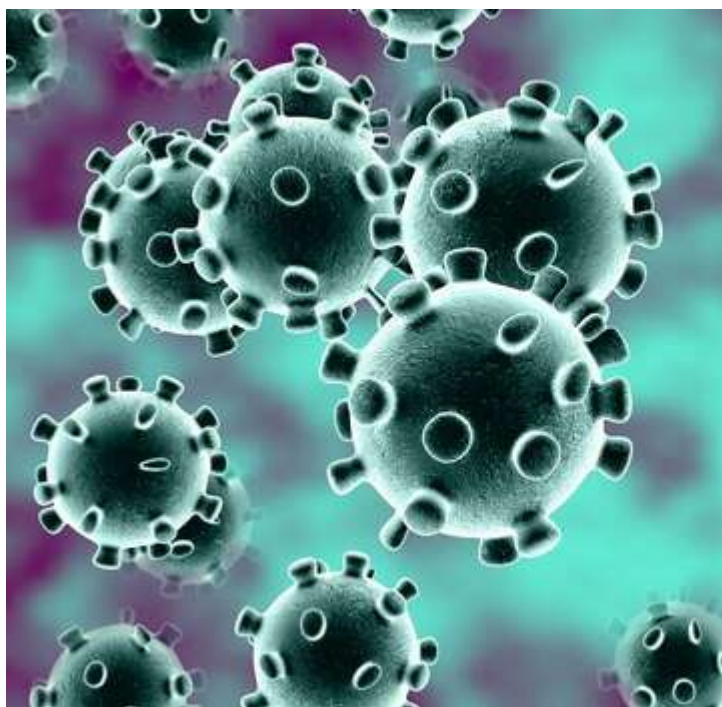
## DO THE FIVE!

HANDS	WASH THEM OFTEN
ELBOW	COUGH INTO IT
FACE	DON'T TOUCH IT
SPACE	KEEP SAFE DISTANCE
HOME	STAY IF YOU CAN

# WEBMD HEALTH NEWS

## Coronavirus 2020 Outbreak: Latest Updates

By WebMD News Staff



*This article was updated on April 1, 2020, at 11:37 a.m. ET.*

The United States now leads the world in cases of COVID-19. We'll provide the latest updates on [coronavirus](#) cases, government response, impacts to our daily life, and more.

### What is the latest news?

#### **U.S. Has Deadliest Day as Trump Warns Worst Is Coming**

*April 1, 11: 33 a.m.*

The U.S. reported its single deadliest day -- with more than 785 deaths -- as the number of deaths and cases continue to soar in the country. The U.S. has more than 189,000 [cases](#) of the disease and more than 3,800 deaths. The country accounts for more than a fifth of the 883,000 cases worldwide.

President Donald Trump and his top health officials warned that the worst is yet to come for the COVID-19 pandemic and that the next 2 or 3 weeks would be difficult.

At a White House coronavirus briefing Tuesday, officials unveiled models used that led to the decision to extend the "Stop the

Spread" effort another 30 days, through April 30.

Based on several models, an estimated 100,000 to 200,000 deaths are expected. "This is a projection," said Deborah Birx, MD, the White House Coronavirus Task Force response coordinator. "We really hope we can do better than that."

The models take mitigation efforts into account. "There's no magic bullet," Birx said. "It is communities that will do this."

Without mitigation, if the country were to just "ride it out," the models project that the number of deaths could be 1.5 million to 2.2 million and beyond.

"We are really convinced that mitigation is going to be doing the trick for us," said Anthony Fauci, MD, director of the NIH's National Institute on Allergy & Infectious Diseases. "The 15 days that we have had, clearly have had an effect, although it is tough to quantitate. It is no time to take your foot off the accelerator."

Birx acknowledged that social distancing and self-isolation are difficult. "This is tough," she said. "It's inconvenient from a social standpoint and an economic one to do this, but this is going to be the answer to our problem."

Also, at the briefing, Vice President Mike Pence said that more than 1.1 million tests for COVID-19 have been done. We are "testing about 100,000 Americans a day."

#### **CNN's Chris Cuomo Diagnosed With COVID-19**

*March 31, 3:37 p.m.*

One of CNN's top anchors, Chris Cuomo, has been diagnosed with the coronavirus but will continue to work from home, he announced on his Twitter feed Tuesday.

"I have been exposed to people in recent days who have subsequently tested positive and I had fever, chills, and shortness of breath," he wrote. "I just hope I don't give it to the kids and Christina. That would make me feel worse than this illness!"

Cuomo said he'll self-quarantine in the basement of his home and continue to do his 9 p.m. weekday program, *Cuomo Prime Time*, from there.

He worked from home on Monday and interviewed his brother, New York Gov. Andrew Cuomo.

### **32 States Have Issued Stay-at-Home Orders** *March 31, 11:28 a.m.*

Arizona Gov. Doug Ducey and Virginia Gov. Ralph Northam issued statewide stay-at-home orders on Monday, becoming the latest governors to take such action because of the coronavirus pandemic.

"We are in a public health crisis, and we need everyone to take this seriously and act responsibly," Northam said in his order. "Our message to Virginians is clear: Stay home."

Thirty-two states are now under statewide stay-at-home orders, plus the District of Columbia, according to *The New York Times*. California was the first state to do so, on March 19.

These states don't have statewide orders, but some cities and counties have imposed their own stay-at-home orders: Alabama, Georgia, Florida, Maine, Mississippi, Missouri, Oklahoma, Pennsylvania, South Carolina, Texas, Utah, and Wyoming.

No stay-at-home orders have been issued in Arkansas, Iowa, Nebraska, Nevada, North Dakota, and South Dakota, according to *The Times*.

Statewide orders have now been issued in: Alaska, Arizona, California, Colorado, Connecticut, Delaware, Hawaii, Idaho, Illinois, Indiana, Kansas, Kentucky, Louisiana, Maryland, Massachusetts, Michigan, Minnesota, Montana, New Hampshire, New Jersey, New Mexico, New York, North Carolina, Ohio, Oregon, Rhode Island, Tennessee, Vermont, Virginia, Washington, West Virginia, and Wisconsin.

### **FDA OKs Anti-Malaria Drugs for COVID-19** *March 31, 10:51 a.m.*

The FDA gave doctors the go-ahead to try two anti-malaria drugs to treat people with COVID-19, the disease caused by the new coronavirus. The drugs are called chloroquine phosphate and hydroxychloroquine sulfate. The Department of Health and Human Services (HHS) says drug makers have donated 30 million doses of hydroxychloroquine sulfate and 1 million doses of chloroquine phosphate to the strategic national stockpile. HHS says the government will start shipping the drugs to states that need them.

So far, there aren't many studies about using the anti-malaria medications as a treatment for COVID-19. But HHS says there are anecdotal reports that the drugs are helpful.

Denise Hinton, chief scientist for the FDA, says based on the scientific evidence available, it's "reasonable to believe that chloroquine phosphate and hydroxychloroquine sulfate may be effective for the treatment of COVID-19."

Clinical trials are underway to see if the drugs can safely treat COVID-19. The FDA says it's OK for hospitals to use them for people with COVID-19 if they aren't able to join a clinical trial. The FDA also put out a warning about the danger of using a version of chloroquine phosphate that is an ingredient in fish tank water. The FDA says one person in the U.S. died and another became seriously ill after using the fish-tank version.

### **How many people have been diagnosed with the virus, and how many have died?**

As of April 5<sup>th</sup>, more than 304,000 cases of COVID-19 in the U.S. with more than 7,600 deaths have been reported. Also, there are almost 11,250 cases reported in Illinois with 274 deaths. Worldwide, 1,288,000 cases have been reported with 70,567 deaths.





From Sertoma Speech and Hearing to the  
Action Sertoma Club  
April 1, 2020

Dear Dennis,

On behalf of everyone at Sertoma Speech & Hearing Centers, thank you for Action Sertoma's very generous donation of \$10,000.00 on March 31, 2020.

Please communicate to all your club members how grateful we are for Action's donation to help us maintain the care of our patients through the COVID-19 crisis. It is especially heartening to receive your gift when we know everyone is impacted at this time.

To you and everyone at Action Sertoma, stay well.

Thank you again, Dennis.

*Michelle*

**Dr. Michelle Morrison, Executive Director  
Sertoma Speech & Hearing Centers  
UPDATE on April 2<sup>nd</sup>**

Action Sertoma's recent donation to help us provide emergency care to our patients is hard at work. For example, on Monday, March 30th, we delivered the following professional services to patients:

- Five drive-by visits to service hearing aids (cleanings, adjustments, and repairs)
- Three in-office visits
- Two teletherapy speech visits
- One house call to repair hearing aids
- Multiple phone calls to troubleshoot hearing aids and sort out the usual concerns and questions

That's just one day in our new normal. Is there something we can do to help you or a friend? Please let us know. We will do our best. Action Sertoma has shown us their humanity during this crisis. Thank you again, Dennis.

*Michelle*

## National Convention – Postponed!



In my last communication about convention, I let you know that we would be following local guidance in deciding whether to postpone.

The CDC has recommended no gatherings over 50, and the Mayor of Kansas City has agreed and put a ban on meetings of this size for the next eight weeks.

As a result, **we will be postponing convention.**

I don't have all the details yet... we're still figuring out a new date. But I wanted to let you know the decision has been made, and how we'll be handling it for those of you who have registered. Every member who has registered will be contacted in the coming days about whether you'd like a refund or would like us to apply your registration to the new dates.

**There's no action you need to take with Sertoma. We'll contact you.**

However, please contact the hotel to ensure that your reservation is canceled. You can reach them at 855-516-1093.

Your health and safety are important to us... thank you for your support and watch your email for the rescheduled convention dates... let's make it a bigger celebration than we even planned!!

*Aaron Ensminger, Executive Director*

## 6 Common Plants That Keep The Bugs Away



### **Rosemary:** Fleas, Ticks

Not only does Rosemary repel ticks and fleas, it will also repel flies and mosquitoes! It can also be used on your pets as a parasite repellent.

### **Peppermint:** Spiders, Mosquitoes, Ants



The smell will keep spiders and other insects far away. You can also mix the oil with water and place in a spray bottle and spray the

solution around your home.



### **Catnip:** Mosquitoes

This perennial herb is related to mint, and grows readily both as a weed and a commercially cultivated plant in most areas of the US. While catnip will

repel mosquitoes in close proximity to the plant, some people apply crushed catnip leaves or catnip oil for more robust protection.

### **Lavender:** Moths, Fleas, Flies, Mosquitoes

Even though lavender is a smell often enjoyed by humans, lavender repels mosquitoes because mosquitoes dislike the scent lavender gives off.



### **Marigold:** Mosquitoes, Aphids



Marigolds are hardy annual plants which have a distinctive smell which mosquitoes find particularly offensive. Marigolds contain Pyrethrum, a compound used in many insect repellents.

### **Basil:** Mosquitoes, House Flies

Plant basil around your house, Garden, or areas and flies as well as mosquitoes will stay away.



## BONUS



**Eucalyptus Oil** is a natural remedy for repelling snakes and mosquitoes.

If you want to see something that is really cool, go to this website and read about "Matchstick Art"

<https://mymodernmet.com/patrick-acton-matchstick-marvels-sculptures/>

It is unbelievable what this man, Pat Acton, has done with ordinary kitchen matchsticks.

MEET SOME MORE OF THE MANAGEMENT TEAM AT THE SERTOMA CENTRE



## Joan Snyder-Budz

### Director of Day Programs

Joan has been at Sertoma Centre since 2011. She has a diverse work background in all aspects of delivering residential and day programs. She

holds a Bachelor's degree in Psychology from Saint Xavier University and a Master's degree in Religious Studies from the Chicago Theological Seminary.

Reach Joan at [jsnyderbudz@sertomacentre.org](mailto:jsnyderbudz@sertomacentre.org)



## John Young

### Director of Residential Services

John joined the Sertoma Centre staff in 2016. He has extensive experience in providing residential, home-based and counseling services to individuals with

disabilities. John holds a Bachelor's degree in Psychology from Bradley University.

Reach John at [jyoung@sertomacentre.org](mailto:jyoung@sertomacentre.org)

## Surprising Uses for Your Microwave



### Dry Herbs

You can turn fresh herbs into dried seasonings for food. Place leaves in a single layer between two paper towels, and heat on high for 1 minute per cup. This method works best on parsley, basil, and celery leaves.



### Bake Apples

For a speedier soft apple, peel and core it, and either leave it whole or cut it into pieces. Fill or cover with a tablespoon of butter and any spices or seasonings you prefer, like cinnamon. Cover it with wax paper and heat on high for 2½ to 3 minutes. Make sure to let it sit for a bit before eating.



### Sanitize Sponges

All it takes is 1 minute on high in the microwave to kill bacteria on your kitchen sponges. Wet them first so they don't catch fire, and also check to it doesn't have a metallic scrub pad. If yours does, put it in the dishwasher instead.





# BIRTHDAYS & CLUB ANNIVERSARIES



April 1st - Tracy Fioretti

April 6th - Tom Finger

April 10th - Anita Flassig

April 25th - Glenn Bylina

April 26th - Bob Clifford



April 1st – Bill Kamholz

April 6th – Carla Salerno



Some solid advice from comedian  
George Carlin

**“Never sing in the shower.  
Singing leads to dancing, dancing leads to  
slipping and slipping leads to paramedics  
seeing you naked. So, remember never sing  
in the shower.”**



## WHO WE ARE

Sertoma is one of the oldest service clubs in the United States. We operate nationwide, with deep roots in the communities we serve at the local level. We seek to transform lives and, in doing so, we also transform ourselves. We are men and women who understand that we can accomplish more together than we can alone. We know we can make a difference with our national mission of hearing health and in the other important areas of service our clubs provide. We are people who have heard the call to help. We answer that call every day, all across the country.

Remember keep reaching out to each other for support during this crazy time. This club is one of the strongest organizations and it all stems from being there for each other during good time and in more difficult times. Let's keep it up during this pandemic.

***We are Sertomans.***



**WE CAN'T HELP  
EVERYONE, BUT  
EVERYONE CAN HELP  
SOMEONE.  
- RONALD REAGAN**



# DOES ALCOHOL GO BAD?

(God, I hope not!)



Now here's some information that can really hit home during our stay at home order. That old bottle that's secreted on the lower level of your bar (the well) or buried deep in the back and in the corner..... is it still good? A question for the ages.

From a chemistry perspective, there are several types of alcohol, but the one of interest here is the alcohol you can drink, which is ethyl alcohol or ethanol. Technically, none of the types of alcohol go bad or expire in pure form or when diluted with water. Alcohol is a potent disinfectant, so when it is present in a high enough concentration, it's safe from mold, fungi, protozoa, and bacteria. It's only when alcohol is mixed with other ingredients that it has a shelf life.

## Types of Alcohol That Never Go Bad

Hard alcohol essentially lasts forever. In fact, some forms of alcohol, such as scotch, improve with age up to the point where they are opened. Here are common examples of spirits that don't have a shelf life:

- gin
- rum
- tequila
- vodka
- whisky

However, once you crack open a bottle, oxygen from the air starts to change the chemistry of the contents. While the alcohol won't become unsafe to drink, the color and

flavor will change. Once you open a bottle of hard alcohol, be sure to re-seal it as tightly as possible and keep the liquid in a container with as little air space as possible. This means you may need to transfer the liquor to a smaller bottle as the contents are drained. Once the seal is broken, the clock starts ticking. If you cracked open that bottle of quality scotch, for example, you'll want to finish it off within 8 months to a year to get the best experience.

## Alcohol That Has a Shelf Life

When other ingredients are added to the alcohol or the alcohol is fermented, the product can get skunky or support the growth of yeast, mold, and other non-tasty microbes. These products have an expiration date stamped on them. They often last longer when refrigerated.

- beer
- cream liqueurs
- mixed drinks (either packaged or made yourself)

The beer has a definite shelf life. This will be stamped on the container and varies according to the way the beer was processed.

Cream liqueurs contain dairy products and sometimes eggs. These products typically last no longer than a year to a year and a half once opened. You can taste them to see if they are still good or play it safe and throw them out if they look or smell curdled or have passed their expiration date.

With mixed drinks, consider the beverage 'bad' once you have passed the shelf life of the least stable ingredient. For example, while straight vodka might be good forever, once you mix it with orange juice, you probably would not want to drink it left on the counter the next day. It might be good a couple of days refrigerated. It's not necessarily that the drink becomes dangerous, but the taste may be unpleasant. After a while, mold and other nastiness will grow on these drinks, making them unsafe in addition to gross.

## Alcohol That Can Go Bad

Wine, liqueurs and cordials

While wine matures once bottled and can last indefinitely, if the seal of the bottle is compromised, it can get nasty. This is in contrast to liqueur, which won't grow pathogens even if the bottle is open. However, in either situation, if the product is exposed to air, the chemical of the composition changes (rarely for the better) and the alcohol can evaporate out of the liquid.

Liqueurs and cordials contain sugar and other ingredients. There is no hard and fast rule regarding shelf life, but if you see sugar crystallizing out of the liquid or the flavor or color looks 'off', you may not want to drink it.

### Extend the Shelf Life of Alcohol

You can keep alcohol in top form by:

- Storing it in a cool, dry place. This location varies. It might be a cellar or climate-controlled rack for wine, while you can store vodka in the freezer.
- Avoid exposing any alcohol to sudden or extreme temperature changes.
- Store it out of direct sunlight.
- Keep alcohol in a bottle with little airspace.
- Make certain the seal on the container is good. Do not store alcohol in unsealed pourers or decanters unless you plan to go through the container fairly quickly.

Pure alcohol lasts forever. Once you add ingredients to alcohol, it can go bad. If the beverage looks or tastes funny, it's probably best to throw it out. Higher proof alcohol might not become dangerous to drink, but once the seal of lower proof alcohol is broken, air gets into the bottle, the concentration of the alcohol drops, and pathogens that can make you sick may multiply.

Helmenstine, Anne Marie, Ph.D. "Does Alcohol Go Bad?" ThoughtCo, Feb. 11, 2020, [thoughtco.com/does-alcohol-go-bad-607437](https://www.thoughtco.com/does-alcohol-go-bad-607437).



**SAVE THE  
DATE  
ACTION  
SERTOMA  
CLUB**

**2020**

**SATURDAY, MAY 16<sup>TH</sup>**

***CENTRE'S BIG EVENT HEROES COOK-OFF***

115 Bourbon St., 3359 W 115<sup>th</sup> St.,  
Merrionette Park, IL

Contact: Adam, Service Manager

708-730-6208

email: [aharold@sertomacentre.org](mailto:aharold@sertomacentre.org)

**WEDNESDAY, JULY 15<sup>TH</sup>**

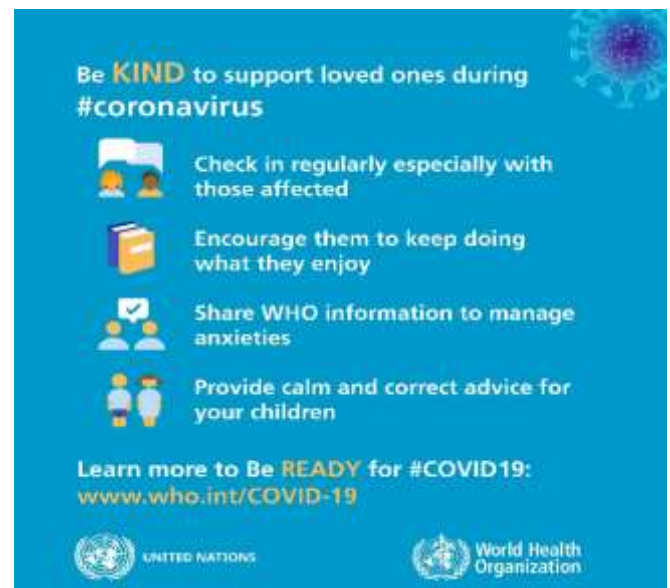
***ACTION SERTOMA'S 20<sup>TH</sup> ANNUAL  
GOLF OUTING***

7:30 am - 6:00 p.m.

Silver Lake Country Club, Orland Park, IL

Pricing and further details available soon on  
website [www.actionsertoma.org](http://www.actionsertoma.org)

***(Please check the respective  
websites/Facebook pages for additional  
information)***





**ACTION SERTOMA CLUB  
APRIL 7<sup>TH</sup> DINNER MEETING  
IS CANCELLED!!!**

Club Members,

While our club dinner meeting next Tuesday is cancelled, we can all still see each other and have a drink from our own homes. Just dial in via phone to hear the meeting. It'll be a good chance to create some remote comradery and see how everyone is doing and lend some support to each other. Also, we can get updates on the Golf Outing, current donations, and Rocktoberfest.

Let's plan the following for a teleconference.

Tuesday, April 7<sup>th</sup> at 5 PM

I will send out directions and call in information on Monday, April, 6<sup>th</sup>.

*D.J. Fioretti*



**DINNER MEETING  
1st TUESDAY OF  
EACH MONTH**

**CAPRI RISTORANTE ITALIANO  
12307 S. HARLEM AVE., PALOS  
HEIGHTS, IL 60463  
6:00 PM COCKTAILS - 6:30 PM DINNER**

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**Stay safe out there! "Hands...  
washing hands...." — Neil Diamond**

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**LAST TUESDAY OF MONTH  
SERTOMA CENTRE  
4100 W. 127<sup>TH</sup> STREET, ALSIP, IL  
6:00 p.m. until ????**



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