



ACTION SERTOMA

NEWSLETTER

May, 2020

Volume 1/No. 4

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the President's Message

The health of our members is tied to the health of each other. We are all coming together to stay apart! While it may not feel like it, by practicing physical distancing, we each play a role in keeping each other and our loved ones safe during the novel coronavirus (COVID-19) outbreak.

Our hearts go out to everyone whose life and livelihoods are being threatened by this pandemic. Whether you are affected directly or through loved ones, this time in history has brought increased pain and stress to us all. Knowing how difficult it is right now for each of us and others, we need to continue to support each other by reaching out. Keep coming together as a club to support each other. Reach out to help, reach out with a joke, or just reach out to say hi. That is what Action Sertoma is about. Support each other! I'm proud to be a Sertoman.

God bless and take care,
Dennis Fioretti
Club President



"The difficulties of life are intended to make us better, not bitter." ~Author unknown

IMPORTANT NOTICE!!!!

Customers and employees will have to start wearing masks in Illinois stores starting May 1 under the [modified stay-at-home order](#) Gov. J.B. Pritzker announced Thursday, April 23rd

GOV. J.B. PRITZKER'S STAY-AT-HOME ORDER WILL REMAIN IN PLACE THROUGH MAY 30th

Getting Masks Correct - A Key Coronavirus Strategy

April 24, 2020 -- Cloth vs. paper, but not *that* kind of cloth. It's too thin. Or it's too thick -- you won't be able to breathe! Make sure you cover your nose and mouth, but don't touch your mask!

Proper mask etiquette is a confusing part of the coronavirus epidemic, but it's also become more than just a suggestion. Many places are requiring they be worn in public, and some businesses are mandating their use as well. So know this: The CDC recommends wearing some type of face covering while in public, especially when it's tough to maintain 6 feet of social distancing, such as at grocery stores and pharmacies.



Yes, the science on face masks is mixed, especially because little data is available for COVID-19.

The CDC says face coverings aren't a substitute for social distancing. When in public, people should still stay at least 6 feet apart to prevent the spread of the virus.

Here's a more comprehensive guide to masks, with links to articles and research, to answer some of the most common questions:

Which kinds of masks are better or worse?

The CDC recommends using cloth face coverings and has asked the public to reserve surgical masks and N95 respirators for health care workers who need supplies to treat COVID-19 patients.

Cloth face coverings can be made from household items such as fabric, shirts, pillowcases, or sheets.

Putting a filter between the layers of fabric may help, and if you choose to do this, make sure the mask has a pocket for the filter so you can remove it to wash the mask. Experts say a cut piece of a HEPA filter, like those found in air conditioners or furnaces, work well. Some have even suggested cut pieces of vacuum cleaner bags.

What is the proper way to put masks on and take them off?

Wash your hands before you put the mask on your face, and grasp it by the edges. Loop the ties or fasteners behind your ears, and try not to touch the cloth that covers your mouth and nose, which can contaminate the surface.

While wearing the mask at the grocery store or another public setting, don't touch the mask or pull it down. If the mask covers your mouth but not your nose, for instance, it's still possible to spread the

virus. Remember that the mask may have contaminants, so leave it on if you're driving home from the store and take it off at home.

When removing the face covering, don't touch your eyes, nose, or mouth. Wash your hands immediately after removing, the CDC says. Place the mask in a plastic bag until you're ready to wash it. Masks should be considered "dirty" and contaminated after each use. Wash it in a washing machine with soap and hot water, and dry it in a dryer.

What kinds of fabrics should be used or avoided?

If you make a homemade mask, cotton fabric works well. Use rubber bands, cloth strips, hair ties, or repurposed straps for the ear loops. Tightly woven cotton, such as quilting fabric or cotton sheets, are a good option, according to the CDC, and T-shirt fabric and bandanas can work also. Thicker fabric with multiple layers is best. Since face coverings should be washed after each use, synthetic fabrics that can't be washed or dried on high heat may not be the best idea.

The CDC features three ways to make face coverings on its website, including a sewn cloth face covering from cotton fabric, a simple no-sew method by cutting and tying a T-shirt, and another no-sew option by folding and tucking a bandana.

Should kids wear masks?

Children under age 2 should not wear masks, according to the American Academy of Pediatrics (AAP). Children and teens above age 2 should wear masks in public, following the same recommendations as adults. If children are at home with usual family members or residents, they don't need to wear a mask if they haven't been exposed to anyone with COVID-19, the group says.

In most cases, children don't need to be in public under stay-at-home guidelines, especially if one family member runs errands or leaves the home for groceries, medications, or other essential purposes. If children can't be left at home, or if they go into public in emergency situations such as a doctor's appointment, masks are recommended.

With children, finding the right fit is important, according to the American Academy of Pediatrics. Pleated masks with elastic can be adjusted easily, but adult sizes and some kid sizes may still be too large. Find a size that fits the face and adjust it. The CDC says a mask should be snug against the side of the face, but not so tight as to be uncomfortable. In addition, children don't need to wear masks while outside as long as they don't touch surfaces that could have the virus, such as tables, water fountains, and playground equipment. But younger children may require more precaution. "Especially for younger children who may not understand why they can't run up toward other people or touch things they shouldn't, the best approach is to keep them home and in spaces away from other people and common surfaces," the AAP says.

When possible, speak with children about the virus and explain why a mask is a safety measure for both themselves and others. "My children are aware of what's going on and they understand viruses and how they spread," said Casey Noel Green, a photographer in Newnan, GA, with a 7-year-old son and a 9-year-old daughter. "We answer their questions honestly when they ask and explain why things like hand hygiene and social distancing are important."

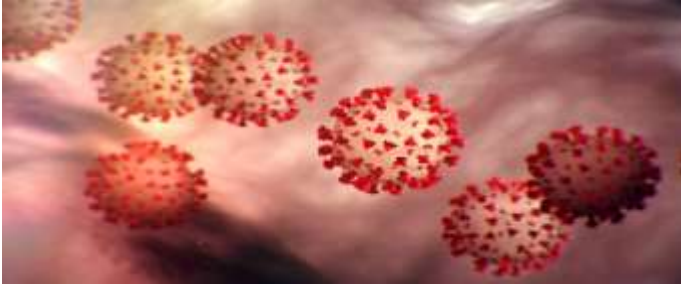
The American Academy of Pediatrics suggests a few other things as well:

- Put on the masks together and talk about it
- Decorate a mask to make it fun and personalized
- Draw a mask on a favorite character
- Answer questions simply in language they understand
- Put a mask on a favorite stuffed animal
- Show pictures of other kids wearing masks
- Practice wearing a mask at home first
- Focus on messages of safety instead of fear

By Carolyn Crist (as edited)

-WebMD Health News Reviewed by Hansa D. Bhargava, MD on April 24, 2020

COVID-19/CORONAVIRUS



Another month, another bulletin. Not much has changed with us as evidenced by this recent photo of me out in the backyard. A lot has changed though since the last bulletin. Things are far from normal.



Assuming that things were ever normal to begin with. A friend of mine who has a couple of school aged children told me of all of his trials and tribulations of being home all day remotely working and also having to home school his kids. Up to this point in his life, he thought that he was smart and a relatively well-educated person. He said “stay at home and try to school your kids and you’ll find out otherwise.” After two weeks of this, one of the kids called in a bomb scare, and then he overheard the other one saying “I hope that I don’t get the same teacher next year.”

Speaking of the above, all of us old timers remember being home schooled. We were taught logic... “because I said so, that’s why,” and about time travel... If you don’t stop it, I’m going to knock you into the middle of next week,” and religion... “you better pray that comes out of the carpet.”

What can you do....grin and bear it because it’ll all be over soon....or will it? We all hope for this pandemic to be over so that we can move onto and into the future. But remember, “ the future ain’t what it used to be” or at least so says Yogi Berra.

Since we’re trapped in the present, remember to stay safe and practice social distancing. According to most sources such as the CDC, WHO (the health group, not the rock band,) IDPH, Johns Hopkins and Dr. Oz and others, social distancing means that you should:

- stay at least six feet from others
- do not gather in groups
- stay out of crowded places; and,
- avoid mass gatherings.

If you’re confused and can’t remember the appropriate distance to stay away, picture this.



thru this. A Chicago Bears’ wide receiver wide open down the field, and then imagine where Mitch Trubisky over or under

throws the pass. That’s just about two yards, or six feet.



As of April 29th

WORLDWIDE:

CASES: 3,132,363

DEATHS: 218,000

USA: CASES: 1,012,583
DEATHS: 58,964

ILLINOIS:
CASES: 48,102
DEATHS: 2,125

***COOK COUNTY:**

CASES: 33,449
DEATHS: 1,457

***includes Chicago: cases:19,594/deaths:803**

HISTORY OF PANDEMICS

PAN-DEMIC (of a disease) prevalent over a whole country or the world.

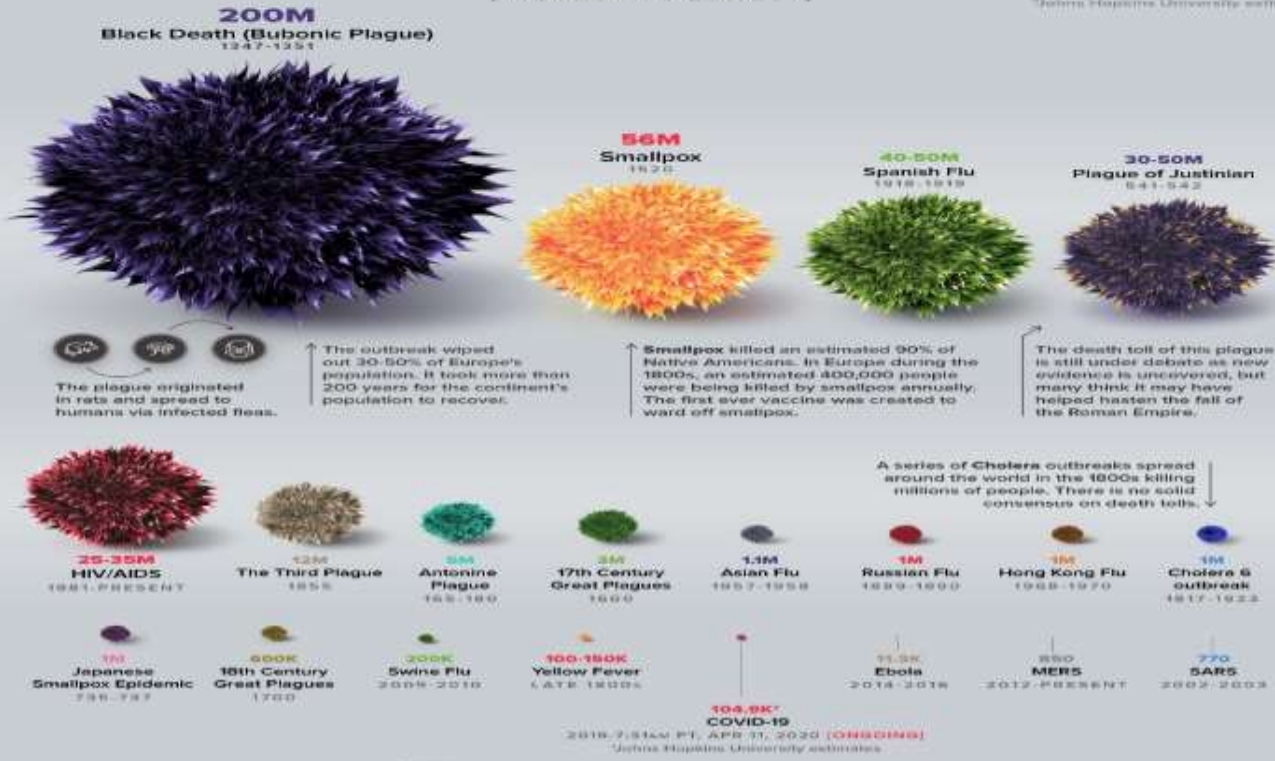
THROUGHOUT HISTORY, as humans spread across the world, infectious diseases have been a constant companion. Even in this modern era, outbreaks are nearly constant.

Here are some of history's most deadly pandemics, from the Antonine Plague to COVID-19.



WHO officially declared COVID-19 a pandemic on Mar 11, 2020. It is hard to calculate and forecast the impact of COVID-19 because the disease is new to medicine, and data is still coming in. — Johns Hopkins University estimates

DEATH TOLL [HIGHEST TO LOWEST]



The plague originated in rats and spread to humans via infected fleas.

The outbreak wiped out 30-50% of Europe's population. It took more than 200 years for the continent's population to recover.

Smallpox killed an estimated 90% of Native Americans. In Europe during the 1800s, an estimated 400,000 people were being killed by smallpox annually. The first ever vaccine was created to ward off smallpox.

The death toll of this plague is still under debate as new evidence is uncovered, but many think it may have helped hasten the fall of the Roman Empire.

A series of Cholera outbreaks spread around the world in the 1800s killing millions of people. There is no solid consensus on death tolls.



Pan-dem-ic /pan 'demik/ (of a disease) prevalent over a whole country or the world.

As humans have spread across the world, so have infectious diseases. Even in this modern era, outbreaks are nearly constant, though not every outbreak reaches pandemic level as the Novel Coronavirus (COVID-19) has.

Today's visualization outlines some of history's most deadly pandemics, from the Antonine Plague to the current COVID-19 event.

Disease and illnesses have plagued humanity since the earliest days, our mortal flaw. However, it was not until the marked shift to agrarian communities that the scale and spread of these diseases increased dramatically.

Widespread trade created new opportunities for human and animal interactions that sped up such epidemics. Malaria, tuberculosis, leprosy, influenza, smallpox, and others first appeared during these early years.

The more civilized humans became – with larger cities, more exotic trade routes, and increased contact with different populations of people, animals, and ecosystems – the more likely pandemics would occur.

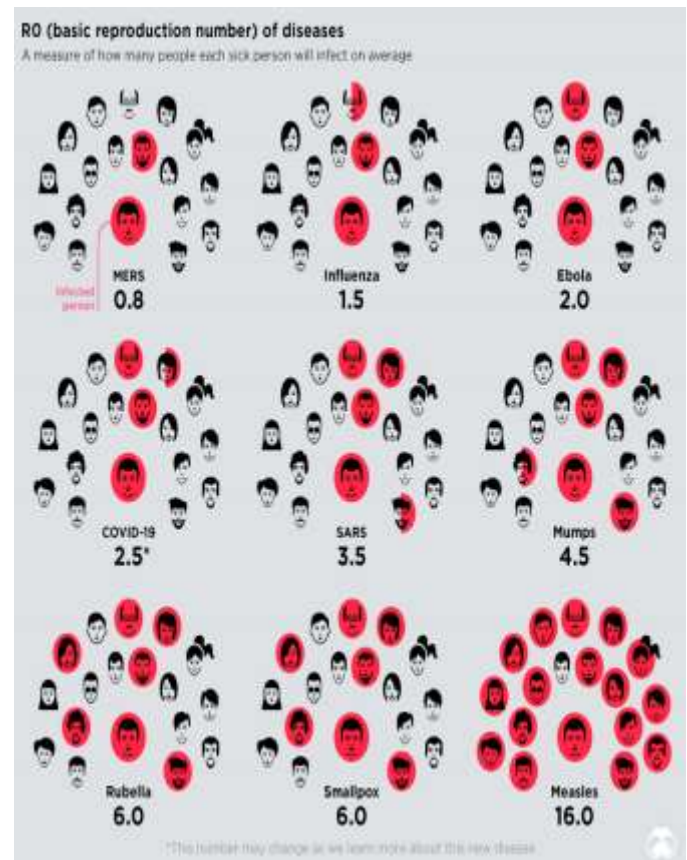
Here are some of the major pandemics that have occurred over time:

Despite the persistence of disease and pandemics throughout history, there's one consistent trend over time – a gradual reduction in the death rate. Healthcare improvements and understanding the factors

that incubate pandemics have been powerful tools in mitigating their impact.

Tracking Infectiousness

Scientists use a basic measure to track the infectiousness of a disease called the reproduction number — also known as R0 or “R naught.” This number tells us how many susceptible people, on average, each sick person will in turn infect.



Measles tops the list, being the most contagious with a R0 range of 12-18. This means a single person can infect, on average, 12 to 18 people in an unvaccinated population.

While measles may be the most virulent, vaccination efforts and herd immunity can curb its spread. The more people are immune to a disease, the less likely it is to proliferate, making vaccinations critical to prevent the resurgence of known and treatable diseases. It's hard to calculate and forecast the true impact of COVID-19, as the outbreak is still ongoing and researchers are still learning about this new form of coronavirus.

Urbanization and the Spread of Disease

We arrive at where we began, with rising global connections and interactions as a driving force behind pandemics. From small hunting and gathering tribes to the metropolis, humanity's reliance on one another has also sparked opportunities for disease to spread.

Urbanization in the developing world is bringing more and more rural residents into denser neighborhoods, while population increases are putting greater pressure on the environment. At the same time, passenger air traffic nearly doubled in the past decade. These macro trends are having a profound impact on the spread of infectious disease.

As organizations and governments around the world ask for citizens to practice social distancing to help reduce the rate of infection, the digital world is allowing people to maintain connections and commerce like never before.

Editor's Note: The COVID-19 pandemic is in its early stages and it is obviously impossible to predict its future impact. This post and infographic are meant to provide historical context.

Published on March 14, 2020

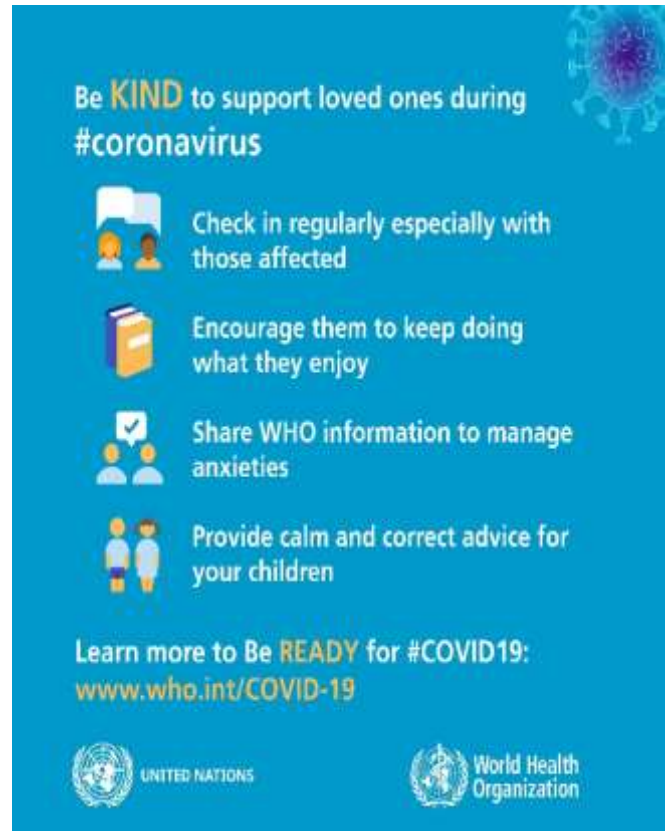
By: Nicholas LePan

UFO SIGHTING?



Governor Pritzker's Stay-at-Home order can have some strange effects on people. As an example, a

friend of mine said that he recently saw a flying saucer. It appeared right after the flying cup that his wife threw at him.



"Kindness is the language which the deaf can hear and the blind can see." ~ Mark Twain

"This quarantine has me realizing why my dog gets so excited about something moving outside, going for walks or car rides. I think I just barked at a squirrel."

~Unknown Action Club Sertoman

Listening to our elected officials during this worst of times,



maybe this should apply!



Action Sertoma Club

SERvice TO MAnkind

It's time for the club to celebrate with our community and those who have distinguished themselves in service to others. **We need to nominate and select a Service to Mankind award recipient.**

Each year we recognize an individual for his or her contributions in Service to Mankind. This coveted award recognizes that special person who has distinguished themselves in service to others and is making a difference in their community. What better way to recognize the accomplishments of others than by nominating someone from our area who is worthy of receiving this prestigious award.

The process is simple. Identify a person that you wish to recognize and compose a nomination describing why you feel that that person qualifies for this award. This person can be any individual except members of Sertoma or their spouses. What we're looking for is a person who has done outstanding volunteer or philanthropic work in their community. Throughout the year, and in particular during these trying times and the scourge of the Coronavirus, many individuals have distinguished themselves in making a difference in their community. This person is the one to identify.

Send your nomination to our club Secretary Ed Kelly at: edpkelly@yahoo.com.

After a selection is made from the submitted nominations, that person and his family will be our guests at a following dinner meeting. At that time, this special person will be recognized and presented with the award.

Let's show our pride in recognizing those that make our communities a better place to live. Be proud to be a Sertoman.



Some Center Fundraising information:

The Centre held a virtual pack-up in place of the Big Sale and raised \$10,000.00. Also, the Centre is planning a virtual Big Event Heroes Cook-Off for May 16th. So far donations have totaled \$60,000.00.

The Centre's Facebook appeal that was called *For the Love of Sertoma* has raised \$10,000.00 to date

A *Giving Tuesday* has been scheduled from now to June 5th. *The Coleman Foundation* will match any donations Sertoma receives during this period.

Additionally, the *Coleman Foundation* has given the Center an unrestricted donation of \$45,000.00 in response to COVID19.

On another note, *The Cruise for a Cause* for this year has been cancelled.

DONATIONS RECEIVED FOR COVID19

Meal Donations for CILA Homes and CMHC Country House Restaurant:

Gift cards from: Meijer, McDonalds, Portillo's, Redbird Café, and Stefani Catering

SERTOMA AND COVID-19



Furniture:

Darvin Furniture, Orland Park,
3 twin beds for CILA Ridgeway home for use
as a recovery house

Games/Activities Dina Raya and friends- games activities For CILA homes:

Sean & Judy Henaghan-Wi Game, with
8+games/controllers, etc. and Board games
Theresa & Tom Beyer-Wi Game with
8+games/controllers, etc.

Lisa Mulcrone and friends-40+ Board Games,
cards & miscellaneous items

PPE Supplies:

Regent (from Houseware Show)- PPE supplies
(masks, sanitizer, wipes, etc.) and Tarrytown
Expocare Pharmacy

Masks: Bonestitch, Janet Conway, Maricela
Flores, Jamie Hubbard, JMI; John Mikulski,
Annie Kane, Lynn Mesirov, Donna O'Keefe,
and Ye family Unique Products and Services

Handmade Letters and Greeting Cards for Consumers:

Mindy Huang, Pat Land and Amanda Orlowski

Financial Donations:

Marathon Sports—Holding a t-shirt fundraiser
for Sertoma and other organizations,
Cash Donations of over \$10,000 and counting
(Primarily from COVID appeal and Virtual
Housewares Sale) and as previously
mentioned above, a grant of \$45,000 from
The Coleman Foundation-COVID-19
Assistance Grant.

Think about this..... With all of the
beauty parlors, barber shops,
tanning shops, and nail salons
closed, it's gonna start to get ugly
out there.

The Executive Committee of Sertoma's National
Board met last night to discuss COVID-19 as
it relates to Sertoma's upcoming National
Convention.

After discussion, we will be following guidance of
local, state, and national authorities. At this time,
neither the Kansas City area nor the state of
Missouri has advised against gatherings of the size
of our convention. We expect attendance to be
under 150, which is well below every governmental
agency's threshold for guidance on canceling. As
that guidance changes, however, we will surely
look at postponing or canceling this event. In the
absence of that guidance, we want to let you know
of the actions we are taking:

- First and most importantly, as a member
organization, our members' safety and comfort are
our **highest** priority. With that in mind, any member
may choose to cancel at any point before the start
of convention with no penalty from Sertoma.
(Please check with hotels and airlines for their own
policies).
- Next, we will ensure the Kauffman Center is
effectively sanitizing nightly, as well as taking our
own extra measures as staff.
- We will also do our best to provide extra supplies
for attendees who wish to sanitize their own areas.
- We will also advise a "no touching" policy at
convention—as hard as it is to avoid hugging your
friends from across the country, please don't do this
at this time!

In the case of club or local events, our advice is the
same: follow the guidance of local, state and
national official statements in considering whether
to go ahead with events or meetings. If you need to

talk it through, don't hesitate to get in touch with me!

We appreciate our members, and we will continue to monitor the situation and communicate any changes to our direction as soon as they come about.

Thank you for all you do for Sertoma!

Aaron Ensinger, CAE

MORE FROM THE CENTRE



Consider donating that "treasure" to our community programs.

We would gratefully accept new or gently used donations you no longer need. As they say, "One man's trash is another man's treasure." See below for a list of items we could use the most. These items are sure to entertain consumers of all abilities! We simply ask that you contact Volunteer Services Manager Adam Harold at 708.730.6208 or aharold@sertomacentre.org before sending items.

- Board Games
- Card Games
- Coloring Books
- Art Supplies
- Craft Supplies
- Lightly Used Books
- DVD's Movies
- Music CDs
- Recreational/Sports Equipment

Gifts are even better when they're from someone who cares.

Let's Create Care Packages for Consumers!

We're looking for volunteers, either as a group or individually, that would like to make care packages for Sertoma Consumers. Our Residential Team provides services to numerous individuals living independently. These consumers are also struggling with boredom and the stress of isolation. If anything is going to brighten their mood, it's going to be a hand-made Care Package by a volunteer friend. Some items we think would be nice to have in a care package are:

- puzzles
- books
- games (for 1-2)
- craft kits
- DVD's
- grocery store gift cards.

We recommend creating gender-neutral care packages. We greatly appreciate your generosity!

Today's Volunteer Spotlight

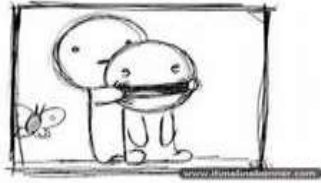


We love Clubs! Here at Sertoma Centre, we have many clubs for consumers to join and explore their interests. Volunteer Pat is one of our Rock Star Club Leaders and hosts the weekly "Book Club." The name aside, this club has grown to be a dynamic, multimedia learning and comprehension collective. In the future, Pat hopes to be able to visit the museums with club members, and we can't wait to see what else this group will do next!

Want to support this club? We're always looking for educational donations. Email Volunteer Services Manager, Adam Harold at harold@sertomacentre.org for more information about donations and club leadership opportunities.

[#volunteerweek2020](#) [#sertomastrong](#)

I CAN ALWAYS MAKE YOU SMILE.



A police officer called the station on his radio. "I have an interesting case here. An old lady shot her husband for stepping on the floor she just mopped."
"Have you arrested the woman?"
"Not yet. The floor's still wet."



I CALLED THE INCONTINENCE HOTLINE...



THEY ASKED, "CAN YOU HOLD PLEASE?"



Stop Making These Coronavirus Mistakes If You're Over 60

1. You're Lying On The Sofa



We find ourselves in such a shocking situation right now, it's easy to just curl

up on the sofa under a blanket. That's you—right? However, for people our age, we need to remember that our metabolism slows by 5% per decade. This means as we age, we need fewer calories and more exercise! You need to get up off the sofa, keep active and restrict your calorie intake.

2. You're Not Going For Walks



You don't have to sweat doing things you hate. All you

need to do is put one foot in front of the other—and walk. It doesn't have to be a huge amount. Dr. Harvey Simon, Associate Professor at Harvard-Affiliated Massachusetts General Hospital, pointed out that people who exercise just 15 minutes a day have an additional 3 years of life expectancy!

3. You Forgot Your Flu Shot

Only 45% of American adults had a flu shot, and this was 6% down on the year before. Experts recommend one annually to all US citizens over the age of 6 months.



4. You Haven't Had Your BMs Examined

You know what? It's time to get real—it's your poo or your life! Here's why. Like all aspects of medicine, prevention is better than cure. And so is early detection.



Bowel cancer can lie undetected for long periods, possibly years, during which it can be successfully treated. You may be completely unaware you have it.

5. You're Depressed, "I Can't Be Bothered"

Is this you? Many older people say they have no energy, no motivation to do anything—even if they do not feel sad. This may be due to depression. Just because you are older does not mean you should be depressed.



Staying at home, especially if you live alone, can only increase feelings of isolation. And we are all in this together now—stuck in the house—with only ourselves for company.

6. You Forgot To Take Your Blood Pressure Medication



Did you know 125,000 US citizens die every year because they did not take their meds correctly? This can have serious consequences. For example, it can lead

to poorly controlled diabetes, poor control of blood pressure, and an increased risk of a heart attack or a stroke.

7. You've Had Another Duvet Day

At the present time, it's very tempting to



just stay in bed. We've stopped setting our alarm clock—what's the point—and we can easily be in bed at midday. People our age are more likely to be retired, or perhaps

working from home. Sleep is a fascinating subject. So often we read about the dangers of insomnia. But just now perhaps we should be focusing on the dangers of too much sleep.

ForseniorsMag
19266 Coastal Hwy Unit 4-696
Rehoboth Beach DE 19971

ONE WAY TO FIND OUT IF YOU ARE OLD IS TO FALL DOWN IN FRONT OF A LOT OF PEOPLE. IF THEY LAUGH, YOU'RE STILL YOUNG. IF THEY PANIC AND START RUNNING TO YOU, YOU'RE OLD.



Meet one of the most interesting Sertomans in the world!



- Ants genuflect when he walks by.
- The dark is afraid of him.
- When he sits on the couch, the TV watches him.
- He once ran a marathon, simply because it was on the way.
- His mother has a tattoo that says "Son".
- He won a lifetime achievement award...twice!
- He has inside jokes with complete strangers.
- When he dances, women come from 50 miles to watch....men come from 100 miles.
- He's fluent in all languages, including three that only he speaks.
- When he was in the Navy, he sailed around the world....in a canoe that he built.
- Panhandlers give him money ; and,
* Two countries went to war to dispute his nationality.

*All of his life, he thought that he was Italian. That was until he got the results of his mail-in DNA test. Results showed that he was mostly Irish. *This is actually true!*





Four Senses Animals Have That Humans Don't

Radar guns, magnetic compasses, and infrared detectors are all man-made inventions that enable humans to stretch beyond the five natural senses of sight, taste, smell, feel, and hearing. But these gadgets are far from original. Evolution equipped some animals with these "extra" senses millions of years before humans evolved.

Echolocation

Toothed whales (a family of marine mammals that includes dolphins), bats, and some ground- and tree-dwelling shrews use echolocation to navigate their surroundings. These animals emit high-frequency sound pulses, either very high-pitched to human ears or completely inaudible, and then detect the echoes produced by those sounds. Special ear and brain adaptations enable these animals to build three-dimensional pictures of their surroundings. Bats, for example, have enlarged ear flaps that gather and direct sound toward their thin, super-sensitive eardrums.

Infrared and Ultraviolet Vision

Rattlesnakes and other pit vipers use their eyes to see during the day, like most other vertebrate animals. But at night, these reptiles employ infrared sensory organs to detect and hunt warm-blooded prey that would otherwise be completely invisible. These infrared "eyes" are cup-like structures that form crude images as infrared radiation hits a heat-sensitive retina. Some animals, including eagles, hedgehogs and shrimp, can also see into the lower reaches of the ultraviolet spectrum.

Human beings are unable to see either infrared or ultraviolet light with the naked eye.

Electric Sense

The omnipresent electric fields produced by some animals function like senses. Electric eels and some species of rays have modified muscle cells that produce electric charges strong enough to shock and sometimes kill their prey. Other fish (including many sharks) use weaker electric fields to help them navigate murky waters, home in on prey or monitor their surroundings. For instance, bony fish (and some frogs) possess "lateral lines" on either side of their bodies, a row of sensory pores in the skin that detect electrical currents in the water.

Magnetic Sense

The flow of molten material in the earth's core and the flow of ions in the earth's atmosphere generate a magnetic field that surrounds the planet. Just as compasses point humans toward magnetic north, animals possessing a magnetic sense can orient themselves in specific directions and navigate long distances. Behavioral studies have revealed that animals as diverse as honey bees, sharks, sea turtles, rays, homing pigeons, migratory birds, tuna, and salmon all have magnetic senses. Unfortunately, the details about how these animals actually sense the earth's magnetic field are not yet known. One clue may be small deposits of magnetite in these animals' nervous systems. These magnet-like crystals align themselves with the earth's magnetic fields and may act like microscopic compass needles.



Coronavirus and Smoking

Certain groups of people are at higher risk of getting seriously sick from COVID-19. If you smoke or vape, you're one of them. That means it's even more

important for you to take steps to protect yourself from the new coronavirus.

Are Smokers More Likely to Get COVID-19?

When you smoke or vape, your fingers touch your lips. This raises the chance that the virus will spread from your hand to your mouth. If you use a smoking product like a water pipe, you may share its mouthpieces or hoses with others. If you use it with someone who's infected, you could get sick, too.

Smoking and vaping can also lower your immunity to respiratory infections. One study even found that e-cigarettes suppress immune cells in your nose. They also destroy the cilia in your lungs. Cilia are tiny, hair-like structures that trap viruses and debris and sweep them out of your airways. They're one of your body's main defenses against infection. When they're damaged, they're less able to prevent the virus from settling into your lungs.

The new coronavirus enters cells in your lungs by binding to things called ACE2 receptors. Researchers found that cigarette smoke increases your ACE2 levels, though it's not clear what effect this might have on your chances of getting COVID-19.



Are Smokers at High Risk of Severe COVID-19 Infections?

If you smoke, you may already have lung problems. They make you more likely to get very sick from COVID-19 as the coronavirus attacks your lungs. When smokers' lungs are exposed to flu or other infections that affect their airways, they can get much sicker than nonsmokers. If your lungs are already damaged, they may not be able to provide you with enough oxygen or to use oxygen the way they should. Damage to the cilia in your lungs

can also make it harder for them to clear out things like mucus.

Smokers are more likely to get serious lung conditions such as pneumonia. They're also at higher risk of a complication called acute respiratory distress syndrome (ARDS), in which fluid builds up in the tiny air sacs in your lungs. This means your lungs can't fill with enough air. Less oxygen gets to your bloodstream and organs. This can lead to organ damage or even death.

One Chinese study of people who had COVID-19 and were hospitalized with pneumonia found that the odds that the disease would get worse were 14 times higher for those with a history of smoking.

People who smoke are more likely to have chronic obstructive pulmonary disease (COPD) and heart and blood vessel disease, which raises their risk of serious complications.

How Can Smokers Lower Their Coronavirus Risk?

Quit smoking and vaping if you can. Active smokers and vapers both may be at higher risk of health problems from the virus. Experts aren't sure whether former smokers or vapers are more likely to get COVID-19 than those who never smoked.

WebMD Medical Reference Reviewed by Arefa Cassoobhoy, MD, MPH on April 27, 2020

Which blood pressure number is important?



Q. When I am monitoring my blood pressure, which number is most important — top, bottom, or both?

A. While both numbers in a blood pressure reading are essential for diagnosing and treating high blood pressure, doctors primarily focus on the top number, also known as systolic pressure.

Systolic pressure reflects the force produced by the heart when it pumps blood out to the body, while diastolic blood pressure (the bottom number) is the pressure in your blood vessels when the heart is at rest.

Over the years, research has found that both numbers are equally important in monitoring heart health. However, most studies show a greater risk of stroke and heart disease related to higher systolic pressures compared with elevated diastolic pressures. That's especially true in people ages 50 and older, which is why doctors tend to monitor the top number more closely. The reason for the difference in risk may be related to the force put on the arteries when blood rushes out of the heart.

The American Heart Association now defines high blood pressure as 130/80 mm Hg or higher. The new guidelines recommend you check your blood pressure often, ideally with a home monitor, to help your doctor determine if you need to make lifestyle changes, begin medication, or alter your current therapy.

— by Howard LeWine, M.D.
Editor in Chief, *Harvard Men's Health Watch*



MARIJUANA IS A NO NO FOR PETS!!!

With the legalization of marijuana in effect since this past January, it might not occur to anyone to ponder what it may do to animals if they are exposed to it. The answer is: it's not good for them. The Chicago Tribune, (January

19, 2020, Life & Travel, Section 6) recently dedicated a good part of a page, quoting veterinarians and the Schaumburg-based American Veterinary Medical Association, to point out that marijuana is harmful to pets. **To summarize the article, an edible with pot in it is poisonous.** A snoot full of second-hand marijuana smoke is bad, too. The Tribune article also warned to be on the lookout for any item your dog may find to eat during walks. It could contain marijuana. Some symptoms of ingestion or exposure might be vomiting, loss of balance, seizures, dribbling urine, eye dilation. An immediate call to a vet should be made if any of these symptoms occur or if you know an animal has ingested any pot.



MEET MORE OF THE TEAM AT THE SERTOMA CENTRE



Sarah Wiemeyer
Director of Community
Mental Health and
Counseling

Sarah began her career at Sertoma Centre in 2014. She provides oversight, administration and leadership for the continued growth and development of the Community Mental Health and Counseling programs (CMHC). Sarah is a

licensed clinical professional counselor and a board-certified music therapist. She has been providing professional mental health services since 2001. She earned a Doctorate of Psychology with a specialization in Mental Health Administration from Ashford University. She earned a Master's degree in Professional Counseling from Argosy University (Illinois School for Professional Psychology), and a Bachelor's degree of Music in Music Therapy from the University of Evansville.

Reach Sarah at swiemeyer@sertomacentre.org



Gia Washington
Manager of Community Development

Gia has been with Sertoma Centre since 2010. Gia is a skilled Mental Health Educator and Counselor with

extensive experience in group and individual counseling, and in training diverse populations. She designs and facilitates trainings on topics related to mental health, and she develops and maintains relationships with local schools, colleges, universities, health care providers, religious organizations, police departments, community clubs and social service providers to furnish prevention education, and to develop job opportunities. She earned a Master's degree in Counseling Psychology from Southern California Seminary and a Bachelor's degree in Business Administration from the University of Illinois Urbana-Champaign, 1991.

Reach Gia @ gWASHINGTON@sertomacentre.org



He must have known about the *Economic Impact Payments*, aka *Stimulus Checks*, that the IRS is sending out. Hope you got one!

Speaking of the *Stimulus Checks*, be aware of those that are trying to scam you out of your check. We all know that these SOB's (and I don't mean Sweet Old Bob) are out there preying on the elderly and others. In my humble opinion, if caught, no punishment is too good for them. They are parasites and deserve to be treated as such; but, I digress. Look below for some info.

"There is nothing government can give you that it hasn't taken from you in the first place." ~ Winston Churchill



Here are **5 things** you can do to avoid a Coronavirus scam:

- 

Ignore offers for vaccinations and home test kits.
 Scammers are selling products to treat or prevent COVID-19 without proof that they work.
- 

Hang up on robocalls.
 Scammers use illegal sales call to get your money and your personal information.
- 

Watch out for phishing emails and text messages.
 Don't click on links in emails or texts you didn't expect.
- 

Research before you donate.
 Don't let anyone rush you into making a donation. Get tips on donating wisely at ftc.gov/charity.
- 

Stay in the know.
 Go to ftc.gov/coronavirus for the latest information on scams. Sign up to get FTC's alerts at ftc.gov/subscribe.

SOME ANIMALS THAT MATE FOR LIFE Now here's something interesting.....



Ah, lovebirds. When it comes to fidelity, lovebirds could write the book.

When it comes to bonding for life, we humans may think we have it all figured out, but it turns out our animal friends might be able to teach us a thing or two about fidelity.

True monogamy is rare in the animal kingdom, but it does exist among certain species. It's unclear whether or not these animals feel "love" for their partners in the same way that humans do, but it is clear that for many species, forming a lifetime pair bond is as much about survival of the species as it is about having someone to help build your nest and keep your feathers clean.

No matter the reason for their monogamy, we humans can learn a lot from the dedication shown by several animal species to their mates.

Here are just a few of a number of examples from life, other than human, that might tend to make us a bit envious of their ability to love. Can't list them all, so let's go with this grouping.

Let's start with Swans. Everybody loves swans for their beauty and elegance. Here's another reason to get all warm and fuzzy about them.

Swans - Symbols of True Love



Two swans touching beaks—it's the universal symbol of true love in the animal kingdom. And as it turns out, it really does indicate true love—or at least that's what humans would call it. Swans form monogamous pair bonds that last for many years, and in some cases these bonds can last for life.

Romantic? Sure, but swan pairs are more a matter of survival than love. When you factor in the amount of time swans need to migrate, establish territories, incubate, and raise their young, it makes sense that they wouldn't want to waste any extra time attracting a new mate.

Wolves - Loyal for Life



These sly old dogs are not as independent as you might think. Lone wolf stereotypes aside, most wolf "families" consist of a male, a female, and their pups. Just like a human family.

Alpha males share dominance within the pack with their alpha female, except during mating season, when the alpha female is in charge.

Albatross - Always Faithful



Many bird species mate for life, but albatross take things up a notch by learning advanced moves to keep the romance alive with their mate. From a young age, albatrosses learn how to woo their mates using an elaborate system of preening, pointing, rattling, bowing, and dancing. They may try these moves out with many partners, but once they pick "the one," they are faithful mates for life.

and my personal favorite:

Termites - A Family Affair



When one thinks of faithful animal couples, one doesn't usually call to mind termites, but that's just what they are. Unlike ants, where the queen mates once with a male or several males before their death, termite queens mate with one termite "king" throughout their lives. Thus, entire termite colonies are really just a mom dad and thousands of their offspring. Awww...

Isn't that touching? You know what else is touching? How about Action Sertoma Club members that are in the same category.



Let's give a round of applause for our very own love birds who have been married 50+ years:

- Ed & Gladys Fioretti 64 years
- Joe & Kathy Varanauski 62 years
- Bill & Pauline Kamholz 61 years
- Gene & Helen Esposito 60 years
- Ed & Diane Kelly 52 years

ACTION SERTOMA CLUB MEMBER NEWS

Jo Anne Cano tells us:

- I'm an essential worker in a bank. I'm still able to go to work but on a decreased schedule. In my spare time I am sewing masks. I love to see so that's the least I can do to help out. I've donated many to U of C medical center in Orland Park. I'm out of elastic right now so I'm at a standstill. I have some elastic ordered but it's on backorder until June. I might try using large rubber bands.

Hope all is well with all members and I'm happy to report I am healthy and keeping social distance as required.

Dom and Terri Porto let us know that:

Dom & I are doing well over here. Work is not much different for us. We have some customers who are struggling and some who are very busy. When we're not working, we're trying to work on our outside projects, like our yardwork and gardens, weather permitting. New news for us is that our 3rd grandchild was born on April 12, Aiden Arthur Zabinski. He is Jess & Brad's new son. Jess had an emergency C section on Sunday, so it was a stressful 24 hours, but our daughter and grandson are both doing well. Aiden will be spending some time in the NICU unit until he gets stronger. We're continuing our prayers that he gains strength each day and gets to go home to his parents and big sister soon. Everyone stay safe!

Bob Scott says:

I did want to let you know that we did have a family get together Easter Sunday for about 45 minutes via Zoom. We actually were able to see and talk with family members from Indiana to Texas. It wasn't as good as seeing the family in person, but it was the next best thing. I never realized just how much I enjoy and value the Action Club and the friendships we have within this group, until this past month of not seeing the members.

I hope we are back to normal soon.

Take care & God bless

Bob and Yvonne Clifford tell us:

Yvonne and I walk our dogs every day and take them to the tennis courts and let them run wild. They absolutely love it. In addition to binge watching TV, I've been doing some reading. I'm currently reading "John Adams Under Fire...The Founding Father's Fight for Justice in the Boston Massacre Murder Trial." It goes well with a Sam Adams beer!

Yvonne has been helping her 92-year-old mother to get through the day, painting and making PPE masks from some extra fabric that was laying around. She's a regular mask making machine.

On a more somber note, Yvonne lost her cousin, Frank, to the Coronavirus. He owned the *Shrimp House* on Archer Ave.in Chicago for many years. Also, we were saddened with news that the wife of a very dear friend of ours was taken, again due to the Coronavirus.

I turn 70 on April 26th. It reminds me of another Mark Twain quote. "Age is an issue of mind over matter. If you don't mind, it doesn't matter."

Please send me your news, good or bad, happy or sad, boring or not, so that your fellow Sertomans can know what's going on with our club members.

Birthdays & Anniversaries



- May 2 Tony Casale
- May 5 Paul Ashack
- May 11 JoAnne Cano
- May 18 Linda Welsh
- May 25 Dan Langel



- May 1 Paul Ashack 22 years
- May 1 Jay Farquhar 2 years
- May 1 John Parker 27 years
- May 5 Daniel K. Letizia 5 years
- May 5 Brian Letizia 5 years
- May 11 Ed Kelly 9 years

SAVE THE DATE



**ACTION
SERTOMA
CLUB
2020**



**ACTION SERTOMA CLUB
MAY 5TH DINNER MEETING
IS CANCELLED!!!**

SATURDAY, MAY 16TH

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

115 Bourbon St., 3359 W 115th St.,
Merrionette Park, IL

Contact: Adam, Service Manager
708-730-6208

email: aharold@sertomacentre.org

WEDNESDAY, JULY 15TH

**ACTION SERTOMA'S 20TH ANNUAL
GOLF OUTING – SEE ATTACHED**

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

Silver Lake Country Club, Orland Park, IL

Pricing and further details available soon on
website

<http://:actionsertoma.org>

FRIDAY, OCTOBER 16TH

ACTION SERTOMA ROCKTOBERFEST

Plan for an evening of music, raffles, games
and fun!

6:30 pm Doors Open

7:00-8:30 pm Buffet Served

7:00-10:30 pm Raffles and fun

9:00 pm - Midnight Entertainment/dancing

Admission: TBD

<https://www.actionsertoma.org>

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

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, May, 5th at 5 PM. If a teleconference is to take place, I'll send out directions with call in information on Monday, May, 4th.
D.J. Fioretti
President
Action Sertoma



ACTION SERTOMA DONATIONS

Sertoma Centre:	\$10,000
Sertoma Speech and Hearing:	\$10,000
Danielle Smith:	\$500.00
St. Odilo Catholic Church:	\$500.00
Oak Forest High School:	\$500.00
David Conaway:	\$1,000
Crisis Center South Suburbia:	\$2,000
Together We Cope:	\$1,500
New Star:	\$2,000
Respond Now:	\$2,000

When this is all over and we're back to some semblance of normalcy, then



DINNER MEETING

**1st TUESDAY OF THE MONTH
at CAPRI RISTORANTE ITALIANO**

12307 S. HARLEM AVE.

PALOS HEIGHTS, IL 60463

6:00 PM COCKTAILS - 6:30 PM DINNER

Make sure to join us for nice Italian style dinner and catch up on the latest Action Sertoma doings.



**LAST TUESDAY OF THE MONTH
at the SERTOMA CENTRE**

4100 W. 127TH STREET, ALSIP, IL

6:00 p.m. until 7:30-8:00 p.m.

As always, a delicious dinner will be served by one of the board members.



- CHAIRPERSON: BOB SCOTT**
- PRESIDENT: DENNIS FIORETTI**
- VP SPONSORSHIP: JOE RACINE, JR.**
- VP MEMBERSHIP: EILEEN CLANCY**
- VP SOCIAL: STEPHEN REILLY**
- TREASURER: JOHN PARKER**
- SECRETARY: ED KELLY**
- SERTEEN CLUB: ANITA FLASSIG**
- PUBLICITY: CONNIE BARRERA**
- NEWSLETTER EDITOR: BOB CLIFFORD**

- DIRECTORS:**
 - ED FIORETTI,**
 - BILL KAMHOLZ**
 - KRISTINE KALNINS**
 - CHAS LAZZARA**
 - CHRIS OBBAGY**
 - DOM PORTO**
 - JOE RACINE, SR.**

SERTOMA BOARD MEMBERS

- CENTRE:**
 - Bob Scott**
 - Dan Letizia**
 - Chris Obaggy**
- FOUNDATION:**
 - Ed Kelly**
 - Glen Bylina**

Until next time.....



ESPO Engineering presents Action Sertoma Cares!

20th Annual Golf Outing



Wednesday, July 15, 2020

Silver Lake Country Club
14700 South 82nd Avenue
Orland Park, Illinois

7:30 - 8:30 Registration
9:00 a.m. Shotgun Start, Best Ball Format



\$140 per person before July 1st
\$540 per foursome before July 1st

\$150 per person after July 1st
\$580 per foursome after July 1st

Includes greens fee, cart, lunch and steak dinner and a game card featuring a chance to win a trip to Las Vegas

We are currently seeking sponsors and silent auction prizes.

www.actionsertoma.org

Please consider helping Sertoma by purchasing a sponsorship:

- Gold.....\$4,000.00
• "Event Naming" for your business and included in all marketing materials
• Banner displaying your company name
• 2 foursomes for Golf
• 2 Hole Sponsorship signs
• Beer Cart Sponsorship
• 20 Raffle Tickets
• Plus a free ad and table of ten for the "Rocktoberfest"

- Silver.....\$2,500.00
• 2 Banners displaying your company name
• 1 foursome for Golf
• 1 Hole Sponsorship sign
• 10 Raffle tickets
• Beer Cart Sponsorship signs
• Five tickets for "Rocktoberfest"

- Golf Cart Sponsor..... \$1,500.00
• Signage on all golf carts plus foursome

- Beer Cart Sponsorship.....\$400.00
• Includes signage on all beer carts

- Dinner Sponsorship.....\$250.00
• Includes signage at dinner

- Hole Sponsorship.....\$150.00
• Includes signage at your hole

Please make all checks payable to Action Sertoma

Send with registration form and your check to:
Action Sertoma
P.O. Box 164
Oak Forest, IL 60452 or

REGISTER AND PAY ONLINE @
WWW.ACTIONSERTO.ORG

Or contact:

Bob Scott 708-922-9450 (phone)
Bob@rs-abc.com

D.J. Fioretti 708-945-8085 (phone)
Dfioretti@sandlerpartners.com

Rick Laskie 708-878-2822
Ricklaskie@gmail.com

I will make a silent auction prize or door prize donation. Please call Kristine @ 708-243-1943

Please reserve _____ tickets for Golf & Dinner @ \$140 per person or \$540 per foursome

\$150 per person/\$580 per foursome after July 1st

Company or Individual

Address

Phone

E-mail address: _____

Golfer # 1: _____

Golfer #2: _____

Golfer #3: _____

Golfer #4: _____

Reservation total cost: \$ _____

Write hand and game card covers all games on the course @ \$30.00 \$ _____

Sponsorships:

___ Gold @ \$4,000

___ Silver @ \$2,500

___ Golf Cart Sponsorship @ \$1,500

___ Beer Cart Sponsorship @ \$400

___ Dinner Sponsorship @ \$250

___ Hole Sponsorship @ \$150

___ Dinner only @ \$40

I cannot attend. Please accept my donation of \$ _____

Sponsorship Total Cost: \$ _____

TOTAL ENCLOSED: \$ _____

Credit Card: Visa Master Card American Express

Card number: _____ CSC # _____

Name: _____ Expiration _____

Billing Address: _____

City: _____ State: _____ Zip Code: _____

