



ACTION SERTOMA

NEWSLETTER

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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



Please forgive me!! I deserve to be caned. I forgot to send all of our mothers a Mother's Day greeting.





Dear Sertomans:

Monday night, the Sertoma Board of Directors held a conference call to discuss the upcoming National Convention. The health and safety of our members is our highest priority. In addition, it's highly likely that local guidelines will not allow gatherings of our size. As a result, we have decided not to hold an in-person convention in 2020. Sertoma staff will issue refunds for all registrations to this point. Please call the InterContinental Hotel at (855) 516-1093 to cancel your reservations.

However, we are excited to announce that we will instead be holding a Virtual Convention on Saturday, August 15th. Our virtual event will have everything you'd see in a face to face event: business sessions, training, and of course, some room for fun and socializing.

Look for information on how to register for this free event soon.

While we'll miss being together in person, we're looking forward to bringing convention to a wider audience than ever. We hope to see even more Sertomans at convention this year!

Yours,

John Kelly
CAE
National President

Aaron Ensminger,
Executive Director



Restore Illinois

On Wednesday, May 11th, Governor J.B. Pritzker announced *Restore Illinois*. The Illinois Department of Public Health (IDPH) has 11 Emergency Medical Services Regions that have traditionally guided its statewide public health work and will continue to inform this reopening plan. For the purposes of this plan, from those 11, four health regions are established, each with the ability to independently move through a phased approach: Northeast Illinois; North-Central Illinois; Central Illinois; and Southern Illinois. Restore Illinois is about saving lives and livelihoods. The five-phased plan will reopen our state, guided by health metrics and with distinct business, education, and recreation activities characterizing each phase. This is an initial framework that will likely be updates as research and science develop and as the potential for treatments or vaccines is realized. The plan is based upon regional healthcare availability, and it recognizes the distinct impact COVID-19 has had on different regions of our state as well as regional variations in hospital capacity. To view the full *Restore Illinois* Plan go to:

<https://coronavirus.illinois.gov/s/>.



The five phases for each health region are as follows:

Phase 1 – Rapid Spread: The rate of infection among those tested and the number of patients admitted to the hospital is high or rapidly increasing. Strict stay at home and social distancing guidelines are put in place and only essential businesses remain open. Every region has experienced this phase once already, and could return to it if mitigation efforts are unsuccessful.

Phase 2 – Flattening: The rate of infection among those tested and the number of patients admitted to the hospital beds and ICU beds increases at an ever-slower rate, moving toward a flat and even a downward trajectory. Nonessential retail stores reopen for curbside pickup and delivery. Illinoisans are directed to wear a face covering when outside the home and can begin enjoying additional outdoor activities like golf, boating and fishing while practicing social distancing. To varying degrees, every region is experiencing flattening as of early May.

Phase 3 – Recovery: The rate of infection among those surveillance tested, the number

of patients admitted to the hospital, and the number of patients needing ICU beds is stable or declining. Manufacturing, offices, retail, barbershops and salons can reopen to the public with capacity and other limits and safety precautions. Gatherings limited to 10 people or fewer are allowed. Face coverings and social distancing are the norm.

Phase 4 – Revitalization: The rate of infection among those surveillance tested and the number of patients admitted to the hospital continues to decline. Gatherings of 50 people or fewer are allowed, restaurants and bars reopen, travel resumes, child care and schools reopen under guidance from the Illinois Department of Public Health. Face coverings and social distancing are the norm.

Phase 5 – Illinois Restored: With a vaccine or highly effective treatment widely available or the elimination of any new cases over a sustained period, the economy fully reopens with safety precautions continuing. Conventions, festivals and large events are permitted, and all businesses, schools and places of recreation can open with new safety guidance and procedures in place reflecting the lessons learned during the COVID-19 pandemic. Until COVID-19 is defeated, this plan also recognizes that just as health metrics will tell us it is safe to move forward, health metrics may also tell us to return to a prior phase. With a vaccine or highly effective treatment not yet available, IDPH will be closely monitoring key metrics to immediately identify trends in cases and hospitalizations to determine whether a return to a prior phase may become necessary. All public health criteria included in this document are subject to change. As research and data on this novel coronavirus continue to develop, this plan can and will be updated to reflect the latest science and data.

RESTORE ILLINOIS

A Public Health Approach To Safely Reopen Our State

Phase 1 Rapid Spread	Phase 2 Flattening	Phase 3 Recovery	Phase 4 Revitalization	Phase 5 Illinois Restored
<p>Strict stay at home and social distancing guidelines are put in place, and only essential businesses remain open.</p> <p>Every region has experienced this phase once already and could return to it if mitigation efforts are unsuccessful.</p>	<p>Non-essential retail stores reopen for curb-side pickup and delivery.</p> <p>Illinoisans are directed to wear a face covering when outside the home and can begin enjoying additional outdoor activities like golf, boating & fishing while practicing social distancing.</p>	<p>Manufacturing, offices, retail, barbershops and salons can reopen to the public with capacity and other limits and safety precautions.</p> <p>Gatherings of 10 people or fewer are allowed.</p> <p>Face coverings and social distancing are the norm.</p>	<p>Gatherings of 50 people or fewer are allowed, restaurants and bars reopen, travel resumes, child care and schools reopen under guidance from the Illinois Department of Public Health.</p> <p>Face coverings and social distancing are the norm.</p>	<p>The economy fully reopens with safety precautions continuing.</p> <p>Conventions, festivals and large events are permitted, and all businesses, schools and places of recreation can open with new safety guidance and procedures.</p>



***CORONAVIRUS COVID-19 STATS:**

WORLDWIDE: Cases: 5.44 M Deaths: 345 K
USA: Cases: 1.68 M Deaths: 98,169

ILLINOIS: Cases: 108 K Deaths: 4,856
COOK CNTY.: Cases: 63,690 Deaths: 2,889
CHICAGO: Cases: 42,372 Deaths: 1,940

* Stats are from the IDPH website from May 25th
<https://dph.illinois.gov/covid19>

CORONAVIRUS/COVID-19 WEBSITES

Here are some useful websites where you can obtain updated information and stats.



CENTERS FOR DISEASE CONTROL AND PREVENTION

<https://www.cdc.gov>



UNITED STATES GOVERNMENT

<https://www.usa.gov/coronavirus>



U.S. DEPARTMENT of STATE

U.S. DEPT. OF STATE

<https://travel.state.gov>



WORLD HEALTH ORG.

<https://www.who.int/>



ILLINOIS DEPARTMENT OF PUBLIC HEALTH

<https://dph.illinois.gov/covid19>



Cook County DEPT. of Public Health

COOK COUNTY PUBLIC HEALTH

Promoting health. Preventing disease. Protecting you.

<https://www.cookcountypublichealth.org>



FDA

<https://www.fda.gov/>



National Institutes of Health
Turning Discovery Into Health

<https://www.nihfda.gov/>

Does having had a pneumonia shot help prevent infection with coronavirus?



ANSWER: There's no vaccine currently available to protect you from the virus that causes COVID-19.

The pneumonia shot, also known as the pneumococcal vaccine, guards

against one of the most common causes of bacterial pneumonia. If you get sick with this type of pneumonia, you could be more vulnerable to COVID-19.

Vaccines are also available for these other causes of pneumonia like the flu, whooping cough, Haemophilus influenzae type B (Hib), measles, and chickenpox. Ask your doctor which vaccines are appropriate for you.

HOW LONG DO CORONAVIRUSES* LIVE ON SURFACES?

SURFACE	EXAMPLES	DAYS OR HOURS
Metal	Doorknobs, Jewelry, Silverware	5 days
Glass	Drinking glasses, Mirrors, Windows	Up to 5 days
Ceramics	Dishes, Pottery, Mugs	5 days
Paper	Newspaper, Magazines	Up to 5 days
Wood	Furniture, Decking	4 days
Plastics	Milk bottles, Bus seats, Elevator buttons	2-3 days
Stainless Steel	Refrigerators, Pots/pans, Sinks, Water bottles	2-3 days
Cardboard	Shipping boxes	1 day
Aluminum	Soda cans, Tinfoil, Water bottles	2-8 hours
Copper	Pennies, Teakettles, Cookware	4 hours

*The Centers for Disease Control and Prevention has always warned that "it may be possible" to become infected with coronavirus by touching contaminated surfaces or objects.

It just "does not spread easily" in that manner, the agency says, nor by animal-to-human contact or vice versa.

"Many people were concerned that by simply touching an object they may get coronavirus, and that's simply not the case. Even when a virus may stay on a surface, it doesn't mean that it's actually infectious," Whyte said. "I think this new guideline helps people understand more about what does and doesn't increase risk. It doesn't mean we stop washing hands and disinfecting surfaces. It does allow us to be practical and realistic as we try to return to a sense of normalcy."

Sources: CDC, FDA, Medical

***This information is**

Review: Brunilda Nazario, MD, 03/24/2020.
for your reference only and is changing constantly.

6 Essentials for an Effective Face Mask



At some point, all of us will have to leave our homes and venture into public places. For now, it may be the grocery store or the doctor's office, but later as social distancing measures slowly ease, we may actually be able to get a haircut or return to the office for work. The new normal will be different – seating will be spaced far apart, there will be plenty of clear barriers to protect workers, and you will likely be wearing a face mask.

In many places, you are already required to wear a cloth face covering, and it makes good sense. According to Dr. Anthony Fauci between 25% to 50% of people can be infectious and spread the virus without symptoms. It is easily transmitted by respiratory droplets simply by speaking or laughing, along with coughing or sneezing.

Of course, a cloth face mask is not foolproof protection from COVID-19, but it is much better than no mask. It is another important layer to physical distancing when used in combination with 6 foot spacing from others and hand hygiene. Unfortunately, there aren't enough N95 or other medical masks in the U.S. for everyone. We need to save those masks for people on the frontline caring for those sick with COVID-19.

Not surprisingly, the cloth face mask market is increasing exponentially to meet demand, and the science behind what makes a good cloth face mask is inching along slowly. It is difficult to know what qualities to prioritize when searching for a face mask.

Here is what we know about what makes a good cloth face mask:

Sew or no-sew: Either sew or no-sew options are fine when used correctly. Do what's reasonable for you. If you're in a rush, go with a no-sew option. If you're crafty, make your own mask at home. Or, order your masks locally or online. Choose mask designs recommended by reliable sources like the CDC. Another option is to check your local hospital's website. Many are posting patterns with precise instructions to make masks they'll accept as donations.

Fabric: The best cloth masks will use at least 2 layers of a tightly woven cotton fabric. Look for a high thread count. This acts as a filter blocking respiratory droplets while still allowing you to breathe comfortably.

Filter: Some will have a space to slip in a filter for an added layer of protection. The CDC recommends adding coffee filters to homemade masks. Online I've seen many filter options pop-up as people experiment with products in their home. These include cutouts from reusable fabric grocery bags made of polypropylene non-woven fibers, nylon fabric from pantyhose, paper towels, kitchen towels, bra pads, denim, and canvas to name a few.

We do not have much science to go on, so common sense is critical here. Is the filter worth adding when you consider safety and usability? The filter needs to be dense enough to block tiny, moist particles while also being breathable and comfortable. Are you inadvertently breathing something toxic? For example, some HEPA (high-efficiency particulate air) filters can have fiberglass, which would be very dangerous to inhale. Definitely do your own research to keep up with new information.

Fit: You need to be able to breathe comfortably with the mask on so that you do not have to slip it off while you're in public to take a breath. The face mask must have a snug fit from nose to under the chin and back towards the ears. It's useless if there are gaps that allow the air in. There are face masks available that come in different sizes. If you feel like you can't breathe comfortably with your mask, don't use it, and talk to your doctor about other face covering options.

Ease of use: Once you find a face mask you like, it's only as good as how you use it. Make sure you can easily untie or remove the loops from your face and pull the mask away from your face without being contaminated by touching the front of the mask. Infinity scarves are not a good option for masks because they're difficult to cleanly take on and off.

Plan your outings knowing you should not slip the mask on and off to eat or talk on the phone. If you're exercising outdoors, you may not be able to tolerate a mask when you breathe hard. In that case, choose your exercise location carefully to make sure you can keep a physical distance from others and be safe.

Durability: You will need to wash the cloth mask after each use, so look for reviews online that comment on the masks wear and tear. If the mask loses shape, you will not be able to use it. If you are adding a filter, cleaning it will depend on what kind of filter you use. A coffee filter should be thrown away after each use. Also, the fabric should be pre-washed so that you don't need to worry about shrinkage.

When you wear a cloth face mask, it shows you care about your own health and the health of others. It signals to others to be respectful of physical distancing measures and keep a 6-foot distance from you. A cloth face covering is also a subtle reminder that the professional masks are for those on the front line. With all the cool colors and patterns out now, you can even make it a style statement.

By WebMD/ AREFA CASSOUBHOY, MD, MPH Board-certified internist/MAY 07, 2020



**Not a
good
mask!!!**



How Stepping Outside

Could Change Your Day

WebMD Blog/Seth J. Gillihan, PhD clinical Psychologist
February 25, 2020

When my three young kids are at each other's throats, sending them outside to play is one of the most reliable ways to make the fighting stop. There's something about being outdoors that makes kids more agreeable—not always, but often.

Going outside can have similar benefits for adults. I've found that even a quick trip to take out the trash can improve my state of heart and mind, as I breathe in the fresh air and look up at the sky. Whether I'm feeling stressed, gloomy, or restless, my mood generally improves the minute I set foot out the door.

What is it about being in the great outdoors that can have such a powerful effect on our well-being?

Stress Reduction

Research has shown that being outside activates the calming part of the nervous system, and quiets the fight-flight-or-freeze stress response. You can often feel this effect with the first breath you take outside: Your shoulders relax, your mind clears, and things just seem *lighter*. We can take our stress with us when we're outside, of course, but it's easier to let it go.

Action Step: When you're stuck with difficult emotions, spend a few minutes outside. Focus on your senses or on an activity, rather than trying to change your mood, and see what happens.

Broadened Perspective

Staying indoors can put us in a small frame of mind. Like goldfish who grow to match the size of their container, our imaginations can be limited by the size of a room and height of the ceiling. It

can be especially easy to focus narrowly on our imagined problems, like seeing them through a telescope, as we ignore everything else.

Stepping outside expands our point of view. We're reminded that the problems we mistook for all of reality are but a speck on a speck in the vastness of the universe. We regain a rightful sense of scope and perspective.

Action Step: Step outside and look up at the sky. Notice what's happening with this particular sky at this particular time—the color, the light, the clouds or stars. Be reminded that there's a whole universe that you're a part of, that goes on pretty much the same with or without you.

Technology Break

When we're inside, we're almost always in close proximity to a computer, phone, or tablet. The first hint of boredom will compel us to reach for our phones, which stops the boredom but does little for our long-term well-being. While digital devices promise to deliver the world at our fingertips, in reality they shrink our universe to the size of a two-dimensional screen.

Going outside can offer a break from screens (provided you leave them behind, of course). Most of us feel a jolt of uneasiness at the thought of venturing anywhere without our phone, and if we move through that initial reaction, we usually find a great sense of relief on the other side.

Action Step: Go for a walk without your phone. See what you notice that you usually miss when you're looking at a screen.

Connection to Others

Going outside often opens the possibility of having positive social interactions, like with your neighbors, which can provide a mood boost. There's also a different quality of connection with the people you live with when you're outdoors—especially when you're walking side by side. The simple act of moving through the world shoulder to shoulder embodies a sense of togetherness. Walking together also tends to change the quality of the conversation, versus sitting together inside.

Action Step: Go on a walk or with someone you live with.

Renewed Spirit

Being surrounded by human-made things eventually is exhausting, and the deepest part of you—your spirit—longs for the outdoors. We're often not aware of this longing until we step outside, like not realizing we're famished until we start to eat.

Your spirit resonates with the outdoors, in a way that's easier to sense than to describe. There is something that feels true and right about being outside, as though the core of your being recognizes itself in the natural world.

Action Step: Stand outside with your hands at your sides. Feel your feet on the ground. Look around and take in what you see. Feel the air as it fills your lungs. Notice what it's like to be a living being in this world.

If you spend most of your time indoors, find a way each day to be outside. It doesn't have to be for hours on end—just spend a few minutes between activities, or when you need to clear your head. Invite others to join you, if possible. See what happens as you make outdoor time a daily habit.



Rain, Rain, Go Away. . .

"If I knew it was going to rain this much, I would have built an ark. Need an ark? I Noah guy." Pretty funny, huh?

Well, it's not so funny for all of us living in the greater Chicagoland area. With nearly two weeks remaining in the month, Chicago broke the record Tuesday for the wettest May in history thanks to a series of heavy rainfall events.

According to data from the National Weather Service, about 8 inches of rain fell over Chicago from last Thursday May, 14th, to Sunday, May 17th, marking the 4th wettest four day stretch in the city's recorded weather history, which goes back to 1871. Chicago's O'Hare International Airport has reported 8.3 inches of rain thus far this month, making this the wettest May since record keeping began in the 1950s.



Andy Avalos
@AndyAvalosNBC5

Andy said "Records are made to be broken, but three years in a row? That's exactly what has happened as we have set then exceeded new rainfall totals for each month of May over the past three years. We still have almost two weeks to go, so we will add to this new record."

The all-time record hasn't exactly stood for very long. According to NBC Storm Team 5, the record was set in 2019, with 8.25 inches of rain falling during the month. May 2018 was another record-setting month, with 8.21 inches of rain, meaning this marks the third consecutive year that the monthly rain record has been broken.



In Chicago, the intense flooding sent the Chicago River to its highest levels in 60 years. The flow of the Chicago River was reversed on Sunday after torrential rains caused flooding of low-lying areas, including Lower Wacker Drive

and the Chicago Riverwalk. The Willis Tower was hard hit after the record-setting rain led to extensive flooding resulting in it being without power. Willis Tower was closed to tenants and visitors after losing power early Monday, May 18th, after electricity at the building was shut down because of the flooding. It remained closed Tuesday, May 19th.

Many roads were closed across the area and for the second time in a week, the Metropolitan Water Reclamation District discharged water into Lake Michigan to minimize flooding.

Sadly, flooding in other areas has been quite devastating. About 10,000 residents were evacuated in Michigan after two dams, Edenville and Sanford, collapsed following days of heavy rain. The area residents were told "to get somewhere safe, now" by Michigan's Governor, Gretchen Whitmer. She added that downtown Midland, a city of 42,000, could be under nine feet of water by Wednesday.

We wish all of those who have been impacted by this horrendous flooding well, and will keep them in our thoughts and prayers.

VIRTUAL TOURS FROM THE COMFORT OF YOUR OWN HOME

Many museums and cultural institutions around the world are inspiring people to stay curious and occupied by offering free virtual tours, exhibits, videos, and performances for people to enjoy from their homes. You can (digitally) take a walk through Main Street in Disney World's Magic Kingdom, view art from renowned names like Picasso, Dalí, and Vincent van Gogh, or relax by watching the sunset off the Cliffs of Moher in Ireland.



1. US NATIONAL PARKS FROM THE BADLANDS TO YELLOWSTONE.

Google Earth and Google Arts & Culture have made at least 32 virtual tours of national

parcs around the US, allowing people to transport themselves to breathtaking landscapes around the country. Tours available include digital looks at Hawaii Volcanoes National Park, the Grand Canyon, Joshua Tree National Park, and several others.

2. COLLECTIONS OF THE ART INSTITUTE OF CHICAGO.



The Art Institute has made several educational resources available online, such as coloring

activities and audio tours. The museum also has many of its collections available to view online, which some fans of “Ferris Bueller’s Day Off” might recognize from the ’80s movie — including “A Sunday on La Grande Jatte” by Georges Seurat, which is painted in the pointillism style that makes for an interesting illusion.

3. NEW YORK CITY’S AMERICAN MUSEUM OF NATURAL HISTORY.

NYC’s American Museum of Natural History has ways to virtually explore its amazing collections on



YouTube, and it also offers a Virtual Tour via Google Arts & Culture. Families, parents, and educators may also be interested to tune into the museum’s Facebook Live videos at 2 p.m. ET every Tuesday and Thursday, which give fans a live look at the facility’s exhibits.



4. TREK THROUGH AUSTRALIA’S FAMOUS OUTBACK REGION.

A series of virtual tours lets people all over the world experience the

beauty of the Outback, specifically the sacred area known as Uluru-Kata Tjuta National Park.

5. ROAM THE MAGICAL THEME PARK.



Disney World and Disneyland are closed for the time being, but fans can still virtually roam the magical theme park. Disney previously launched Google Street View imagery of Disney World in Orlando, Florida, and Disneyland in Anaheim, California. Fans dreaming of a day spent in the lovable theme parks can virtually enjoy Magic Kingdom, Hollywood Studios, and even Disney World’s global Epcot “countries.”

6. SUNSET OFF THE CLIFFS OF MOHER IN IRELAND.

Relax during golden hour by viewing the sunset off the Cliffs of Moher in Ireland. You can take a virtual tour of the famous Irish geological landmark on the Cliffs of Moher website.



7. Monterey Bay Aquarium in California.

The Monterey, California, aquarium is giving visitors a virtual look at its colorful sea creatures via

free live camera streaming. Animal lovers can zen out to jellyfish or watch penguins waddling in their habitat.



"With everyone staying at home and with nothing to do, I'm betting that there will be a baby boom 9 months from now. We'll call them Coronials."
 ~Unknown Sertoman

Mosquito Repellents: What Really Works?



For if and when we ever get to go out and stay outside. A repellent with DEET tells mosquitoes to buzz off loud and clear. But how do other options -- like IR3535, picaridin, and oil of lemon eucalyptus -- stack up?

Yes: DEET. A repellent with DEET tells mosquitos to buzz off loud and clear. You'll need one with at least 20% DEET to protect your skin for several hours at a time, although more than 50% doesn't work any better (kids should use 10%-30%). DEET is safe for almost everyone, and if used as directed, it should be OK for pregnant and nursing women and for babies more than 2 months old. But it can make your sunscreen less effective.

Yes: Picaridin. Whether in a spray, lotion, or wipes, picaridin is another EPA-approved ingredient that works well as a skin barrier for mosquitoes. It's a plant-based compound you'll find in products like Cutter Advanced and Skin

So Soft Bug Guard Plus. It's also safe for kids and pregnant women.

Yes: IR3535. You can get this man-made mosquito-blocking compound in Avon's Skin So Soft Bug Guard Plus IR3535 Expedition. It's A-OK by the EPA and will shoo mosquitoes off skin for several hours. It's another kid- and pregnancy-safe option.

Yes: 2-undecanone. This chemical, also called BioUD, comes from tomatoes. It's available in BiteBlocker, and some studies say it works as well as products with 30% DEET.

Yes: Covering Up. If mosquitoes can't get to skin, they can't bite it.

Yes: Being Water-Wise. Stop mosquitoes before they hatch by ridding your yard of standing water, their favorite breeding ground.



NO to: Wristbands NO to: Citronella NO to: Essential Oils NO to: Garlic and Vitamin B NO to: Bug Zappers and NO to: Ultrasonic Devices

MORE FROM THE CENTRE

MEET THE STAFF

Assistant Director of Program Services

Kirk has been employed by Sertoma Centre since 2013. Kirk is responsible for the oversight of all clinical service programs. He has been the project director on multiple grants focusing on the Implementation and development of program initiatives. In addition, he is dedicated to the business



development side of services ensuring strategic partnerships that enhance access to supports and services in the community. Kirk is a licensed clinical professional counselor. He earned a Master's degree in Community Counseling from National Louis University and a Bachelor's degree in Marketing from Southern Illinois University.



Assistant Director of Operations

Katie has been with Sertoma since 2006. She is a high-performing administrative professional with extensive experience working in settings servicing individuals with severe and persistent mental

illness. She is responsible for the management and supervision of all operations relevant to the functions of all CMHC programs. She continuously monitors program data and implements changes to assure compliance and efficiency in accordance with funding agencies and internal regulations. Katie earned a Master's degree in Counseling from Saint Xavier University and a Bachelor's degree in Psychology from Trinity Christian College.

Thoughts from the Editor or "Cognito, ergo sum"

Well folks here we are, yet another month into what I call *The Dance with the Virus* and no end in sight. While I go about my normal routine of stay at home activities, I look around and see people doing things that are just plain stupid. It reminds me of the Ricky Gervais line "When you're dead, you don't know you are dead. It's only painful & difficult for others. The same applies when you are stupid. Stupidity is running rampant. People partying, congregating and continuing to disregard the sound advice about social distancing given by our medical and scientific leaders. But what is actually necessary and what isn't? Who knows? Certainly, our legislature doesn't know. It appears that they have abandoned us and

prefer to do nothing while our dictator, sorry, I mean Governor, assumes the throne and runs Illinois. It appears that they've forgotten that they have a job to do.

An Emergency Order (EO) was set upon us by our Governor, Napoleon J.B. Pritzker. It's been the subject of much debate as to its legality and practicality. The pros and cons of the EO are many, but the one thing that we can all agree on is that it was done in our best interests and for our health. Or was it? Notwithstanding the fact that a number of the items that are contained within the Emergency Order (EO) are rather logical, quite a few are not. That my friends leaves us scratching our collective heads. Let me point out just a few of these little gems.

-When you're told that it's safe to go to Home Depot and buy a sponge, but it's too dangerous to go to a florist and buy flowers...it's not about your health

-When the State shuts down private businesses, but doesn't lay off a single government employee, it's not about your health.

-When you and your family can live together, drive together in your car to your lake house, but you can't get in a boat with them and go fishing, it's not about your health.

-When you're threatened with fines and being jailed if you walk with your child in a park that has been ordered closed, but the State releases dozens of criminals, including murderers, from prison, it's not about your health.

-Speaking of the releasing of convicted criminals from prison, Pritzker has granted clemency to a number of prisoners including murderers and some serving life sentences. Notice of the commutations appears to have been an afterthought for the round mound of unsound as notice of the releases was not timely given to the appropriate county agencies (State's Attorney) and to victims as required by our state constitution and statutes. Laws were meant to be followed and not just when you want to. Listening Mr. Governor? For a

governor who prides himself on being transparent, why all the secrecy?
 -One more thing to gripe about in Illinois....golf. Now here is something that truly is near and dear to the hearts of many a Sertoman. I don't know which chamber of hell these restrictions came from, but I can tell you that some of them are simply ridiculous. They are the most restrictive in the entire country!
 -As we all know, Illinois generally stands alone and leads rather than follows. It leads the nation in debt, it's the worst managed state in the country, it's the least tax friendly state, it's at the top with the most underfunded public pension systems, and at or near the top in the number of prisoners, sorry, citizens, fleeing the state.* Want more? Read the Chicago Tribune's Editorial "How the Pandemic unmasks Illinois" Feeble Finances" published on March 18th.



Back to golf..... You can golf anywhere in Illinois except Chicago. Chicago has said no to golf. Here's what we have to deal with due to the Little Corporal's edict. No carts, twosomes only, 15 minute gaps in tee times, and walk and carry your clubs unless you have your own pull cart..... can't rent one at the course. What a wonderful set of senior friendly rules! Pritzker also said that golfers 75 and over must bring their own ventilators. Just kidding. What can you expect from a governor whose most strenuous exercise consists of a sprint to the buffet table?

**Well, that's all folks...no more rantings or ravings. Please remember that the above thoughts are mine and probably those of many others. However, they are not necessarily the thoughts of Action Sertoma. Stay safe!

*Illinois' economic woes are one reason why the Prairie State tops our (Kiplinger's) list of the least tax-friendly states in the country. The state ranks #50 in the latest ranking of states' fiscal health by the Mercatus Center at George Mason University, and residents are paying the price with higher taxes.

**See updates later in this Newsletter



An Easy Guide to Making Toilet Paper at Home

Newsflash – of all the household essentials, toilet paper has

become the latest panic buy amid the coronavirus fear. People have hoarded and stockpiled toilet paper packs, leading to their shortage in supermarkets. In such times of crisis, you must stop, breathe, and think. No need to panic if you can't seem to find toilet paper at even the local store or supermarket. Look for alternatives to the toilet paper shortage – how about DIY toilet paper?

Here's how you can make your own homemade DIY toilet paper.



Things You'll Need:

- 8 – 10 sheets of newspapers or a stack of magazine pages/copy papers
- A standard bucket (5-gallon)
- Water
- A heating pot
- Handfuls of grass and leaves
- Spoon (preferably metal)
- Baby oil
- Rolling pin
- Scissors
- Rubber hammer
- Wooden board
- Bath towels (preferably two)
- Heavyweight items – cast steel or iron balls

DIRECTIONS :

- First, fill the bucket with water and soak the newspaper or copy paper in it. Wait for a few minutes until the ink is released from the paper. Please note that all the ink will not fade away and that's all right. Once most of the ink has disappeared, take the paper out of the bucket.
- Add the leaves and grass in the pot. Doing so will help the paper fibers stick together. Fill the pot with water until the entire paper is fully soaked in.
- Heat the pot and let the ingredients simmer for an hour or so.
- Bring it to a boil for at least 25 – 30 minutes to ensure the mixture turns into a thick pulp. Add more water if required and remove the foam with a metal spoon on sight.
- Remove from the stove and drain maximum water. Let the pulp cool, making sure it doesn't get dry.
- Place the pulp on the stove again and mix in four tablespoons of baby oil. This will stop the paper from becoming hard.
- Meanwhile, lay out the towel on a flat surface and spread the pulp mixture onto the towel.
- Flatten out the pulp with a rolling pulp until it is thin and smooth.
- In case of any small knobs, straighten out with the rubber hammer.
- Place another towel over the flat pulp and the wooden board on top.
- Place heavyweight items on top of the board for about half an hour.
- After half an hour, remove the weights and board and place the bottom towel on top. Make sure to flip it over first and put the dry side on top of the pulp.

- Let it dry out in the sun, and once dried, cut it into strips and use it!

See, it's easy to make homemade toilet paper.

If all else fails, use this. → → →



CORONA VIRUS IN ILLINOIS UPDATES:

What Illinois Governor JB Pritzker announced updates on Phase 3 of the state's "Restore Illinois" plan on Wednesday, May 19th and said most of the state will enter Phase 3 on May 29th.

In Phase 3, bars and restaurants in the state will be able to resume operations with outdoor seating only. Tables will have to be 6 feet apart and away from sidewalks. Masks and distancing measures for staff must continue to be followed.

Mayor Lori Lightfoot said Thursday that Chicago restaurants won't be ready to reopen to outdoor dining by May 29, but said she hopes they will in June. Lightfoot's announcement came as state health officials announced that Illinois has hit its highest total for the number of COVID-19 tests administered in a single day, 29,307. Officials also reported 2,268 new known cases of the coronavirus in Illinois and 87 additional confirmed deaths. Gov. Pritzker said municipalities are encouraged to help bars and restaurants expand their outdoor seating options. All state parks also will reopen on May 29 under Phase 3. All concession stands will reopen as well. Boating or camping with up to 10 people will be permitted under Phase 3.

Illinois will allow the reopening of indoor and outdoor tennis facilities with capacity limits and safety precautions in place.

Health clubs, gyms and fitness studios are allowed to provide one-on-one personal training in indoor and outdoor fitness classes of up to 10 people.

Personal care services such as nail salons, tattoo shops, spas and barbershops can open with capacity limits and Illinois Department of Public Health precautions in place.

All retail stores can also open their doors to in-person shopping with capacity limits and IDPH precautions in place.

There are also updated guidelines for golf courses. Yeah!!!! It's about time our Governor listened to others and removed the draconian limitations that were imposed earlier. Beginning in Phase Three, golfers will be allowed to play in groups of up to four. Carts will also be allowed, but will still only be allowed to transport one golfer, unless the two golfers have been living together during the stay-at-home order. In addition, driving ranges will be allowed to reopen, and the Illinois Department of Public Health will provide guidance on how to safely reopen those practice facilities.

"We are by no means out of the woods, but directionally, things are getting better. And because of these advances, we are able to make some modifications to allow more activity during Phase 3 of our reopening plan Restore Illinois," Pritzker said. "Our mission has always been to get people back to work, get students back to school and return to as much normalcy as possible without jeopardizing the health and safety of Illinoisans."

While some things are basically a constant, others are not. The state of the research being conducted into a Covid-19 vaccine is ongoing and changes daily as discoveries are being

made. Social distancing however, seems to remain a constant with a recommended six feet between individuals. Please do remember that six feet is simply a recommended minimum, not a maximum nor an absolute. Actually, the farther away the better.

Notwithstanding all of this relatively good news, Illinois just couldn't help itself. States across the country are trimming payrolls and cutting costs in the wake of the COVID-19 pandemic. But not good old Illinois! Instead, state lawmakers are in line for a roughly \$1,800 pay hike, bringing their base salary to more than \$71,000 for what is technically a part-time job. These raises come at a time when 1 in 4 Illinois workers are out of a job.

Illinois state lawmakers already take home the fifth-highest base salary in the nation, according to a 2019 analysis by the National Conference of State Legislatures. Among five other states with "full-time lite" legislatures, Illinois lawmakers already take home the highest pay.

Please keep in mind that the material and information provided in this Newsletter are obtained, compiled and written in advance of its publication. All of the material in this Newsletter concerning COVID-19 is constantly changing and being updated on a daily basis. Covid-19 information, etc. is very fluid and is actually in a constant state of flux. Also, please remember that that information used in this Newsletter is obtained from reliable sources such as the CDC, WebMD and others. It is not mine.



Over Memorial Day weekend, it seemed as if the use of a mask and social distancing are out the window. The smell of relaxed restrictions, and the movement to Phase 3 of the Restore Illinois plan, seems to have fueled the passion for freedom and the undesirable effect of checking our brains at the door when you leave

the house. I saw people congregating in groups without masks or socially distancing themselves. It's like that here and in other states. Maybe we're living in one of those sci-fi flicks where aliens invade and take over our brains. Please use common sense!



*While our
mantra is*

**“PROUD TO BE A
SERTOMAN”**

please also include
“take care and remain safe” and make sure to
practice it.

Bob Clifford

Newsletter Editor

SPEAKING OF



Memorial Day (previously, but now seldom, called Decoration Day) is a federal holiday in the United States for honoring and mourning the military personnel who have died while serving in the United States Armed Forces. The holiday is now observed on the last Monday of May, having been observed on May 30 from 1868 to 1970. The history of Memorial Day in the United States is complex. The U.S. Department of Veterans' Affairs recognizes that approximately 25 places claim to have originated the holiday. In 1915, following the Second Battle of Ypres, Lieutenant Colonel John McCrae, a physician with the Canadian Expeditionary Force, wrote

the poem, "In Flanders Fields". Its opening lines refer to the fields of poppies that grew among the soldiers' graves in Flanders. In 1918, inspired by poem, YWCA worker Moina Michael attended a YWCA Overseas War Secretaries' conference wearing a silk poppy pinned to her coat and distributed over two dozen more to others present. In 1920, the National American Legion adopted it as their official symbol of remembrance.



We need to nominate and select a Service to Mankind award recipient.

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.

I'll give the members an example of a past Service to Mankind award recipient. His name is Jack King. He was a retired Chicago Fireman who had a dream to open a halfway house for men struggling to recover from drug and alcohol addiction. In 1986, Jack purchased the building "Guildhaus" and kept the name. It seemed appropriate as the name "Guildhaus" is of German origin—"guild" meaning "brotherhood formed for mutual aid and protection" and "haus" meaning "house."

On January 1, 1987, Jack held the very first AA meeting there. Jack passed away in 2006, leaving the legacy and brotherhood of Guildhaus. Send your nomination to our club Secretary Ed Kelly at: edpkelly@yahoo.com.

This Woman's Mind-Bending Optical Illusions Are All Made With Makeup.



It's no secret that the world is wowed by digital effects and technology that bends our view of reality. But

this burgeoning field has yet to completely overshadow the optical illusions that are made by hand—and artist, **Dain Yoon**, is keeping this art alive. In 2016, she introduced the world to her mind-bending body art that will make you see double—or triple—all without the help of programs like Photoshop. Using an extensive paint palette and brushes, she applies multiple eyes or mouths on her skin to create the effect of blurred vision, or she flattens her body with complex patterns.



Yoon's illusion makeup is a reflection of how she sees the world. "People live in illusions," she says. "People see everything in their own subjective way." These different



viewpoints are what make the world complex, and at times, confusing. Like many artists before her, Yoon chooses to outwardly express this concept—except her work is on the skin.

Yoon identifies herself a visual illusion artist. By using watercolors,

she can create amazing illusions of lips, eyes, and the overall face, often blending herself into a scene. All of her creations are so stunning, it's hard to believe she doesn't even use photoshop! You can check out some of her mind-blowing illusions below and be sure to follow her on [Instagram](#). You can Google "**Dain Yain**" and find more photos and get more information. Amazing!



Some statistics for the Year 1920

How things have changed ...not all change is good... Passing this on...



The year is 1920 "One hundred years ago." What a difference a century makes!

- The average life expectancy for men was **47** years.
- Fuel for cars was sold in drug stores only.
- Only **14** percent of the homes had a bathtub.
- Only **8** percent of the homes had a telephone.
- The maximum speed limit in most cities was **10** mph.
- The tallest structure in the world was the Eiffel Tower.
- The average US wage in 1920 was **22** cents per hour.
- The average U.S. worker made between **\$200** and **\$400** per year.
- A dentist earned **\$2,500** per year.
- A veterinarian between **\$1,500** and **\$4,000** per year.
- And, a mechanical engineer about **\$5,000** per year.
- More than **95** percent of all births took place at home.
- The American flag had **45** stars.
- 90** percent of all Doctors had **NO COLLEGE EDUCATION!** Instead, they attended so-called medical schools, many of which were condemned in the press AND the government as "substandard."
- Sugar cost **four cents** a pound.
- Eggs were **fourteen cents** a dozen.
- Coffee was **fifteen cents** a pound.

- Most women only washed their hair **once** a month, and, used Borax or egg yolks for shampoo.
 - The **Five** leading causes of death were:
 1. Pneumonia and influenza
 2. Tuberculosis
 3. Diarrhea
 4. Heart disease
 5. Stroke
 - The population of Las Vegas, Nevada was only **30**.
 - Crossword puzzles, canned beer, and iced tea hadn't been invented yet.
 - There was neither a Mother's Day nor a Father's Day.
 - Two out of every 10 adults couldn't read or write, and, only **6** percent of all Americans had graduated from high school.
 - Marijuana, heroin, and morphine were all available over the counter at local corner drugstores. Back then pharmacists said, "Heroin clears the complexion, gives buoyancy to the mind, regulates the stomach, bowels, and is, in fact, a perfect guardian of health!" (Shocking?)
 - 18** percent of households had at least one full-time servant or domestic help...
 - There were about **230** reported murders in the ENTIRE U.S.A.
- It is impossible to imagine what it may be like in another **100** years.

We've come a long way....OR have we?



“It’s called reading. That’s how people install new software into their brains.”



NEWS FOR ACTION SERTOMA CLUB MEMBERS

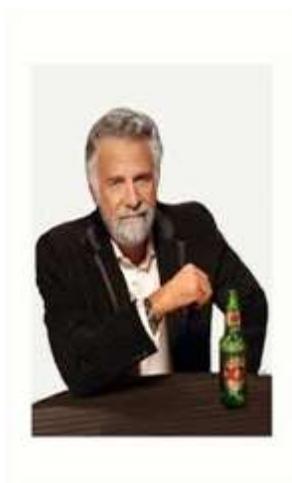
Meet One of the Most Interesting Sertomans in the World!

To my good friend, Joe V., from your good friend, “The Most Interesting Man in the World. Stay safe my friend.”



- When he goes outside, out of respect, the wind stops so as not to mess up his hair.
- His blood smells like cologne.
- He never loses at Bingo, Bango, Bongo when golfing....unless he wants to.
- His organ donation card also lists his hair.
- Presidents take his birthday off.
- The Pope once kissed his ring
- His Varan Realty business card simply says ‘I’ll Call You.’
- The Governor’s Stay-at-Home order doesn’t apply to him....he can’t be refused a haircut.
- He once found the fountain of youth, but he didn’t drink because he didn’t need to.
- The reason his picture isn’t on money is because it would “devalue his image.”
- He is the life of parties that he has never attended.
- He gave his father the “Talk.”
- No less than 25 Mexican folk songs have been written about his hair.
- His passport requires no photograph.

He is indeed, one of the most interesting Sertomans in the world!



BIRTHDAYS & CLUB ANNIVERSARIES



- June 7th Connie Barrera
- June 10th Steve Reilly
- June 19th Joe Racine, Jr.
- June 20th George Fetcho
- June 27th Daniel P. Letizia



- June 1st Jason Nielsen 6 years
- June 2nd Dan Langel 5 years



Action Sertoma Donations

- Country House \$1,000
- The Coleman Foundation \$1,000



Nothing else to report. What a bunch of boring people. In this time of stay at home, it's hard to believe that everyone just sits around staring at each other

and has anything to share. Maybe next month.

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.

SAVE THE DATE



**ACTION
SERTOMA
CLUB
2020**

WEDNESDAY, JULY 15TH

***ACTION SERTOMA'S 20TH ANNUAL
GOLF OUTING***

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

Silver Lake Country Club, Orland Park, IL
Pricing, Regis. Forms, 50/50 Raffle and
more details available on the 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>

**ACTION SERTOMA CLUB
DINNER MEETINGS
ARE **CANCELLED** UNTIL FURTHER
NOTICE!!**

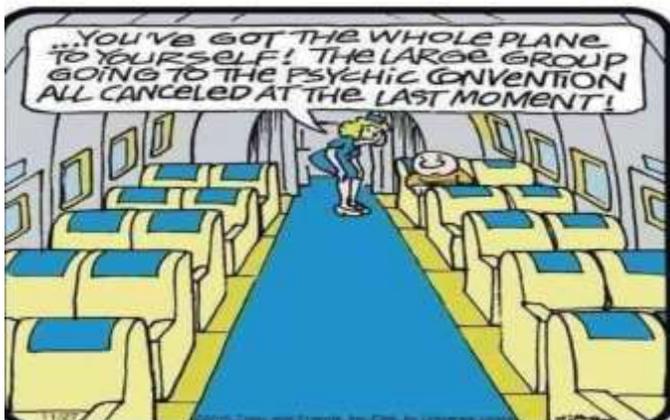
Club Members,

While our club dinner meetings are temporarily 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.

If a teleconference is to take place, I'll send out an email the Monday preceding what would have been the dinner meeting. I'll provide directions with call in information.

With the State recently moving to Phase 3 of the Governor's Restore Illinois plan, we'll see what happens with dining and when we can get back to in person meetings.

D.J. Fioretti



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



**MEMBERS 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**

***Teleconferences until further
Notice as well.***



**Last Tuesday of the Month at
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.***

ACTION SERTOMA OFFICERS and BOARD MEMBERS



CHAIRPERSON: BOB SCOTT
PRESIDENT: DENNIS FIORETTI
TREASURER: JOHN PARKER
SECRETARY: ED KELLY
VP SPONSORSHIP: JOE RACINE, JR
VP MEMBERSHIP: EILEEN CLANCY
VP SOCIAL: STEPHEN REILLY
PUBLICITY: CONNIE BARRERA
NEWSLETTER: BOB CLIFFORD

DIRECTORS:
BILL KAMHOLZ
JOE RACINE, SR.
CHAS LAZZARA
CHRIS OBBAGY
DOM PORTO
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SERTOMA BOARD MEMBERS:

CENTRE:

Bob Scott
Chris Obaggy

FOUNDATION:

Ed Kelly
Dan Letizia
Glen Bylina

Dominic sent this from an insurance magazine he receives. Thank you Dom.

[INBALANCEWIRES]



A Little Forgetfulness Could Be A Good Thing

So, you forgot where you put your cellphone or your mind briefly went blank when you had to recall the name of your sixth-grade teacher. Is that short spell of forgetfulness a guidepost on the road to dementia?

Not so fast, researchers said. A little bit of forgetfulness actually could be good for your brain. Letting go of some information helps your mind work better, according to a study in the journal *Neuron*.

The researchers concluded your brain's main goal is to make good decisions in the future, not to remember every little detail of your life.

Because your brain is always flooded with new information, your brain would be totally overwhelmed if it had to remember everything. Even worse, you would have to sift through countless details before you could make a decision. So, your brain needs to shed some of the useless stuff to enable it to make decisions.

CONTROL YOUR ANGER, LIVE LONGER

"When angry, count to 10 before you speak.

If very angry, a hundred," said Thomas Jefferson. It turns out that his advice has some benefits to our longevity.

Researchers at the University of Rochester found that people who suppress their anger may die sooner than those who are better at expressing their emotions. When you're angry, stress hormones are released, which put you at risk for anything from type 2 diabetes to depression.

But expressing rage isn't the answer, either. A study published in the journal *Circulation* found that people who had a heart attack were more than twice as likely to report being angry in the hour before their heart attack compared with a control time period.

So what's the healthiest way to handle anger? The researchers said that the anger itself isn't bad, it's the extreme highs and lows that take a toll on the body. Researchers recommended paying attention to what triggers your anger or taking a cool-off period before telling someone why you are upset.

3 WAYS TO LOWER YOUR ODDS OF DIABETES

Type 2 diabetes is raging through the U.S., with 1.5 million Americans diagnosed with it each year, the American Diabetes Association reports. How can you keep from becoming one of those 1.5 million? Nutritionists spell it out for you.

Eat one serving of plant protein and one serving of vegetables at every meal, said Toby Smithson, author of *Diabetes Meal Planning & Nutrition for Dummies*. Low-carbohydrate plant foods such as nuts and soy are good sources of plant-based protein.

Signing up for a prevention program can give you an edge in the fight against diabetes, said Ann Albright of the Centers for Disease Control and Prevention. More than 1,700 organizations around the country, such as the YMCA, Medicare and Kaiser Permanente, offer versions of the National Diabetes Prevention Program, led by the CDC.



QUOTABLE

“A 12-ounce soda suppresses immunity by 30% for three hours.”



— Jacob Teitelbaum, M.D.

Vitamin D can lower the risk of developing diabetes, said Dr. Brian Jameson, an endocrinologist at Geisinger Medical Center in Danville, Pa. It's difficult to get sufficient amounts of Vitamin D through sunlight exposure or diet alone, so taking 2,000 international units daily should be sufficient.

DO DISINFECTANT WIPES REALLY WORK?

Disinfectant wipes have been flying off the store shelves, and it seems as though everywhere you go, you see someone wiping down any surface that may have been touched by human hands. But do these wipes really kill bacteria and viruses?

First of all, there's a big difference between cleansing wipes and disinfectant wipes, according to the CDC. Cleansing wipes will remove dirt and reduce some bacteria. But to get rid of viruses, you need a disinfectant wipe. It takes 10 minutes for the chemicals in a disinfectant wipe to kill the bacteria, viruses and fungi that live on a surface. Disinfectant wipes should have an Environmental Protection Agency number on the label, indicating that they're not intended to be used as a personal care item on the skin and body.

And what about products labeled as "sanitizing wipes"? They can reduce the amount of bacteria on a surface, but they can't kill viruses, mold, mildew or fungi. They are often ineffective on a surface that hasn't been pre-cleaned with soap and water.



DID YOU KNOW

20% of people who have an anxiety disorder also have an alcohol problem.

Source: National Alliance on Mental Illness