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June, 2020



JUNE



All About Aberdeen Golf & Country Club

By: Ruth Krawitz (Sheffield)

This is the final issue of the season for the *Aberdeen Times*. Hopefully, when we rejoin you in October, we will be seeing the light at the end of the dark tunnel. On behalf of the members of the Club, I want to express my gratitude for all that our Board of Directors, Management and Staff have done for us during this challenging, difficult period. Coronavirus updates have been constant; curbside pick-up service for food and convenience items was initiated; Chef Jeff and his crew went out of their way to feature extensive and creative menus for everyday and theme occasions; the different activity-departments provided videos of tips for improving your golf, tennis and pickleball games and the FTA Center provided exercise videos to enhance your daily routines. Just recently, the Club made arrangements for our bridge players to connect with players in other communities. The powers that be used every virtual and/or technical means to keep the Club functioning on behalf of its members, "Thank you" does not fully express our appreciation.

To underscore what I have written, I am repeating, in its entirety, the communication (No. 13) sent by the Club before this column had to go to press (which is

(continued on page 2)

Canterbury Communique

By: Dee Levy

Greetings from the Canterbury Community! Yes, it's June, 2020... the month of the summer solstice, and the year of the worldwide coronavirus pandemic! 2020 has certainly been an extraordinary and challenging year thus far...one fraught with uncertainty and stress. It is most important that we follow the officially prescribed guidelines and that our behaviors reflect educated and responsible choices. As Viktor Frankl wrote, "We don't get to choose our difficulties, but we do have the freedom to select our responses."

Major changes in our daily lives to prevent the spread of COVID-19 and to promote well-being have been required. Social distancing, masks, frequent hand-washing, zoom rooms, telemedicine, and on-line learning have become the new norms; physical and emotional well-being, on all age levels, the goals.

With schools across the country closed the last several months, virtual classrooms and online learning sites have become prevalent. While the traditional school day affords students the opportunity to demonstrate independence, overcome challenges and develop good social skills, educators maintain

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ALL ABOUT ABERDEEN...(continued from page 2)

In the meantime, please note the following:

- Beginning today, Golf, Tennis, Fitness and Pickleball instructional videos will be blast emailed on Mondays through Fridays.

- Beginning Fri., Apr. 24, 2020, the new Takeout/Curbside Delivery Menu will be available. The new menu will be blasted emailed later this week.

- On Fridays, beginning Apr. 24, 2020, there will be a weekly special available as a part of the Takeout/Curbside Delivery Menu.

- 'Dinner for Two with Chef Jeff' instructional videos will debut on Mon., Apr. 27, 2020.

- On Sundays, beginning May 3, 2020, a themed menu will replace the regular Takeout/Curbside Delivery Menu. This Sunday's theme is Italian and the menu will be blast emailed later this week.

- A Takeout/Curbside Delivery Menu for Mother's Day has been developed.

As always, we thank you in advance for your continued cooperation and commitment to keep the Aberdeen Family healthy and safe.

Club Update: April 28, 2020

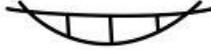
The Club's COVID-19 Task Force Committee has been planning for the reopening of the Club services in anticipation of local, state, and federal agencies easing restrictions. Closing the Club's facilities was not an easy decision and reopening will face challenges for both you the member and our staff members. The return to full operation will not happen overnight but is being rolled out in Stages. We are pleased to announce that we will be implementing the first stage through our opening pickleball, tennis and golf. For those currently exercising (walking, jogging, bike riding) on the golf course, please be certain to review the Golf Policy.

We plan on transitioning from the Takeout/Curbside Delivery Program to dining at the Clubhouse and/or Oasis Café when feasible. You will receive further information on the reopening of our dining program in a separate communication. The aquatics area, the card rooms and the fitness center will remain closed until further notice. Please remember, as we communicated in our Apr. 20, 2020 update, even the areas we reopen will NOT be immediately returning to full services. These openings are the initial stages.

These policies are based upon current guidelines from local, state, and federal governmental agencies and decisions made by the Board and Management to

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ALL ABOUT ABERDEEN...*(continued from page 4)*
 best suit Aberdeen. These policies will be reviewed as guidelines and conditions continue to change.

The guiding principal that drives all the decisions made by your Board and Management during this unique situation is the health and safety of our members, staff, and overall community.

It's important for everyone to understand that a natural side effect of easing restrictions is the possibility of increased risk of the COVID-19 virus being spread to members and staff members. As you decide when you personally will reintegrate into club activities, we want to remind your that it is still very important for you to continue social distancing, keeping your hands sanitized and most importantly to not come to the Club's facilities if you are feeling ill. Obviously, social distancing will be more difficult as we reopen the Club's facilities, however, each of us must take personal responsibility for our own actions and decisions.

To all of our readers: Keep yourselves and your loved ones safe and well. Have a decent summer. May we be enjoying a new-normal when we return in the fall...one that is free of the stress and anxiety with we have all endured. May it be one of peace and hope, good health and happy days.

CANTERBURY COMMUN...*(continued from page 1)*
 that virtual learning also give youngsters the chance to develop autonomy, empathy for others, creativity, and positive thinking. The following narrative, the response to an English writing assignment by a 6th grade middle school student, exemplifies the above.

Dear Reader,

How's it going in your time? Right now, some weird things are happening. My name is Ethan and I was born in 2008. As I'm writing this, it's 2020, and I'm 12 years old. I'm sure you've heard about this year, as it is already historic in my time. The COVID-19 pandemic outbreak, a strain of a Coronavirus, is in effect right now. Most of the world is nervous and scared at the moment and making many precautionary actions to potentially protect them from COVID-19, such as wearing masks and gloves, cleaning all items from a place outside of home before using or consuming them, and even quarantining themselves. In some parts of the world, it's required to be in quarantine. I've been able to stay positive through these times by spending time with my family.

Some examples of things I do with my family these days are watching television and movies, playing various games, working out and cooking. I also

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CANTERBURY COMMUN...*(continued from page 6)*

enjoy the online schooling that I'm going through very much. Before the pandemic, I was going to Columbia Grammar and Preparatory School in New York City, New York. Now, I go to online school with the Columbia community. Although I do enjoy online school, I do miss seeing my friends and teachers daily. Clearly, the times that everyone is going through right now, are very different from before.

A lesson I have learned from this pandemic is to never take for granted all the great things you have. This takeaway is very important because you never know when great times, things, or people could leave your life for a long period of time or even forever. If you know this lesson, you will always know to appreciate everything you have at all times, even if it is very little. Another lesson that I will fully learn when the pandemic is over is that bad times don't last. This is important to always keep in mind because even if you're feeling very upset about something, you will know that this feeling won't last. Therefore, this pandemic has already been very eventful and terrible, but eventually, times will be better.

Sincerely,
Ethan

In closing, we want to thank Ethan for sharing. Good Job, Ethan, we're proud of you! We extend a hearty welcome to Eileen Freedman and to Barbara Blazer and Alan Adler who have recently become part of the Canterbury community. We're delighted to have you as our neighbors! To all our Aberdeen friends we wish you good health and a Happy Father's Day. Stay safe, stay well and have an enjoyable summer

Did You Know?

- Did you know trees do not have life expectancies? Most can grow indefinitely.
- Did you know over 500 meteorites hit the Earth each year?
- Did you know before 1850 golf balls were made of leather and were stuffed with feathers?

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Sharing With Sheffield

By: Ruth Krawitz

Never before, given the darkness and uncertainty we have seen and endured these past few months, what we need to get to the light at the end of the tunnel is to keep clinging to HOPE. Hope for an end to this disaster. Hope that we can get back to the family and friends we love the most. Hope that we can get back to the family and friends we love the most. Hope that when we finally get to what is the “new normal,” we will be allowed to survive in perhaps a different, but better world.

Many people see hope as synonymous with strength or resilience. In the dictionary, it is defined as:

Hope is defined as an optimistic state of mind that is based on an expectation of positive outcomes with respect to events and circumstances in one’s life or the world at large. As a verb, its definitions include: ‘expect with confidence’ and ‘to cherish a desire with anticipation.’

Positive mental attitude is that philosophy which asserts that having optimistic disposition in every situation in one’s life attracts positive changes and increases achievement. Adherents employ a state of mind that continues to seek, find and execute ways to win, or find a desirable outcome, regardless of the circumstances. This concept is the opposite of negativity, defeatism and hopelessness. Optimism and hope are vital to the development of PMA.

Positive mental attitude (PMA) is the philosophy of finding greater joy in small joys, to live without hesitation or holding back our most cherished, held in high esteem and highest personal virtues and values. (Internet)

In her magazine, my writer/friend wrote:

Optimism and hope are usually the avenues to happiness, peace of mind, warmth and friendship. When we’re up and looking for positive change and creative endeavors, we pull everyone up with us.

Some famous quotes:

“You will face many defeats in your life, but never let yourself be defeated.” -Maya Angelou

“Each time a person acts to improve the lot of others, or strikes out against injustices, he sends out a ripple of hope. These ripples can build a current that can sweep down the walls of oppression, or cure

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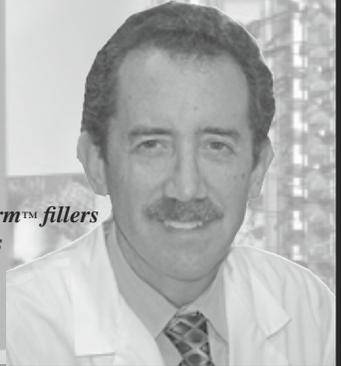
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SHARING WITH SHEFFIELD...*(continued from page 8)*

the mightiest of illnesses.” -Robert F. Kennedy

MY quote: *May we come through this unscathed, with sights on a future in which people strive to be kinder, more positive, more patient, more understanding, more optimistic, more appreciative. Is this too much to ask for! I can HOPE, can't I?*

P.S. Coincidentally, a few days after I completed my column (mid-Apr.) the Apr.-May issue of TIME magazine arrived in the mail. Cover story – FINDING HOPE! So, there we are...2 editors seeking to restore optimism at a time when people may be feeling discouraged and unsettled and fearful. The issue contains, not one article on the subject, but several essays penned by personalities whose names you might recognize – Margaret Atwood, Angelina Jolie, The Dalai Lama, Shondra Rimes...and more. Each one presents the subject of hope in an appealing, uplifting, slightly different perspective, and makes for good reading. The preface written by the TIMES editor sums it up beautifully and is quoted below.

Finding HOPE

*The coronavirus changed our world in a matter of weeks, and possibly forever. In this special report, members of the **TIME 100** community – including leading doctors, scientists, politicians, artists, athletes and entertainers – share insights into how to navigate this new reality and offer solutions to the challenges, large and small, that we must face together.*

ACKNOWLEDGEMENT

Friend and neighbor, Mona Toback, suffered a bad fall in her home last month, causing severe injuries to collar and pelvic bones. A slew of neighbors came to the rescue, bringing food to Mona and husband, Steve, a time when we are all confined. Mona wants to personally thank all of the wonderful couples who left meals for them every night, and those who called to touch base and cheer her up. This is just a sample of the things that make Sheffield so special. Neighbor-to-neighbor kindness and support, during good times and bad.

So, again, thank you from the Tobacks, and from so many of us who have experienced the same precious thoughtfulness of our Sheffield friends and neighbors.

Bermuda Isle Buzz

By: Eliot Ostrow

Writing this column seems odd. Usually, writing more than a month in advance of publication, I try to anticipate how things will be when people are reading it. Today, well into our extended “safer-at-home” period; who knows where things will be in early June!

We’ve been through some strange times already. We missed sharing our Passover and Easter holidays with our loved ones (at least in person...thank goodness for Zoom!), and our spring travels. Those who lost loved ones during this time have had to grieve without the comfort of being surrounded by family and friends; those in hospitals have felt abandoned because they can’t have visitors. People who would normally be packing up to head north are staying put. The months ahead will no doubt continue to be strange...no graduations to attend, no early Summer trips, continued social distancing even when things are reopened, and no certainty as to when things will return to normal...or even what “normal” will be.

Yet through it all, life goes on. We continue to find innovative ways to stay connected. I’ve never spent so much time on social media and, once this is all over, hope I never do again! Many of us who didn’t know what an app was have become Zoom experts, using it to share our lives with our children and grandchildren, and to get in touch with long-lost friends. Virtual cocktail hours, virtual religious services, virtual workouts and, sadly, even virtual funerals have become the norm as we try to navigate through these uncertain times.

Here in Bermuda Isle, things go on as well. We’ve resealed/refinished our roadway. We’re anxiously awaiting the approval of the permit and the ability of our contractor to install our new entry monument. Spring plantings are happening. Sadly, we’ve also had some losses. We mourn the passing of long-time resident Judi Schwartz, and grieve with Ron and Susan Tabin, who lost a daughter after a long fight with cancer. Life (and death) goes on. Likewise, we send our sincerest condolences to Barbara and Paul Senderoff on the loss of Barbara’s father and Paul’s sister. May their memories be for a blessing, and may their families and friends know no more sorrow.

The good news is that we’ll get through this, as we

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BERMUDA ISLE BUZZ...*(continued from page 9)*

usually do. Many of us have come to realize just how lucky we are; for most of us, our major sacrifices are having to stay home, cook for ourselves, etc., and not play golf, tennis or cards. How different things would be if we were at other stages in our lives, having to go to work (or work at home with kids running around), learning math again so we could teach our kids, and maybe wondering how we would cope without a paycheck. With any luck, by the time you read this, we'll have started to move ahead and, hopefully, we'll learn some important lessons from this experience, about leadership, about preparedness, about resilience, and about taking care of everyone in our society, so that whenever the next crisis hits, we will be able to handle it a little better than we did this one.

Can It Be June Already?

By: Phyllis Arnauer (Lancaster Lakes)

Another month has gone by and as I write this Aberdeen continues to follow the guidelines put in place to keep us safe. People are social distancing, shopping while wearing masks and gloves, staying indoors, or briefly appearing on curbsides to pick up bags of goodies. This has been and continues to be a very serious and stressful time for Aberdeen and the rest of our country. But we seem to be a resilient and creative group of people. We have found ways to be apart while being together. Most mornings I see smiling people walking the neighborhood or the golf paths. We all smile, wave, nod, or move away from each other like jackrabbits. In the afternoons and evenings after dinner, driveways have become the "in" places to be, a little bit like Studio 54 in Manhattan in the seventies! No dancing yet, but lively conversations and some imbibing, all while sitting on stylish beach chairs or bridge chairs. Another wonderful phenomenon that has sprung up is the driveby. Now wait- I know that you are thinking of something awful, but this is something wonderful and uplifting. Celebrating a birthday during this chaotic time has been a challenge. Hence the creation of the driveby- a caravan of cars honking and singing as it drives by the house of the celebrant. Of course, balloons and signs are included, and possibly a video to remember the special event. And after the driveby comes the next new thing, well new to me anyway.

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CAN IT BE JUNE ALREADY...*(continued from page 10)*

Zoom!!! Gathering the entire family on any device available to sing the praises of the birthday person. Little boxes with faces of children, grandchildren, pets, and others bring us close to those we cannot be physically close to right now.

Another pop-up activity is the driveway and cul-de-sac pickleball game. On the driveway a smaller net is set up. One person on each side of the net hitting it back and forth can be quite a workout, all while wearing gloves and masks. This is a travelling pickleball game that moves weekly from Lancaster to Carrington to Brittany! Perhaps you have seen the net being moved to the next site- a little like the carrying of the Olympic flag! Another group of friends set up a full-size net and court in their cul-de-sac. Being a part of the action, either playing or watching, is almost as good as playing on our Aberdeen courts!

Many of us have had to cancel plans with family, friends, or both. While this has been difficult, remember that eventually life will offer us a chance to travel, dine out, see a show, visit a museum, and attend a sporting event. Imagine how wonderful doing each of those things will be. Lancaster notes: We welcome new resident Daniel Arut to our community. David and I celebrated, via Facetime, the 16th birthday of our granddaughter, Ella! Also, congratulations to another granddaughter, Eliana, who is graduating from Middle School. Sue and Larry Dix celebrated long distance with their granddaughter, Tova, who reached her 21st birthday in Denver!



Thanks to Shelly Schultz for the above picture. Our president, Larry Dix, wants to thank everyone for abiding by social distancing requirements. Please continue to help neighbors in this difficult time. Hopefully we can all reconnect at a community get-together. Wishing everyone a safe, healthy summer.

Harbour Lights

By: Wendy Latman

I'm writing this in May, although we are reading this in June. I don't know if we will be looking back on how we managed to stay safe, or if we will still be hiding from the world. Everyone does it differently. Some neighbors do not come out of the house at all. Some neighbors will not let anyone inside their homes for any reason. Some spend a lot of time walking, bicycle riding, roller-blading, or driving around in their scooters, by themselves or with other people, keeping space between them. Some are having driveway or backyard social hours. No matter how you do it, it feels a bit eerie and a little lonely. We started having driveway shout-outs. It was so nice to see so many people come out. It made it feel like a community with great energy again, but I miss my hugs. I love hugs. Will I ever be able to hug my friends again!

I'm not sure what "normal" is going to look like when our scientists are able to get this virus under control. I dare say, it will be a "new normal". Businesses, if they survive, will be doing business differently. Entertainment, whether movies, concerts, theatre, will be offered differently. When will it be safe to take a trip to visit family or take a vacation? When will it be safe to walk around without a mask? Lots of questions and it all remains to be seen.

So, this is the last newsletter until October. I wish all my friends, neighbors, relatives a safe, healthy, uneventful (unless it's a pleasant event) summer. We will reconnect in the fall, and maybe we will have a better picture of what the "new normal" looks like.

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It's Happening In Dorchester

By: Carol Baron

Can you believe it? A full season of reading about Dorchester in the Aberdeen Times has been completed! We are about to celebrate summer; we return in the fall. Hopefully, we will all be able to celebrate together with our friends and family.

Whoever expected to be quarantined in our homes due to the Coronavirus! Yes, 24/7 alone or with our spouses. That meant being responsible for preparing 3 meals a day, cleaning, doing laundry and also some pluses. How many books have you read in the past 2 months? Which closets got cleaned out? Have you worked on your garden? People have said that one of the side effects of this virus with its containment is divorce....or maybe it was just quality time to spend with each other that you did not have before due to your many activities. You probably saved a lot of money because you could not go shopping and spending in the stores. But if you are tech savvy, you got what you wanted by ordering online.

We hope that Murray Bender had a great birthday. You are getting up there, Murray. Iris

LeVine, we are wishing you a fabulous birthday this month. Also, we want to send our sincere sympathy to Judith Suttenger over the loss of her husband, Stewart. He will be missed by so many of us here.

For many of us this will be the first summer we spend here in FL as plans to travel north or elsewhere have all been cancelled the cruises, autotrains, airline flights to places here in the U.S. and abroad. Let us hope that the hurricanes travel somewhere else while we stay here. Hopefully we will soon pick up once again with golf, tennis, bocci, cards, the gym workouts, theaters, movies, dinners out, attending meetings and just spending time with our friends.

Think about, and remember the following: "Remember to give a warm hug to the one next to you, because that is the only treasure you can give with your heart and it doesn't cost a cent. Give time to love, give time to speak and give time to share the precious thoughts in your mind. Life is not measured in the number of breaths we take, but by the moments that take our breath away." (Bob Morehead)

Wishing you all a healthy, fun filled and loving summer!

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Hampton Happenings

By: Janet Friedman

It's been a quiet month. We did not have our book group. We did not have our annual luncheon. The social committee had a pizza party planned at our pool but that was also canceled. We spoke about another movie and luncheon afternoon but a stop was put to that as well. Maybe that can be revived for sometime this summer.

Welcome to our new neighbor on Cassia Drive, Amy Post. Welcome to our other new neighbors the Egyptian geese and their new goslings who have taken up residence with Maureen and Ralph De Felice.

Get well wishes to Alyce Simons, Wayne Poverstein and John Bardes.

There are a lot of Hamptonites walking these days... on the golf course as well as around the neighborhood. We see a lot of bikers too. In the evenings and at night there are several groups that sit 6-feet apart and meet with their neighbors in the street or in backyards. Thank you to Lori Donaudy for suggesting our sit-in-the-driveway, or walk around the neighborhood evening which gave us a chance to connect with neighbors.

As I was walking in our beautiful neighborhood today, I was listening to The Moth. For those of you who are not familiar with this, it is a storytelling platform. People from all over the world tell their own stories in front of very appreciative audiences. The Moth holds storytelling sessions all over the country. Today's podcast was told by a young man in the lower ninth district of New Orleans.

The theme of the podcast today was, "Things I Have Learned." The young man telling the story told about his father who was a barber and had his own shop in the lower ninth ward in New Orleans. His father had always told him to do the right thing, no matter what.

His father's shop was a gathering place for the community. Neighbors came to hang out whether they were getting a haircut or not. One day, while his father was cutting the hair of a well-known neighborhood drug dealer, a man came in with a gun and shot the drug dealer point blank. When the police came, the clients in the shop were all too afraid to say anything. The boy's father told all and said he would go to court to testify. The police offered him protection but the

barber refused.

The killer was caught. The day before the trial was to begin there was a drive-by shooting and the barber was killed. His son says that this changed his life on every level. He wanted to do the right thing, to help people. He joined the military and became a military policeman. When he got out of the service in 2002, he went back to the lower ninth ward, bought a house and wanting to do the right thing, became a policeman in his community. Three years later Hurricane Katrina destroyed, not only his home, but the entire neighborhood. Where he had 48 neighbors in his immediate section, now there were 3. His house was completely gone. There was no place to buy food, no retail stores. A bus was necessary to get food and the smallest comforts. He decided to open a market.

First, he had to build a structure in the middle of the hurricane remnants. There was debris everywhere. There were no funds coming his way, although a short few miles away, Bourbon Street was rebuilt. There were numerous things standing in his way. At one point a building inspector slammed a \$17,000.00 fine on his property for violations. In 2011, (6 years later) he finally opened his store. He then opened a laundromat. These were the only 2 retail stores in the neighborhood. The neighborhood today is exactly the same. His is the only place to buy food and sundries. He still has only 3 neighbors in his section.

We know how hard this district has been hit with the corona virus. In the lower ninth ward in New Orleans, despite overwhelming odds, this young man has just opened a barber shop!

A lesson for us all!

This is the year that the snowbirds did not leave. This is the year you have to wait months to get a good 1000-piece puzzle from Amazon. This is the year of the birthday car parade. This is the year that dogs and cats are at risk for separation anxiety (when this is all over). This is the year that IKEA shared its iconic meatball recipe... and it is much easier than making its furniture! This is the year that a new dad in Australia lost his job due to the virus; the next day he won 2.4 million dollars in the lottery! The barber shop and market in New Orleans are thriving! Good things are still happening. Stay safe. Be well, see you in October!

Sterling Lakes

By: Judy Lukow

The Coronavirus And Toilet Paper

The coronavirus continues to ravage our country and is damaging our economy.

What to do?

This is the last Aberdeen Times issue until we meet again in the fall. By then we will see what has been done and how it turned out.

Our prayers continue for the victims, their families, the unselfish work of the medical professionals, all First Responders, those working to supply food to our tables and those working to obtain needed medical supplies.

We pray for the success of all those working for a cure and a vaccine.

Our prayers are with those making decisions for our great nation that they have the right information and make the right choices.

On a lighter note, some very unusual and funny things have come to light because of this virus. Who would have thought there would be a run on toilet paper!

When we have a hurricane category 5 looming,

Harvey Baron's Early Bird Special

And this is Bernie before he put on 85 pounds, lost all his hair, started belching, passing gas, snoring, stopped cutting his nose hairs...



we run out of water. When we have a viral pandemic, we run out of toilet paper?

I came across an article I thought you'd like to see. It came from Buzzfeed.com - "36 Weird Things You Didn't Know About Toilet Paper" by Jessica Probus.

Here are my choice picks:

- The first recorded use of toilet paper was in 6th Century China.

- By the 14th Century, the Chinese government was mass-producing it.

- Packaged toilet paper wasn't sold in the U.S. until 1857.

- Joseph Gayetty, the man who introduced packaged TP to the U.S., had his name printed on every sheet.

- Global toilet paper demand uses nearly 30,000 trees every day. That's 10 million trees a year.

- It wasn't until 1935 that a manufacturer was able to promise "Splinter-Free Toilet Paper."

- Colored toilet paper was popular in the U.S. until the 1940s.

- The reason toilet paper disintegrates so quickly when wet is that the fibers used to make it are very short.

- In 1973, Johnny Carson caused a toilet paper shortage. He said, as a joke, that there was a shortage, which there wasn't, until everyone believed him and ran out to buy up the supply. It took 3 weeks for some stores to get more stock.

- There is a contest sponsored by Charmin to design and make wedding dresses out of toilet paper. The winner gets \$2,000.

- There was a toilet paper museum in WI, the Madison Museum of Bathroom Tissue, but it closed in 2000. The museum once had over 3,000 rolls of TP from places all over the world, including the Guggenheim, Ellis Island, and Graceland.

- In 1996, President Clinton passed a "Toilet Paper Tax" of 6 cents per roll, which is still in effect today.

- The most expensive toilet paper in the world is the Portuguese brand, Renova. Renova is 3-ply, perfumed, costs \$3 per roll and comes in several colors, including black, red, blue and green.

- If you hang your toilet paper so you can pull it from the bottom, you're considered more intelligent than someone who pulls it from the top.

- When asked what necessity they would bring to a desert island, 49% of people said "toilet paper" before "food".

The Sunny Shores

By: Estelle Morganstein

This is the last article I am submitting until the fall, as the Aberdeen Times does not publish during the summer months.

Our board has not been holding regular meetings due to the COVID-19; epidemic; however, we have been keeping in touch by phone and email to discuss any items of business that come before us. The board is pleased to advise us that our service providers continue to fulfill their contracts without interruption. In particular, you may have noticed that during the month of April several pieces of heavy equipment entered our courts to undertake the annual tree-thinning in preparation for possible hurricane events.

As always, of course, if you have any concerns that need to be addressed, complete and return to the Parkwalk Circle West mailbox the Service Order Forms found there or email our property management company at Kris@campbellpropertymanagement.com.

Remember that although many businesses and activities are reopening, we are a 55+ community and that statistics indicate that seniors are much more susceptible to catching and dying from the pandemic than any other age group. So we need to protect ourselves and others by ensuring that we wear protective apparel and maintain prudent distancing wherever possible – STAY SAFE and we will STAY HEALTHY.

The next Times comes our Shores mailbox the first week in October. Until then...

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LAUGH or CRY

By: Toby Wolberg (Oxford Place)

You will laugh or cry after reading this. As many of you know I am a chocoholic. I love chocolate. Being we were cooped up for weeks because of the Coronavirus, I decided one morning at 4 am to take the word “chocolate” and started writing all the words that are in the word chocolate. I found 105 words!

Being we are not playing mah jongg, I texted my mah jongg buddies...New game..how many words are there in the word “mah jongg.” I found 58 words. Then I was curious about something. I didn’t want to ask my friends because I knew they would never speak to me again, so I found out for myself. There are 315 words in “Coronavirus.” Are you laughing or crying?

Moorings Matters

By: Eileen Hahn

So happy to wish everyone a wonderful summer, standing 6-feet apart and decked out in either medical blue or fashionably print face masks! This is who we are until there’s a reliable and safe vaccine. We never had to wish our snowbirds farewell, because there was no safe way to escape as we became fully involved with COVID-19 by the end of Mar. Anne and Maurice Powers realized they might as well stay put instead of heading toward worse territory and then turn around because it was time to migrate. Our Canadians had to make a hasty retreat before PM Trudeau closed the borders. You don’t gather any wonderful information during a quarantine, but you do learn who the walkers are and gain some new insights. With schools closed, Ginger Weiser lost the pleasure of volunteering as an elementary school helper, but has become the upbeat philosopher on Facebook of the Moorings. She and Mitch also walk. There are the dog-walkers who get out frequently, Diane Geary, Sue Strub, Helen and Joe Fradella, Helene and Larry Bruck, and new to the sport, walking their grand dog, Tili and Dennis Platt. Jayne Bartecki is out twice a day and very often accompanied by her pal Martini, Jerry Esposito or Joe and me. We like to walk in the evening (after Jeopardy) and have passed Marilyn and Alfred Lubell and Naomi Appel with Ellen and Howie Applebaum. Larry Kaminski takes his evening stroll as do Sally Sage and Herb Schwab and Joanne Moustakas and Alan Goldenberg. Flora and Jack Miller gave it a try

(continued on page 17)

MOORINGS MATTERS...*(continued from page 16)*

and it even brought Marian Smalls out for a trip around the cul-de-sac. Paul Camarone is back on his roller blades covering the neighborhood.

Now our party animals don't give up easily and a driveway celebration for the double birthdays of Larry Kaminski and Alan Goldenberg was held with Vivian and Jack Lonetto and Anne and Shelly Osherowitz joining the fun - at how many feet apart? Go around the corner and Carol and Ernie Hyndman run a happy hour evening in beach chairs sitting apart, sometimes joined by Linda Pagoulatos. The party got bigger when they celebrated Ernie's birthday.

We did get to witness our grandson Stephen's Tulane graduation with the jazz band, commencement speaker and diploma presentation on line. Only missing link was the New Orleans cuisine.

We have another house on the market since Madelaine Accardi moved to assisted-living. She had purchased Blossom Gardner's unit a few years ago when she moved to Vi. Rita Wolfe, who moved to a senior-facility, passed away in April. A very bright woman, she had served as president of the gourmet club and with Vicki Kahn, her good friend, ran many well-planned functions.

ORT

By: Lenore Blinkoff (President)

During these trying times, on behalf of Aberdeen ORT I wish you good health; to stay safe.

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Sofa Seat Splinters

By: Rob Tanenbaum (Bermuda Isle)

I don't know about you, but I feel cheated at not being able to see the Seattle Mariners play in Miami this week. I mean, it's been 6 years since the Mariners came diagonally cross-country to play the Fish. We're denied our only chance to see Dee Gordon again! Cheated, man, cheated. We were supposed to be watching the French Open this week. And the end of the Stanley Cup Finals. The beginning of the NBA Finals. Olympic Trials with The Games 2 months away. We were even cheated out of the Rocket Mortgage Classic (PGA stop). As hard as it may be for many of us to be without sports because of the coronavirus pandemic, it's even harder for the money-making machine that pro and college sports have become.

The unwatchable 3-day NFL draft event was viewed by 55.6 million sets of eyes. The synchronized "NFL Draft-a-Thon LIVE" charity event averaged 5.5 million viewers all 3 days and raised more than \$100 million for COVID-19 relief. So we weren't the only ones feeling cheated by missing sports.

Thus, you will have sports to watch in the near future. In the middle of this month, the PGA Tour will start spectator-less events to be televised. While the British Open was canceled, the Rocket Mortgage Classic was rescheduled to July. Hooray! The PGA Championship was moved to August; the U.S. Open to September; the Masters to November. Expect the NBA, NHL and MLB and others leagues in worldwide sports to concoct and accept any plan possible to stage games and playoffs. The pressure on the leagues by the TV and cable networks desperate for programming will be intense because the viewership numbers and advertising revenue will skyrocket. Athletes are just a commodity like meat packers. Personally, I prefer the Olympic Committee's decision to "we'll see you when this is over," and move the Tokyo Games to next year.

While this drama unfolds, I have 2 suggestions; one for sports fans and one for everyone, to be entertained and educated.

Sports fans: go to [YouTube.com](https://www.youtube.com) and in the search window type in "xxxx Classics" and hit "Enter." (xxx stands for your favorite team -- Marlins, Heat, Miami Hurricanes, etc. -- or event -- World Series, Rose Bowl, Final Four, etc.) and you'll get a long list of complete

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SOFA SEAT SPLINTERS...(continued from page 18)
games or highlight packages to watch. You can also search YouTube for “Bill Russell highlights” on your computer and use Zoom’s screen share to watch and teach your grandchildren about old school sports heroes as I am doing with mine.

Everyone: if you have not been watching ESPN’s documentary, “The Last Dance,” you must. For sports fans, seeing Michael Jordan highlights is as thrilling and mystifying as it was 25-35 years ago. The backstories of the players and the internal drama of the Chicago Bulls’ last championship season is captivating. But the real gold is learning how and why a world-class athlete like Jordan dedicates the whole of his existence to being the best in the world and the best ever. It’s a journey into sports psychology that’s never been seen and never will be forgotten. There are 10 episodes available on ESPN on demand and Netflix.

One last thought: those of us at Aberdeen that participate in golf, tennis and pickleball have been given the opportunity to play again. Please enjoy this privilege that we all earned and continue to put responsibility above all the other actions you take as you play.

Bridge – Try It, You’ll Like It

By: Sheila Malamud (Brittany Lakes)

Responding to 1 NT with 5-5 or 5-4 hands:

What will you do when your partner opens 1 NT and you have 5-5 in the majors? You and your partner need an agreement. One convention you should not use is Stayman. If you do, most likely partner will respond 2 Diamonds. That will say that she does not have a 4-card major. But since you have 5 in the majors what you are looking for is a 3-card major. You still won’t know if you have a major fit.

You should assume that your partner will have at least one 3-card major. That makes it reasonable to assume that your partnership will have at least one 8-card fit in one major. Here are some reasonable methods for you to show your partner a picture of your hand when you have 5-5 in the majors.

1. If you have a weak hand, such as:
S: KJ964 H: J9732 D: 7 C: 83

Transfer to a major and then pass. You don’t have the strength to bid both suits, so pick one and pass

2. Invitational hands, such as:

(continued on page 20)

BRIDGE – TRY IT, YOU’LL...(continued from page 19)

S: KJ964 H: AJ732 D: 7 C: 83

Transfer to Hearts and then bid 2 Spades. This gives partner the opportunity to pick one of the suits and bid 3 or 4 depending on the strength of her hand.

3. Game –Going hand, such as

S: KJ964 H: AQJ98 D: 7 C: 83

First transfer to Spades and then bid 3 Hearts. Notice you bid the higher-ranking suit first. When you force your partner to the next level, it shows that you have more values. If partner has both majors, she will bid the one which allows her to be declarer. This will keep the better hand concealed.

Now, let’s discuss the situation where you have two 5 card suits, but only one of them is a major, such as:

S: KJ964 H: 7 D: AQJ98 C: 83

Assuming you have a game going hand, first you transfer to Spades. Over 2 Spades, you bid 3 Diamonds. You have now told your partner that:

1. You have 5 Spades
2. You have 5 Diamonds, and
3. We belong in game

If you do not have a game going hand, just transfer to Spades and then pass.

Finally, what do you do with a game going 5-4 hand, such as:

S: KJ964 H: AQ98 D: 75 C: 83

Your agreement with your partner should be that in this situation you will bid Stayman. If partner bids a major, GREAT. You will play in that major.

If partner bids diamonds, jump in your 5-card major to show you have 5 and you have a good hand. If partner wonders why you didn’t transfer to begin with, she will soon figure out that you must also have a 4-card major. Now if partner only has 2 Spades, she will bid 3 NT.

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October/November 2019

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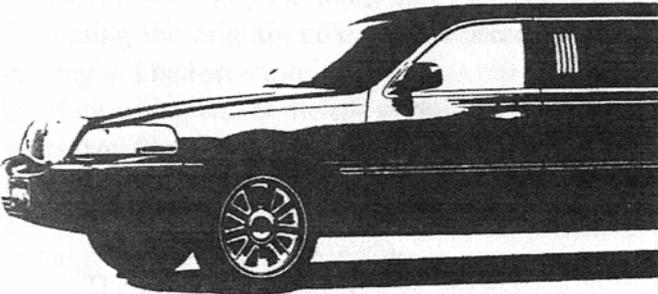
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Seniors Buying Bagels

By: Steve Solomon (Hampton)

(An elderly couple was in front of me on the line at the deli; they were ordering bagels, I was in a bit of a rush and trying to pay.)

HIM: What bagels should I get?

HER: What do I care.... Get what you like. Get something different.

HIM: (to Clerk) OK, I'll have a dozen bagels.

HER: A dozen! A dozen will last us for 6 months.

HIM: (to Clerk) Ok, then a 1/2 dozen.

HER: Four is plenty.

HIM: (to Clerk) I'll take four plain bagels.

HER: Always the same thing. Always plain... get a variety for a change.

HIM: (to Clerk) Mister.... What kind of bagels you got?

DELI GUY: They're right in front of you in the case.

HIM: (studying the bagels) Ok, I'll take one poppy...

HER: Schmuck, the poppy gets between your dentures.

HIM: Ok...forget the poppy. One sesame...

HER: You can't eat sesame, you got diverticulitis. The seeds give you diarrhea.

HIM: Ok, no sesame, no poppy. Two garlic, one plain.....

HER: You'll stink for a whole day from the garlic.

HIM: One plain, two salt.....

HER: Salt! Are you crazy? With your pressure!

HIM: (to his wife) Onion? I can have onion. What's the hell's wrong with onion?

HER: You belch all night from the onions.

HIM: Ok, no salt, no poppy, no sesame, no onions. Mister...How about the everything bagels? What's on them?

DELI GUY: Salt, poppy, garlic, sesame and onions.

HIM: Ok, I'll have 4 plain bagels.

HER: (Yelling) Always the same thing. You always buy the same thing...

Have a great (socially-distant) summer.

Differences Between Nurse Practitioner (NP) and Physician Assistant (PA)

By: Jane Evers (Hampton)

I have been using NPs (Nurse Practitioners) and PAs (Physicians Assistants) for the last 40 years. I was introduced to them back in the 70s when I was part of a group on Long Island called (CHPS – Community Health Plans). It was an innovative idea where you had all types of medical professionals under one roof. No need to go to multiple places for blood work or X-rays. There were family physician, specialists, PAs and NPs all in one building. So, even now, I usually look for a medical practice that includes either a Nurse Practitioner or a Physician Assistant. (Comment-Jane Evers)

Physician assistants (PAs) and nurse practitioners (NPs) hold important positions in the healthcare system. Both NPs and PAs hold advanced degrees and provide direct patient care under the auspices of a physician. In recent years, professionals in both roles have gained a greater level of independence as a growing number of states have relaxed requirements related to physician collaboration and oversight. This comes as a direct response to a growing physician shortage at a time when more demands are being placed on the healthcare system than ever before.

There's no doubt that PAs and NPs can help address these healthcare shortages. Both PAs and NPs routinely serve the primary and preventative care needs of diverse patient populations; this is especially true in medically underserved rural and inner-city areas.

Physician Assistant and Nurse Practitioner Differences

One of the main differences between these 2 professions can be seen in the different ways they approach patient care. While NPs receive training in accordance with the nursing model, PAs attend programs more in line with the medical model.

NPs follow a patient-centered model, while PAs adhere to a disease-centered model. This complex and nuanced distinction starts to make more sense when you study nursing or medicine at an advanced level. However, in simplest terms, it can be explained as follows:

- The nursing model looks holistically at patients and their outcomes, giving attention to a patient's mental and emotional needs as much as their physical

problems.

- The medical model places a greater emphasis on disease pathology, approaching patient care by looking primarily at the anatomy and physiological systems that comprise the human body.

This important difference influences the various specializations available to NPs and PAs. From the time they enter their graduate program, NPs choose a specific patient population as their primary specialty; these specializations include pediatrics, geriatrics, and women's health. Alternatively, physician assistants more often specialize in a particular area of medicine, such as emergency or internal medicine.

Physician Assistant

PAs routinely diagnose illnesses and injuries, perform examinations, and provide treatment plans without any direct supervision from an MD. PAs perform various services within the scope of their training that might otherwise be performed by a physician. This often includes prescribing medication.

The level of independence granted to PAs has a lot to do with how the laws read in each state, but autonomy and independence mean something different when defining the scope of practice in healthcare. In all but a few states, the law requires PAs to work under some form of collaborative agreement with an MD, but very little of what they do on a day-to-day basis actually requires any direct physician oversight. In this sense, virtually all PAs spend most of their time working autonomously. PAs can even operate independent PA-led clinics where physician involvement may be limited to little more than a couple on-site visits per month.

Nurse Practitioner

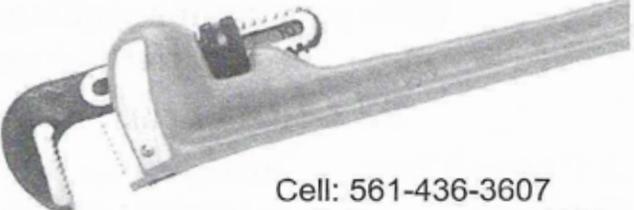
About half the states in the country feature progressive laws for advanced practice registered nurses, granting NPs total freedom to practice independently to the full extent of their education and training.

NPs diagnose and treat various illnesses and injuries, strongly emphasizing preventative care and health promotion. They frequently practice autonomously without direct physician oversight, even when under a collaborative agreement with an MD. In a growing number of states, these professionals can practice and prescribe medication completely independently.

Still, many states do require NPs to maintain collaborative agreements. Although NPs in these states can still routinely work autonomously without direct supervision, they are not considered independent

(continued on page 23)

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DIFFERENCES BETWEEN...*(continued from page 22)*

practitioners.

For most office visits, I find that the PAs or NPs are more available than MDs and generally are able to take care of most medical issues. When they need a second opinion, they call the doctor in for consult. I applaud the practices where these vital medical groups are utilized. (Comment - Jane Evers)

<https://practicingclinicians.com/content/all-you-need-to-know-about-nps-and-pas>

<https://nursejournal.org/nurse-practitioner/np-vs-physician-assistants/>

Edited by Jane Evers

A Moment To Reflect, Relate, Remember

By: Maris Levy (Addison Green)

Self Comprehension

Our brains are computers run by genetically programmed software. This software determines who we are; i.e., our intelligence, emotions and personality. Unlike conventional computers we cannot delete our software and download new improved versions. But we do have the option and ability to update our software by keeping our minds actively searching for new ideas and concepts to incorporate into our brain's databank. And sometimes we simply need to reboot our computer by shutting down our brain's dwelling procedures, zone out and redirect our minds towards simple calming thoughts in order to relieve our stresses and anxieties.

We must keep everything in perspective and remember that we are not alone. We all suffer from moments of depression and losses of self-confidence. We vary only in the extent and degree to which we allow these to control us. We must not withdraw within ourselves. We must not let negative feelings overcome us and dictate who we are; instead we must look beyond these negative emotions and find the strength to live our lives.

We all need to comprehend the functions that comprise our individual software and accept who we are. Only then can we go forward to achieve our goals and accept our shortcomings. When we do not achieve a goal, we must not think of it as a failure, but rather as a success. It is our success because we had the will and fortitude to go beyond our comfort zone and strive to better ourselves.

It is imperative to always remember that we are who we choose to be, doing what we choose to do. The past is over and gone. The present is now and is our "Me Time" to determine our future. The future is our time to live our lives to the fullest!

Senior Coupons

By: Steve Solomon (Hampton)

I have discovered the senior scam of scams right here in FL. It's not the "YOUR COMPUTER HAS A VIRUS" scam...not the "YOU OWE THE IRS \$150,000" scam... not the "GRAMPA, I'VE BEEN ARRESTED SEND MONEY FOR BAIL" scam. It's the "McDonald's Senior coffee scam.

At my local McDonalds there was a big sign boldly stating that they now offer a "senior coffee" with free refills. I was waiting on line for my usual breakfast. There were 3 seniors in front of me; each one had the "senior coffee" coupon they had received in the mail; you could also pick on up as you walked in.

I looked up at the sign above the counter, and there was no mention of "senior coffee." But, one by one the seniors ahead of me ordered their respective "senior coffees," got their trays and headed for their seats. It was my turn. I said, "I'll have the egg-McMuffin and a **senior coffee**. The clerk said, "That will be \$4.59 plus tax." I looked up at the menu board and quickly did the math. HmMMMM! Egg

McMuffin...\$3.59...plus \$1.00... The only thing on the beverage menu was a small coffee for \$1.00. I'm thinking, "If a small coffee is \$1.00, how much is a senior coffee?" I inquired, "Miss, how much is a senior coffee?" The counter girl said, "\$1.00" My ire was stimulated. I'm now thinking that a senior coffee must be larger than a small coffee. Right? I asked, "Is a small coffee the same size as a senior coffee?" She said, "Yes." And it's the same price?" I asked. She said, "Yes" again. This immediate begs the question, "What the hell is the difference between a senior coffee and a small coffee?" There is no difference.

I asked to speak to the manager regarding this. The manager, who was probably 19 years old and had successfully completed the "Irate Customer course 101 at McDonald's U," came over. I explained the situation. She processed, looked up at the menu, looked at me, back up to the menu board and assertively said, "Well, here at McDonalds, we offer special deals just for our seniors."

Tomorrow's breakfast will be at Burger King. I got a senior coupon.

Have a great (socially-distant) summer.

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No Regrets

By: Sheila Tannenbaum (Sheffield)

Sometime in the near future staying in place will be over.

Men and women will no longer have to isolate. They will come out from their pandemic induced cocoons. All will be relieved. Some will be gleeful about their achievements. Others may regret what they didn't do with their time.

I ate too much and too often. I didn't complete my goals.

I didn't write my resume. I didn't learn something new.

I didn't follow a dream. I didn't create something.

I didn't develop my ideas. I didn't work out.

I didn't write all those books. I didn't read all those books.

I didn't appreciate the beauty. I didn't hear the birds.

I didn't meditate. I didn't grow.

I didn't sing. I didn't laugh. I didn't dance. I wasn't grateful for all that I have. I didn't say "I love you."

Conversely many people, while terribly sad, had time as a friend. They used and cherished every mo-

ment. They accomplished so much and are proud of their achievements. They loved not having any restraints on their time. They loved having family time and romantic time. They were very happy to have time away from work to pursue their own interests. They look forward to seeing the results of their time well spent. They're ecstatic the isolation is over. And yet they will miss their free time.

For all, no regrets, no laments. We've survived. Today we can bask in the sun.

Did You Know?

- Did you know the Earth experiences over 50,000 earthquakes a year?
- Did you know the average person swallows 295 times during a meal?
- Did you know during the Prohibition, moonshiners would wear "cow shoes"?
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Marty's Recipes

By: Marty Hyman (Waterford)



Waffles

I was recently able to buy a vintage electric Westinghouse Waffle iron from an online store. This appliance was made in 1925 and arrived in working mint condition. As a great bonus, I was able to find the original recipe for waffles that would have been included in the box when the iron was sold as new. Enjoy this great throwback to a time when people made these in their homes. They are great with a few dips of old-fashioned ice cream. This is a standard waffle recipe that was part of the instruction booklet for the Westinghouse Automatic Waffle Iron and is still being recommended by waffle iron companies.

Ingredients:

- 2 cups flour
- 4 teaspoons baking powder
- ¼ teaspoon salt
- 2 tablespoon sugar
- 2 eggs
- 6 tablespoons melted butter
- 1 ¼ cups milk
- ¼ teaspoon vanilla

Directions:

1. Preheat the waffle iron.
2. Sift the dry ingredients into a medium sized bowl.
3. Separate the eggs, putting the egg whites in a smaller bowl.
4. In one bowl, beat the egg whites until they are stiff.
5. In another bowl, add the egg yolks, melted butter and milk all at one time to the dry ingredients.
6. Beat until there are no lumps in the batter.
7. Fold the egg whites into the other batter using a spatula or other flat utensil.
8. Generously butter coat the hot waffle iron on both sides.
9. Put a full 1/2 cup of batter in your waffle iron to make a 9-inch round waffle. This recipe makes about eight 9 inch waffles.

Adjust the quantity by volume if you have an older waffle iron that maxed 4 or 6 inch waffles.

Do you have a favorite recipe and story? Email it to Marty at jogvista@yahoo.com

The Man Who Discovered That Unwashed Hands Could Kill

Submitted By: John Pagliarini (Hampton)

The image of a mustachioed man in an old-timey suit, with beady eyes and a bald head, appeared on the homepage of Google pleading with us to wash our hands.

It was a doodle of Ignaz Semmelweis, the 19th century Hungarian doctor known as the pioneer of hand washing. He discovered the wonders of the now-basic hygienic practice as a way to stop the spread of infections in 1847, during an experiment in a Vienna hospital's maternity ward.

Semmelweis, born in Hungary in 1818, started working at Vienna General Hospital's maternity clinic in 1846 after graduating from medical school. Before long, he became deeply unsettled by the extraordinarily high maternal mortality rate in one of the wards.

In the ward that was stuffed by physicians and medical students, between 13 to 18% of new mothers were dying of a mysterious illness known as the childbed fever, or puerperal fever, according to a BMJ article summarizing his research. By comparison, in the ward staffed by midwives, about

(continued on page 27)

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THE MAN WHO DISCOV...(continued from page 26)

2% of women died of the fever. No one knew what explained the extreme discrepancy.

What were the doctors doing to the women that midwives weren't?

"Everything was in question; everything seemed inexplicable; everything was doubtful," he wrote in his book in 1861, "The Etiology Concept and Prophylaxis of Childbed Fever."

"Only the large number of deaths was an unquestionable reality."

Finally he made a startling realization. A fellow doctor died of what appeared to be a case of childbed fever after cutting himself with a scalpel that had been used to dissect one of the dead women's bodies.

The physicians, Semmelwies realized, had been dissecting infected cadavers during autopsies with their bare hands. Then, with those same contaminated hands, they were delivering babies.

"They were inoculating their patients with bacteria," Perlow said. "They were basically immersed in pus for hours." So he required anyone examining a woman in the labor room to wash their hands in a chlorinated lime solution before entering, especially those who just touched dead bodies.

Within a matter of months, the results of this simple hygienic change were apparent and astounding. The maternal mortality rate dropped to between 1% and 2%, matching that of the women in the midwives' ward.

Question: Why do retirees count pennies?

Answer: They are the only ones who have time.

Question: What do retirees call a long lunch?

Answer: Normal.

Question: What is the best way to describe retirement?

Answer: The never-ending coffee break.

Gemini Horoscope

May 21-June 20

Connect with yourself and others on a higher level this year.

Mercury is your ever-logical, perceptive ruler, and as one of the fastest moving planets it changes signs quickly. It seems like everyone's on the lookout for Mercury's dreaded retrograde cycles, and because it's your ruler, you should pay extra close attention. Not that you're going to let them slow you down too much, but this year the 3 periods between Feb. 6 and Mar. 9, June 17 and July 11, and Oct. 13 and November 2 are all dates to be aware of. It's also important to note that all 3 retrogrades pass through emotional water signs, which advise you to slow down when dealing with the obstacles like miscommunications, misunderstandings and commuting mishaps. This will be challenging for you, Gemini, but you can do it.

The sun drifts through your airy sign from the end of May until the end of June, signifying a mentally alert time when you're able to communicate and exchange ideas freely. Happy birthday curious, perceptive Gemini! You're at your most perceptive now, so you'll notice things that others ignore. Mercury is also the planet that's linked to sibling relationships, and what better time to reconnect with a brother or sister than your birthday month? Whether you text each other several times a day or haven't seen one another in years, strengthening your bond is possible now.

It's time to tune in to details at the end of August as the sun enters Virgo, the other sign that Mercury governs. Health issues will be key now, too, especially stomach/intestinal issues, which you should tend to quickly. Listen to your body and at the very least get a physical to rule out more serious ailments.

My memory's not as sharp as it used to be. Also, my memory's not as sharp as it used to be.

Know how to prevent sagging? Just eat till the wrinkles fill out.

It's scary when you start making the same noises as your coffee maker.

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- Submitted By: Marty Hyman

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Modifications Can Make Driving Safer For Seniors

Palm Beach Post, 12/12/19

Driving provides an almost unrivaled level of independence. The ability to travel beyond a neighborhood or even one's hometown without a chaperone is probably what excites new drivers so much and makes them eager to get their licenses and cars. Senior drivers also may define their independence by their ability to drive. Few things diminish senior dignity and independence faster than losing the ability to drive.

Despite popular misconceptions, seniors are some of the safest drivers around. The experts at Hartford Auto Insurance indicate that the number of accidents

involving older drivers actually decreases as age increases. It's the risk factors like medical conditions, medication usage and reduced physical function that increase the risk for accidents and injuries involving older drivers. Thanks to technology and some other well-designed devices, seniors may be able to continue driving longer than the aging drivers of years past.

The AAA Foundation for Traffic Safety, a nonprofit research and education association, says roughly 90% of seniors don't take advantage of simple, often inexpensive features that can greatly improve safety and extend their time behind the wheel. Here are some considerations.

Cushions and seat pads.

Cushions do more than just alleviate hip and back pain while sitting. Cushions and pads can raise drivers up and improve their line of sight over the dashboard. Swivel pads can make it easier to enter and exit the car as well.

Adaptive cruise control.

This feature can adjust speed automatically to maintain a consistent space between vehicles.

Adaptive headlights.

These headlights, also known as steerable *(continued on page 30)*

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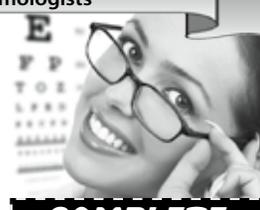
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MODIFICATIONS CAN MA...*(continued from page 29)*

headlights, can improve visibility by changing the direction of the light beam with the movement of the steering wheel.

Pedal extenders.

Extenders help short drivers reach the pedals while maintaining a safe distance from the steering wheel and potential airbag deployment.

Hand controls.

Whether one has sensory changes in the feet from surgery or a medical condition, adaptive hand controls can move the “pedals” up to the steering column.

Blind spot warning and other sensors.

Today’s cars can be equipped with any number of sensors that can detect oncoming traffic, cars to the left or right of the vehicle, items or cars behind the vehicle when reversing, and even if the vehicle has drifted out of the lane. These are all great safety features for any driver, but may be especially helpful to seniors.

Parking assist.

Parking assist technology can steer the vehicle into space with little input from driver.

Voice control.

Avoiding distractions and keeping hands on the wheel is enhanced by voice controls, which can be set up to do things like turn on the radio or adjust climate control.

Convex mirrors.

Special mirrors increase the field of vision. Overall, seniors have many tools available to make driving safer and more comfortable, which can prolong their years behind the wheel.

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New North America Trade Deal Hits Snag

By: Mary Beth Sheridan, [The Washington Post](#)

MEXICO CITY – A top Mexican trade negotiation flew to Washington for urgent talks Sun. as a hitch emerge in the U.S. – Mexico – Canada Agreement, just days after it was signed.

Jesús Seade, undersecretary for North America in the Foreign Ministry, accused the U.S. of blindsiding Mexico by deciding to send up to 5 U.S. attaches to monitor labor conditions as part of the treaty.

That decision was included in implementing legislation sent to the U.S. Congress of Friday. The new treaty is intended to replace the North American Free Trade Agreement.

Mexico’s labor practices were a major sticking point in the final rounds of negotiations on the accord. U.S. unions – and their allies in the Democratic Party – pushed for tough enforcement of a new Mexican law that guarantees workers the right to elect their leaders and approve contracts. In the past, Mexican unions were often under the thumb of businesses and politicians, who kept a lid on workers’ wages.

During the talks, Mexico rejected a U.S. proposal for foreign labor inspectors, saying it would violate the country’s sovereignty. Instead, negotiators agreed to establish 3-member panels – made up of Mexican, American and other experts – to resolve disputes.

Seade said he had sent a letter to Robert Lighthizer, the U.S. trade representative, expressing “Mexico’s surprise and concern” about the language sent to Congress.

The decisions to send labor attaches was “never mentioned to Mexico – never,” Seade told journalists on Sat. “And, of course, we don’t agree.”

On Sun., he was even more blunt. “We gained a lot in the trilateral talks, and because of this, the U.S. needs ‘extras’ that are NOT PART OF THE TREATY in order to sell it to its domestic audience,” Seade tweeted.

The U.S. trade representative’s office did not

(continued on page 31)

NEW NORTH AMERICA TR...(continued from page 30)

immediately respond to a request for comment.

But Lighthizer told CBS News's "Face the Nation" on Sun. that the treaty "was more enforceable and it's better for American workers and American manufacturers and agriculture workers than it was before."

Mexico's senate voted overwhelmingly Thurs. to approve the treaty, just 2 days after it was signed by the 3 nations' negotiators in the Mexican capital. But the labor issue has since blossomed into a political controversy here. Critics have charged that Seade was careless or naïve.

"It was a serious error for Seade to have gone alone to the final negotiations on USMCA," José Antonio Crespo, a political scientist at the Center for Research and Teaching in Economics wrote on Twitter. "If he had been advised by Mexican personnel, he wouldn't have been tricked, or be pretending that he'd been tricked."

Seade said Mexico would never accept foreign labor inspectors "for a simple reason: Mexican law doesn't allow them." The Foreign Ministry noted in a communique that Mexico could reject any such diplomats the U.S. sought to post in the

country.

Mexico's economy is heavily dependent on exports to its northern neighbor and foreign investment.

For that reason, its leftist government has been strongly supportive of negotiations to create a successor to the 25-year-old NAFTA.

I've sure gotten old! I've had 2 bypass surgeries, a hip replacement, new knees, fought prostate cancer and diabetes. I'm half blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded, and subject to blackouts. Have bouts with dementia. Have poor circulation; hardly feel my hands and feet anymore. Can't remember if I'm 85 or 92. Have lost all my friends. But, thank God, I still have my driver's license.



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When It Comes To Health, Be Cautious, Be Rational

Catherine Alicia Georges, National Volunteer President, AARP Magazine, June 2020

In recent weeks the news has been dominated by updates on the coronavirus, sparking concern and confusion among mostly everyone, including AARP members.

As I write this, I don't know whether the worldwide pandemic will be losing steam or reaching even more people. But as the world becomes smaller and global travel increases, we know this isn't the last time we'll face a frightening virus.

As someone who has spent her life in the health care field, I know we are all better off looking at the situation rationally and staying as calm as we can, without minimizing the threat. Being cautious and staying informed through trusted media sources are both vitally important.

We have allies in this fight. The U.S. is blessed with a terrific, multilayered health care system, from federal agencies such as the Centers for Disease Control and Prevention (CDC) to a network of state health care agencies to world-class hospitals. At every level, those agencies and facilities have some of the globe's best and most dedicated doctors and nurses. We can count on them and our own health care providers to help us through this crisis.

And we need to make sure they always have robust resources.

As of now, the Trump administration and Congress

have vowed to provide billions of dollars in extra funding to accelerate the development of a vaccine and potential treatments for the coronavirus, to stockpile protective equipment, and to support state and local governments as they deal with potential outbreaks.

That's as it should be, but we

also need to look beyond the immediate crisis and plan for the future.

Older Americans are most at risk from these outbreaks. The first U.S. deaths from coronavirus were in a nursing facility in Washington State. Over 90% of coronavirus deaths recorded in China through Feb. were people over 50; about half of the deceased were over 70.

Our federal health agencies do the research and proactive problem-solving that the for-profit sector can't always afford to take on. Every year, though, funding for the CDC and other federal health agencies is a political football in Washington when budget time rolls around. We should all let our representatives in Congress know that any funding cuts to these vital agencies will come at great political and societal cost.

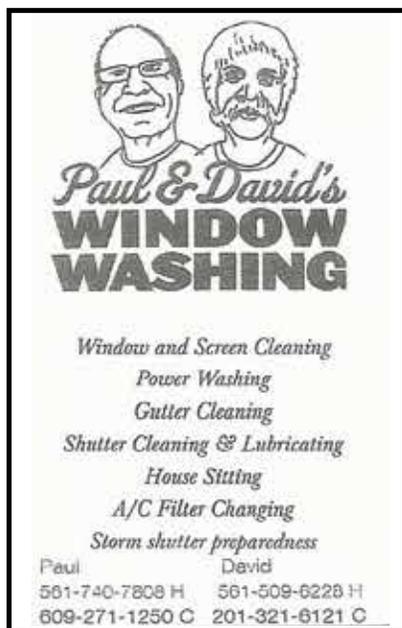
Outbreaks can be scary, but we are in good hands with the talented experts who work so hard to fight infectious diseases.

Let's practice calm, caution and common sense. That's the way we'll get through this outbreak and any that follow.

Low Body Weight Increases AD Risk In Older Age

MGH, Nov. 2016

A study conducted by researchers at MGH and Brigham and Women's Hospital suggests that older adults with a low body mass index (BMI) may be at increased risk for Alzheimer's disease (AD). The scientists looked at the medical histories and the results of physical exams, brain imaging, and genetic testing in 280 healthy adults ranging in age from 62 to 90. According to study results published Aug. 3, 2016 in the Journal of Alzheimer's Disease, participants with lower weight tended to have larger brain deposits of beta-amyloid, a toxic protein that is a hallmark of AD, even after controlling for factors such as age, sex, and education. The association was especially significant for low-weight participants with the APOE4 genetic variant, the major genetic risk factor for late-onset AD. Because elevated beta-amyloid is believed to be the first stage of preclinical AD, the findings suggest that individuals who are underweight late in life may be at greater risk for the disease. "Finding this association with a strong marker of AD risk reinforces the idea that being underweight as you get older may not be a good thing when it comes to your brain health," said senior author Gad Marshall, M.D.



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Try These Eight Active Learning Strategies

MGH, Nov. 2016

The following active learning strategies are effective ways to boost memory ability. Dr. Sherman recommends trying them out to see which ones suit our learning style and help you retain information you want to remember:

1. Zero in. Pay attention to one thing at a time – don't multitask. Learn to ignore distractions. Concentrate on the main points and ignore details. Think about what you're learning and why you want to remember the information. Limit the amount of information you learn at one sitting.

2. Organize. Group information by category – for example, to remember what's on your shopping list, divide items into fruits and vegetables, dairy and meat.

3. Simplify. Break down information into smaller parts, and tackle each part separately. Remember numbers by dividing them into smaller units: Instead of 125833076, think 125-833-076.

4. Link new information to established memories. Connecting new memories to existing ones makes them easier to remember. For example, remember the name of a new acquaintance by linking her to your sister, who has the same name.

5. Use multiple senses. Say the new information out loud. Write it down. Read it over.

6. Engage your imagination. Forming mental pictures or visualizing action can help you remember. For example, to remember the time of your 3 o'clock doctor's appointment, see yourself entering the office as the clock strikes 3.

7. Practice. Rehearse new information to embed it in your memory. Repeat names of people you are meeting for the first time. Practice playing a new piano piece a number of times until you learn the music thoroughly.

8. Use memory aids. Jot down notes on complex or extensive information to help you remember. Use aids such as calendars, smart phones, answering machines, and sticky notes.

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Make A Plan To Boost Your Memory

MGH, Nov. 2016

Making a weekly plan and consulting it every day can help minimize your stress and maximize your memory. Such a plan, in which you jot down your goals, activities, appointments, and chores for each day of the week, can minimize forgetfulness so that you can stay on track without cluttering your mind with this sort of information. An added benefit: Research suggests that writing down information helps you remember it.

For best results, set aside a time each week to draw up your plan using a weekly calendar or appointment book with enough space for writing information. Divide items into categories, such as “home,” “social activities,” “medical,” and “shopping.” Check last week’s schedule and carry over any tasks you have not completed. Look over important papers to note letters that must be answered, bills that need to be paid, telephone calls that must be made, and so on. Think of tasks you need to accomplish, and projects you want to concentrate on for the week. Keep it simple. Your weekly plan might include entries such as:

- Appointments
- Chores
- Purchases you need to make
- Social events
- Special dates, such as birthdays or anniversaries
- Routine maintenance on your car or home
- Medical reminders

As new tasks arise, get in the habit of recording them in your weekly plan so that important information will be readily accessible. Cross off items you’ve accomplished to help you keep track of what still needs to be done. At the beginning of each day, consult your weekly plan. In a pocket-sized notebook small enough to carry with you, make a note of that day’s appointments and chores. Jot down what you will need to remember for the day and relax. With your memory notebook in your pocket, your mind can be free to enjoy more gratifying mental activities – without worries about forgetting an important obligation or task.

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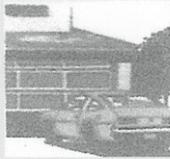
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EXERCISE CAN HELP PREVENT A SECOND FALL

Reduced mobility or a joint replacement often begins with a nasty fall - a missed doorstep or a patch of ice that leads to catastrophic consequences. A new study of 345 men and women age 70 and older suggests that starting an exercise program may prevent a repeat accident. In the study, subjects cut their risk of a second fall by 36% by following the Otago Exercise Program, a series of 5 strengthening and 12 balance moves with increasing levels of difficulty. The strengthening exercises focused on knee, hip and ankle strength; the balance exercises included backward walking, knee bends, heel walking and toe walking.

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A Gift For Her Daughter

By: Jean Chatzky, AARP The Magazine

She's living on limited means but wants to leave a legacy for the child she raised solo.

The Problem.

It's the money question parents ask me most frequently: "Whose needs come first – my children's or my own?" This time, I heard it from Toni Crespo, 63, a social services worker in East Yaphank, N.Y. Toni's 26-year-old daughter, Cortney, whom she raised solo after a divorce, is halfway through a medical residency in Boston. Her education financed in great part by scholarships, Cortney seems on a path to financial security. Still, Toni would like to leave her some money.

Slated to retire in June, she is due an \$800-a-month pension. But her plan has an uncommon option: If Toni instead takes about \$600 a month, Cortney could inherit that same benefit for life. "I want to do this for her," Toni told me. "Please help a mother feel she has thought this through."

The Advice.

To see whether Toni can help her daughter without sabotaging herself, I consulted two experts: NYC-based financial adviser Stacy Francis and Marcia MacDonald Mantell, author of the new book *What's the Deal With...Social Security for Women?* We needed to answer some questions first.

1. Does Toni have enough money for retirement?

It appears so. Her mortgage is paid off. She has her pension. She'll start taking Social Security in June, when she'll have to choose either a benefit based on her late ex-husband's earning record or a benefit based on her own. Toni should take the survivors benefit, about \$2,230 a month, since it now exceeds her retirement benefit. But as she collects her survivors benefit over the years, her own potential work benefit will continue to grow, and she's permitted to switch later on. So Mantell tells Toni to check with Social Security near age 70 to see whether her own retirement benefit will have become a better choice.

2. Would \$200 a month in pension income make a difference to Toni?

Based on the lean way she lives now, no. But Toni, who has \$20,000 in the bank and no investments, doesn't want to stay put. She'd like to be closer to her daughter. That might raise her expenses. "Two hundred dollars a month to someone who has \$500,000 saved? That's not such a big deal," Francis says. "But for Toni this is pretty much it, plus Social Security." Two hundred dollars is half a car payment or a medical bill or groceries. It likely means much more in her hands than in her daughter's. "I see this so often," Francis adds. "She doesn't realize that the best way of taking care of her daughter is making sure she herself is financially secure."

3. Is there an alternative way to help Cortney?

Yes. Since Toni thinks she can forgo the \$200 a month, Francis advises her to invest that amount monthly in a balanced mutual fund – one holding both stocks and bonds. Assuming returns of 6% a year, it could be worth about \$200,000 in 3 decades. "It's a huge gift," Francis says. "What's wonderful is that if, God forbid, she needs it, her

(continued on page 37)

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A GIFT FOR HER DAUGHT...*(continued from page 36)*

daughter will want her to use it.”

The Outcome.

Toni’s going with the advice of the experts. The survivors benefit plus her full pension is very close to what she was earning in her working life, so she’s thrilled. And the idea of an invested nest egg to be left to Cortney or – worse case – used by Toni had never occurred to her. “That’s exactly what I’m going to do,” she notes.

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Excess Weight In Midlife Appears To Speed Brain Aging

MGH, Nov. 2016

Losing excess pounds in middle age is likely to benefit your brain as much as your waistline, a recent study suggests. Researchers analyzed data on 473 individuals ranging in age from 20 to 87, looking at their *body mass index* (BMI, a measure of body fat based on height and weight) and assessing their volume of gray and white brain matter using magnetic resonance imaging (MRI) brain scans. According to a report published online July 27, 2016 in the journal *Neurology of Aging*, researchers found that overweight or obese participants, particularly those who were around 40 to 50 years of age, had significantly more shrinkage of the white matter of their brains – the network of connections among brain cells - than normal weight participants. These participants had a white matter volume that was similar to that of normal-weight participants who were 10 years older. Although cognitive tests did not find a difference in mental abilities linked to weight, the researchers concluded that midlife obesity might be a contributing factor in brain aging, and recommended further research.

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Now See Here! 9 Reasons You Should Visit An Eye Doctor This Year

By Jessica Migala, AARP The Magazine, April 2020

It should have been a run-of-the-mill appointment. “My vision was getting blurrier, and it was becoming more difficult to focus,” says Patrick Thompson, 55 an engineer from Huntsville, Alabama. “It was quite aggravating.”

After giving Thompson a comprehensive dilated eye exam, his optometrist, Barbara Horn, adjusted his glasses prescription. She also found something else: “He had pigment-dispersion syndrome, in which the pigment from the iris flakes off and floats around in the eye.” PDS is a precursor for glaucoma, a leading cause of blindness in people 60 and older. “Thank goodness for his blurry vision, or we would never have known,” she adds.

Most of us assume it’s natural for our eyesight to go as we age – and that notion can be dangerous. “No one’s eyes just get ‘bad with age,’ and you don’t just lose vision without a reason for it,” says Douglas Wisner, M.D., an ophthalmologist

at Wills Eye Hospital in Philadelphia. Meaning: Don’t accept blurriness, spots, flashes or floaters – get yourself checked out. “I urge anyone over 50 to get an annual checkup,” notes Charlotte Yeh, M.D., chief medical officer of AARP Services. “An annual dilated exam can help diagnose conditions like glaucoma and age-related macular degeneration before they are severe.” Here are 9 reasons to make eye checkups a priority.

1. There’s more to your eye than meets the eye. With dilation, drops added to the eye widen the pupil, allowing your doctor to view the inside of the eye – including the retina, lens and optic nerve – and look for age-related macular degeneration, glaucoma and melanomas. “Examining an undilated eye is like looking through a keyhole into a room. Dilation opens the door completely, so you can see all the corners of the room,” says optometrist Laura Di Meglio, an instructor at the Wilmer Eye Institute at Johns Hopkins Medicine in Baltimore.

2. Eyes are a window into your health. “The eye is the only place in the body where you can directly visualize nerves and blood vessels,” Wisner

(continued on page 39)

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NOW SEE HERE! 9 REAS...*(continued from page 38)*

explains. Eye doctors scan your eye for signs of hypertension, high cholesterol and diabetes – and can sometimes be the first to detect a problem. “Heart disease still remains one of the biggest causes of morbidity and mortality in our country, and if we pick up on it early enough, we can get on top of it and prevent damage,” he says.

3. Try a new alternative to dilation. Dilation is included in the price of your eye exam. For an extra fee, though, some private practices offer testing on Optos retinal-imaging devices. “These machines capture a wide view of the retina, even with undilated eyes,” Di Meglio says.

4. You can stop switching glasses to read the paper. Around age 40, people naturally begin to develop presbyopia, a condition in which the lens of the eye loses its ability to change shape and accommodate for different distances. “You can’t read things up close anymore, so you hold material at an arm’s distance. But by age 55, most can’t struggle through it – their arm just isn’t long enough anymore,” Di Meglio notes. Drugstore readers might suffice, but talk to your doctor about prescription readers or progressive lenses, which

can improve depth perception. (Progressives take some getting used to, so inform your doctor if you’re at risk for falls.)

5. The latest contacts could change the way you see. New materials can improve comfort and let contacts solve more than one vision issue at a time. For example, Acuvue Oasys with Transitions, the first light-adaptive contact lens, also has UV-blocking qualities. Bausch + Lomb Ultra Multifocal corrects both astigmatism and presbyopia. Alcon Dailies Total 1, a one-day comfort lens, uses technology to provide a moisture cushion.

6. You may be able to ditch wearing glasses forever. Cataracts – a clouding of the lens of the eye – can develop so slowly that you may not notice the difference initially. For some, cataracts begin to grow in their 50s; by age 80, more than half Americans have had one. But cataract surgery can liberate some people from glasses altogether, Wisner says. The procedure is quick (one hour), downtime is short (no more than a few days), and new techniques mean that some people won’t need post-op eye drops.

7. You don’t need to drive with glare. If night *(continued on page 41)*

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NOW SEE HERE! 9 REAS...(continued from page 39)

driving is becoming increasingly challenging, ask about antireflective lenses for your glasses, Horn suggests. "If your eyes are healthy with no or minimal cataracts, antireflective lenses are the most common solution," she says.

8. Those floaters could signal something bigger. With aging, the gel-like substance in the eyes, called the vitreous, begins to shrink; it may even separate from the retina, explains Elena Roth, M.D., an ophthalmologist with the U. of Miami Health System. One symptom of this might be seeing floaters and flashes in your vision. Most of the time you won't need to be treated for floaters, but you will need to be closely followed by your doctor to watch for retinal tear, a complication that can lead to vision loss. The good news is that those floaters usually stop bothering you eventually. "After 3 to 6 months, the brain learns to adjust and accommodate them," Roth says.

9. If you have diabetes, see your eye doc – it's critical. Nearly 60% of people with diabetes skip their yearly eye exam, according to research from the Wills Eye Hospital. "Diabetes is a disease of blood vessels. In the eye, it causes bleeding and

leakage of fluid in the retina, which can cause loss of vision," Wisner says. If detected early, some of this loss can be reversed, but the more profound the damage, the harder it is to correct. That's why an annual dilated exam is crucial. What's going on in your eyes is a direct reflection of what's happening in your kidneys, he adds; if an exam shows diabetes is not well controlled, you have opportunity to take steps to preserve your eyesight – and the rest of your body.

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An Apple A Day...Just Won't Cut It AARP The Magazine

Eating good, healthy food is a lesson we all learned young. It's particularly important for older adults. Unfortunately, those who are financially stressed often eat unhealthily because they have no other alternative.

Food insecurity among older adults has harmful effects beyond the immediate needs of nutrition. It forces painful choices, and people often choose skipping meals so they can keep the heat on, or fill their prescriptions, or feed their grandchildren. They cut back on food because it's the easiest way to save money.

Increasing food security isn't just about having access to enough food – it's about having information about and access to the foods that give us the best chance of staying healthy as we age.

That's why AARP Foundation is collaborating with profit and non-profit, private and public sector organizations to increase access to quality, nutritious, affordable food. AARP Foundation provides programs and services designed to give older adults who are struggling with food insecurity a better chance at maintaining a good, nutritious, affordable diet.

Healthy Savings, powered by AARP Foundation, provides older adults access to savings for foods that meet the "healthy" standard of the USDA's Dietary Guidelines for Americans. Think milk, whole-grain bread, lean meats, eggs, yogurt and more.

ESAP, the Elderly Simplified Application Project, which is supported by AARP Found through grants and other work, makes it easier for seniors to enroll in and receive SNAP (Supplemental Nutrition Assistance Program) benefits they've earned. One major benefit: ESAP participants are enrolled for a full 3 years instead of just 1.

MyPlate for Older Adults was developed in conjunction with Tufts U. and provides clear, important information about the specific nutritional needs of older adults. For instance, seniors need to focus on drinking more liquids because the natural thirst mechanism decreases as we age.

AARP Foundation is continuing to develop new approaches and pursue innovative strategies

and new collaborations that will help the growing number of older adults stay healthy for the long haul.

To learn more, visit aarpfoundation.org/foodsecurity.

Women And Alzheimer's AARP The Magazine, May 2020

AARP joins with others in an effort to improve lives. Women face a double challenge with Alzheimer's disease: They have a greater chance than men of developing it, and they are more likely than men to be caring for a loved one who has it.

AARP, AARP Foundation's A. Barry Rand Fund, the Women's Alzheimer's Movement (which was founded by Maria Shriver) and a number of other organizations are focusing on finding solutions to those challenges in 2020. In Feb. the Global Council on Brain Health, a group brought together by AARP that includes dementia researchers, advocates and policy experts, issued "The Brain-Heart Connection," a report examining how sex-based differences in heart health can show up in the brain. It calls for research on issues such as how some statins may impacts women's health differently than men's.

AARP and UsAgainstAlzheimer's will cosponsor, in April, a Brain Health Partnership meeting about prevention, with focus on women. The gathering will set common goals for the reduction of U.S. dementia cases during the next several years.

In May, AARP and the Women's Alzheimer's Movement will release "It's Time to Act: Challenges of Alzheimer's and Dementia for Women"; it will map out a strategy to improve women's brain-health research and policies over the next decade. Go to aarp.org/disruptdementia for more details about AARP's work on Alzheimer's and dementia.

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