



THE LIFE ENRICHMENT CENTER AT OYSTER BAY

45 EAST MAIN STREET • OYSTER BAY, NY • 11771

Phone: 516-922-1770

www.lifeenrichmentcenteroysterbay.org



Like us on Facebook

[Facebook.com/lifeenrichmentcenteroysterbay](https://www.facebook.com/lifeenrichmentcenteroysterbay)

February 2021

Where are the Vaccines?!

Someone described getting an appointment for a vaccine like winning a golden ticket to Willy Wonka's Chocolate Factory. When you get that boost of confidence being deemed eligible through the NY State website and then attempt to get an appointment, you understand why it is likened to winning the lottery. No appointments to be had for months.

The Center receives dozens of calls daily from seniors asking where they can get the COVID vaccine. Unfortunately, we have no immediate answers. We are sending Nassau County Office for the Aging a list of 25 eligible seniors every day, slowly submitting names from the hundreds of our members. There is no information on when or if people will get a call, and nothing has happened - yet.

I have been told to encourage people to pursue whatever options are available – visit the website <https://am-i-eligible.covid19vaccine.health.ny.gov> or call (833) 697-4829 to ask about State-operated vaccination locations or try Northwell's hotline at (833) 422-7369. I have heard some success stories from people who spent hours refreshing the website or checking late at night. Many seniors enlisted help from their computer-savvy kids and grandkids. Until the next batch of vaccines are available, we need to exercise perseverance and patience at the same time. In other words, keep trying but understand this may take some time.

The staff at the Center is leaving no stone unturned. We are in contact with the Office for the Aging, the Department of Health, and any other known distribution sites. If we find out anything, you will be the first to know!

On a lighter note, and to add some fun this year, we are starting a "Share a Smile" program. Members will write, send, and receive cards, letters, or short notes with other members. Feel like sharing? To participate, call the Center or email JoanneD@Lecob.org to say that you are interested. We will compile a list of names and addresses of participants and share them with you. We will even provide packets of paper, pens, crayons, and envelopes. The rest is up to you: make cards, write letters, send a note...and mail it off to someone else on the list. You will brighten someone's day and have fun doing it!

Continue to stay safe! Fondly, Judy

Do you have a Winter Safety Plan?

Winter can sometimes sneak up on us, especially amid the challenges of the last year. Taking extra steps to identify and create a safety plan to protect yourself from winter hazards is essential. In many parts of the country, ice and snow are a concern. Not only does bad weather put many at risk for slip-and-fall injuries, it also forces individuals (especially seniors) to spend more time indoors and less time outside taking walks or socializing with friends.

Winter is also a season when the influenza virus typically makes its rounds. This winter there is the added concern about COVID-19 exposure. As the new year begins, it's important to be aware of your risk factors and take steps to mediate them.

1. Get a flu shot: If you haven't already done so, schedule an appointment with your primary care doctor to get your influenza vaccine. While flu season can begin as early as October, it typically peaks right before or after the holidays. So, it's not too late to get your flu shot. Seniors are at higher risk for contracting the seasonal flu than younger adults. According to the Centers for Disease Control and Prevention, adults over the age of 65 make up 70% to 85% of seasonal flu-related deaths. They also account for 50% to 70% of flu-related hospitalizations. One of the best ways to protect yourself and those you care about is getting vaccinated.

2. Have a snow removal plan: Make certain you have a plan in place for keeping your driveway and sidewalks clear. A

plan that doesn't require you to head out to shovel snow when weather is inclement is vital. If your budget is too tight to hire a contractor, consider connecting with nearby neighbors to see if they'd be willing to collectively pay for someone to do all the heavy lifting, or go out in groups to get driveways and walkways cleared in no time. You should contact your local Area Agency on Aging, as they may have a program in place to provide financial assistance.

3. Prepare for the cold: While your goal might be to hunker down at home on cold days, it isn't always possible to do so. Take time to check your winter wardrobe to make sure you have everything you need to stay warm when you venture out. A warm coat, hat, scarf, gloves, and boots are must-have items. Make certain your winter boots have nonskid soles. Seniors using a cane or other assistive device to get around should install an ice grip on the tip. This can help keep the cane from slipping out from under you and causing a fall. They are an inexpensive item that can usually be found at the pharmacy or at an online medical supply store.

4. Stock a storm pantry: Having a pantry with essentials stocked and ready is another winter safety strategy. It will allow you to stay safely indoors when a winter storm is raging outside. Make sure your storm pantry has enough food staples and bottled water to last at least 3 or 4 days, in case you can't get out. Also, make sure you have a manual can opener, a flashlight, and an extra supply of medications. A battery-operated weather radio is another good investment, as well as a cell phone charger that doesn't require electricity.

5. Have the furnace inspected: Carbon monoxide poisoning is another home hazard for which the risk is higher during winter months when the furnace is running. If you haven't had yours inspected yet this season, now is the time. Hire a heating specialist to check over the furnace and identify any potential problems.

6. Check your vitamin D: Vitamin D deficiencies peak during winter months. This is because the sun, the best source of vitamin D for many people, is often in short supply during the winter. If your primary care physician hasn't mentioned it, ask them about having a blood test to check. It's a quick way to determine if supplements or a prescription dose of vitamin D is necessary.

February Programs

1) In-person programs including lunch and exercise are suspended temporarily.

2) We will be serving Grab & Go lunches Monday thru Friday with Pickup 11:30– 12:00

3) Lunch delivery only for homebound seniors will be Tuesdays and Thursdays.

4) Virtual Programs:

- Yoga with Michele on Mondays at 10:00 am, Wednesdays at 12:00 pm, and Fridays at 11:00 am (For Zoom code and password, please email Michele at luca100707@gmail.com)
- Grumpy Old Men with Beth on Tuesdays at 10:00 am (For Zoom codes and password email Beth@lecob.org)
- Watercolor Studio with Alice on Tuesdays at 10:15 am (For Zoom code and password please email Alice at hayden1009@msn.com)
- Open Mic Night with Barbara & Ken on Tuesdays at 6:30pm (For Zoom code and password for Open Mic Night please email Ken at ken_krumenacker@excite.com)
- Women of the Ages with Beth on Wednesdays at 10:00am (For Zoom code and password email Beth@lecob.org)
- Pilates with Tara on Wednesdays at 6:00 pm (Zoom meeting ID 663 580 9420; text Tara at 631-413-5582 for more info and for Zoom password)

5) Off-Site Class: In-Person Tai Chi with Spencer on Wednesdays at 10:00 am at the Glenwood Life Center, located at 71 Grove Street, Glenwood Landing, NY 11547 (Glenwood Life Center 516-399-2575)

We are experiencing phone system problems. If you get a busy signal when calling (516) 922-1770, please try calling us at (631) 791-3181 instead, email us at info@lecob.org, or try calling again later.

Advice From A Volcano by Ilan Shamin: Stay active, keep your inner fire burning, it's okay to let off steam, go with the flow, be uplifting, it's all a matter of time and have a blast!