

# October 2019

## Issue 116

Hello Everyone, this is not our normal newsletter that goes out, moving forward we want to go back to sending them out on a monthly basis. So with that being said this one will be short and sweet.

### Monthly Activities

The 10<sup>th</sup> will be – Game day 12:30 to 2:00

The 30<sup>th</sup> will be – CAT team meeting 11:00 to 12:30

The office will be closed Monday October 14<sup>th</sup> in observance of Columbus day. And will resume Tuesday the 15<sup>th</sup>.

A quick reminder that there are no more transportation tickets at the office to pass out to the consumers for Trumbull Transit. You will be responsible for your own fare to and from the office. If you are a senior and filled out the

Ridership Application Form from the Senior Levy, then you call the correct transportation company for your ride.

**Remember:**

For all transportation users. Anyone that is over 60 will use one of 4 providers now. USA All American Taxi (330) 395-3226, Comfort Care-a-van (330) 744-4145, Garwin (330) 534-1335, or Country Neighbor (440) 437-6311 in the northern tier of the county. These rides will be free to all riders that are over 60. Any out of county ride will be done by Comfort Care-a-Van and may need additional permission. Be sure all over 60 riders have filled out the age verification form with a valid ID picture attached. If you need any assistance, call the office at (330) 372-3325 and we can assist you.

**Four Things You Might Not Know About Fall Allergies**

(ARA) As most allergy sufferers will tell you, allergy symptoms can always be bothersome, turning any time of year into sneezing season. A runny nose, itchy eyes and scratchy throat can arise as the days get shorter and the leaves begin to change.

The fall can be especially difficult for people who are sensitive to mold and ragweed pollen. But these seasonal elements aren't the only triggers that can make symptoms worse this time of year. There are also a few lesser known triggers. Here are four things you might not know about fall

allergies, courtesy of the American College of Allergy, Asthma and Immunology:

\* **Hay Fever** - Hay fever, a term from a bygone era, actually has nothing to do with hay. Instead, it's a general term used to describe the symptoms of late summer allergies. Ragweed is a common cause of hay fever, which is also known as allergic rhinitis. The plant usually begins to pollenate in mid-August and may continue to be a problem until a hard freeze, depending on where you live. See an allergist for prescription medications to control symptoms or to see if allergy shots may be your best option.

\* **Lingering Warm Weather** while most people enjoy Indian summer, unseasonably warm temperatures can make rhinitis symptoms last longer. Mold spores can also be released when humidity is high, or the weather is dry and windy. Be sure to begin taking medications before your symptoms start. Track your allergy symptoms with [MyNasalAllergyJournal.org](http://MyNasalAllergyJournal.org) and visit with your allergist to find relief.

\* **Pesky Leaves** - Some folks might find it difficult to keep up with raking leaves throughout the autumn. But for allergy sufferers, raking presents its own problem. It can stir agitating pollen and mold into the air, causing allergy and asthma symptoms. Those with allergies should wear an NIOSH rated N95 mask when raking leaves, mowing the lawn and gardening.

\* **School Allergens** - It's not only seasonal pollen and mold that triggers allergies this time of year. Kids are often exposed to classroom irritants and allergy triggers. These

can include chalk dust and classroom pets. Students with food allergies may also be exposed to allergens in the lunch room. Kids with exercise-induced bronchoconstriction (EIB) may experience attacks during recess or gym class. Help your child understand what can trigger their allergies and asthma, and how they can avoid symptoms. Be sure to notify teachers and the school nurse of any emergency medications, such as quick relief inhalers and epinephrine.

No matter the season, it's important for those who think they may be suffering from allergies or asthma to see a board-certified allergist. An allergist can help you develop a treatment plan, which can include both medication and avoidance techniques.

Having your allergies properly identified and treated will help you and your family enjoy the season. To find an allergist and learn more about allergies and asthma, visit [www.AllergyandAsthmaRelief.org](http://www.AllergyandAsthmaRelief.org).

**\*\*Remember if there is anything that you would be interested in trying, putting in the newsletter or having at the center. Please don't hesitate in calling in and talking with us, we are always here to listen to your ideas!!**



# Football Terms Word Search

W I D E R E C E I V E R E T U R N  
Q U A R T E R B A C K F I E L D E  
P T I G H T E N D G U A R D S P S  
A R R E K C A B E N I L D F Z Z P  
N F I E L D G O A L T A C K L E E  
S O F F E N S I V E L I N E H X C  
F A I R C A T C H S I W Z L A T I  
N O I T E L P M O C N I C H N R A  
K C A S P D L U A J R L O I D A L  
E Y Y R H E Z R N U E G R C O P T  
V N C T U A C O Z T T F N K F O E  
I F D A E S L R N J N F E H F I A  
R U O Z D F H F E E E O R U L N M  
D M Z T O O A I B T C K B D R T S  
X B F L S N W S N A N C A D E F E  
R L D A K Q E N R G C I C L E X K  
E E F U L L B A C K G K K E Y U O

BACKFIELD  
CENTER  
CORNERBACK  
DOWN  
DRIVE  
END ZONE  
EXTRA POINT  
FAIR CATCH

FIELD GOAL  
FULLBACK  
FUMBLE  
GUARD  
HALFBACK  
HAND OFF  
HUDDLE  
INCOMPLETION

INTERCEPTION  
KICKOFF  
LINEBACKER  
OFFENSIVE LINE  
PUNT  
QUARTERBACK  
RED ZONE  
RETURN

RUSHING  
SACK  
SAFETY  
SNAP  
SPECIAL TEAMS  
TACKLE  
TIGHT END  
WIDE RECEIVER