



SMARTSENIOR INTRODUCES "VIRTUAL" SEMINARS & ACTIVITIES

In the effort to keep our members safe and healthy, SmartSenior has temporarily paused our regular scheduled activities and in-person seminars due to the increase in COVID-19 cases in our area. Instead of in-person activities, SmartSenior is implementing "virtual" seminars and classes. More than ever before, it is important for us to stay connected and engaged with our community and each other. Starting in September for the first time ever, SmartSenior's will be able to enjoy seminars/classes via the internet through your computer, laptop/tablet or smart phone or call-in by phone and you will be able to listen in. You will simply call SmartSenior to register for any of our offerings by giving your email. Prior to the seminar/class you will be sent an invitation via email to join in the video/seminar. Another way to stay connected with "what's happening" is to sign up for SmartSenior email blasts. SmartSenior will be able to email you about any additional offerings we may have coming up, cancellations or the reschedule of any events. St. Joseph's/Candler will also be able to share updates regarding community health and other valuable information.

You will notice some new things have been added to this issue of SmartSenior that we hope will add some fun to your days and maybe even a chuckle or two! They say "you are never too old to learn", so we have included some items to entertain and help keep our brains sharp!

As a reminder, our office is open by appointment for services such as photo copies, notary services, laminating, secure document shredding, scanning and printing. You can call SmartSenior at (912) 352-4405 to set your appointment. You will be required to wear a mask (must provide your own) during your visit to ensure safety for all.

SmartSenior encourages you to call with any questions, to join in our "Tote Bag of Goodies" drawings or for information about our upcoming "Virtual" activities.

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For the Fun of It

SMARTSENIOR OFFICE HOURS

Mon thru Fri 8:30 am – 5:00 pm
(Closed for lunch: 12PM - 1PM)

836 E. 65th St., Ste 8
Savannah, GA 31405
(912) 352-4405

OFFICE CLOSED

Friday, September 4
&
Monday, September 7
Labor Day Holiday

55 or Better? Join Today!

If you or someone you know is interested in becoming a SmartSenior Member, fill out this form, clip out and mail to, SmartSenior at 836 East 65th St. - Suite 8, Savannah, GA 31405. Or call our office at (912) 352-4405 to join by phone with a credit card.

Mr. _____ Birthdate _____

Mrs./Miss/Ms. _____ Birthdate _____

Mailing Address _____

City _____ State _____ Zip Code _____

Home Phone _____ Cell Phone _____

Email _____

MEMBERSHIP DUES: ☐ \$18 for one person ☐ \$36 for two people

DELIVERY OPTION: ☐ Email ☐ Mail

PAYMENT METHOD: ☐ Check (payable to SmartSenior)

Credit Card Account Number _____

Expiration Date _____ Cardholder Name _____

Signature _____ Date _____



MERCHANT DISCOUNT CHANGES

MERCHANT UPDATE
MembersFirst Credit Union
606 East 67th Street
(912) 352-2902
Account holders receive "free" Stop Payment on checks

REMOVED
Devalon @ Cornerstone Salon

See the Next Complete Discount List in the Jan/Feb 2021 Edition of SmartSenior!



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Sign-Up for Email Updates

SmartSenior would like to email you with updates and any changes to our program and its' activities. This is a smart way to get "the latest" information on what's going on in-between receiving the SmartSenior Newsletter.

Call (912) 352-4405 today and get signed up!

Stay Connected and Win a free Tote Bag Full of Goodies

Call SmartSenior at (912) 352-4405 and tell us how many of the Long Densa Test questions you answered correctly on page 4 to be entered into a weekly drawing to win a free tote bag full of goodies. There will be one drawing per week through the end of October.



Virtual Lunch & Learns

SmartSenior will host virtual Lunch & Learn Seminars. Simply call (912) 352-4405 and register with your email address. SmartSenior will email you a link or phone number to call to join our seminars. On the day of the Lunch & Learn, you will make a delicious meal of your choice, call or log-in to the seminar and just sit back and enjoy in the safety of your home. If you log-in through a device such as a Smart Phone, tablet or your lap top/computer, you will be able to visually see the presentation. If you call in by phone, then you will be able to “listen only” to the presentation.

RESCHEDULED

“Planning Your Next Get-Away”

Don Adams, Kelly Tours, Inc.

Tuesday, September 15, 11:30am (Via Zoom)

Call (912) 352-4405 to register

We have all been stuck at home way too long, join Don Adams of Kelly Tours as he whisks us away to some exciting “virtual” destinations along with wonderful ideas of places to safely plan your next “get-away”.

“Cervical Stenosis: Not always a pain in the neck?”

D’Mitri Sofianos, MD

Chatham Orthopaedic Associate

Thursday, September 17, 11:30 a.m. (Via Zoom)

Call (912) 352-4405 to register

Cervical stenosis occurs when the neck’s protective spinal canal narrows due to degenerative changes or trauma. Many times there may not be pain associated with this condition. Find out why and what type of treatments are available if you are suffering.

“Covid-19: How to Safely Navigate through a Pandemic”

Rita Allen, BSN, RN, CIC

Infection Preventionist, St. Joseph’s/Candler

Monday, October 12, 11:30 a.m. (Via Zoom)

Call (912) 352-4405 to register

You have heard the recommendations to wear a mask, wash your hands and socially distance. Join St. Joseph’s/ Candler’s Infection Preventionist Rita Allen as she will share some not-so-known recommendations to keep you safe during this global pandemic.

RESCHEDULED

“Balance and Movement”

Angela Thomas, SJ/C Physical & Occupational Therapy

Tuesday, October 20, 11:30 am (Via Zoom)

Call (912) 352-4405 to register

Balance disorders are among the most common reasons that older adults seek help from a doctor. They are also one of the top reasons older people fall. Good news, many of the most common causes of balance problems can be prevented and/or treated, especially if recognized early.



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SmartSenior Needs Books for Lending Library

The SmartSenior Lending Library needs donations of books. The Library has been very popular during the pandemic for members to stop by and pick up a “good read”! Call (912) 352-4405 to make an appointment to drop off your donation.

Choose a Medicare Advantage plan with a total approach to health

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Aetna Medicare is a HMO, PPO plan with a Medicare contract. Our SNPs also have contracts with State Medicaid programs. Enrollment in our plans depends on contract renewal. See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area.

AUTUMN

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

By Evelyn Johnson - www.qets.com

- Acorn Apple Autumn Chestnuts Chilly Cider Corn
- Cranberry Deciduous Harvest Hayride Leaf Maize November
- Nuts October Raincoat Reap September Sleet Squash

Long Densa Test (only for the smartest SmartSeniors)

- Johnny's Mother had three children. The first child was named April. The second child was named May. What was the third child's name?
- There is a clerk at the Butchers shop, he is five feet ten inches tall and he wears size 13 sneakers. What does he weigh?
- Before Mt. Everest was discovered, what was the highest mountain in the world?
- How much dirt is there in a hole that measures two feet by three feet by four feet?
- What word in the English Language is always spelled incorrectly?
- Billy was born on December 28th, yet his birthday is always in the summer. How is this possible?
- In California, you cannot take a picture of a man with a wooden leg. Why not?
- What was the President's name in 1975?
- If you were running a race, and you passed the person in second place, what place would you be in?
- Which is correct to say, "The yolk of the egg are white" or "The yolk of the egg is white"?
- If a farmer has 5 haystacks in one field, and 4 haystacks in other field, how many haystacks would he have if he combined them all in another field?

Source: jokesoftheday.com

- 1. Johnny, of course!
- 2. Meat.
- 3. Mt. Everest; it just wasn't discovered yet.
- 4. None. There is no dirt in a hole.
- 5. Incorrectly.
- 6. Billy lives in the Southern Hemisphere.
- 7. You can't take pictures with a wooden leg. You need a camera to take pictures.
- 8. Same as now - Donald Trump.
- 9. You would be in 2nd. Well, you passed the person in second, not first!
- 10. Neither, the yolk of the egg is yellow.
- 11. One. If you combine all of the haystacks, they all become one big one!

Answers

SO, YOU JUST TESTED POSITIVE FOR COVID-19... NOW WHAT?

St. Joseph’s/Candler Hospitalist Dr. Asma Khan addresses some frequently asked questions about testing positive for COVID-19.



So you tested positive for COVID-19. Now what?

St. Joseph’s/Candler Hospitalist Dr. Asma Khan addresses some frequently asked questions about testing positive for COVID-19

The results are in: You, like millions around the world, have tested positive for COVID-19. What do you do now?

“If you’ve tested positive, the advice is to self-isolate,” says Dr. Asma Khan, hospitalist with St. Joseph’s/Candler. “If you are in a home with other individuals you should try to sequester yourself away from healthy family members to limit sharing spaces.”

That’s because COVID-19 is a respiratory illness that experts believe most commonly spreads through respiratory droplets. Currently there’s no vaccine for COVID-19

While millions of Americans have tested positive for COVID-19, at least some good news is that nearly 80 percent of patients experience mild symptoms that can be managed at home, Dr. Khan says. The goal is to try to limit spreading the virus while you get better.

Here are some frequently asked questions for those who’ve tested positive and those caring for a COVID-positive patient.

How long should I self-isolate?

Doctors recommend self-isolating for a minimum of 14 days. That’s because it can take anywhere from two to 14 days for symptoms to appear. How long symptoms may last varies from person to person, and remember, some people are asymptomatic.

“People are still testing positive long after that 14 days are up. There are people testing positive even three weeks out,” Dr. Khan says. “It’s a 14-day minimum of self-isolation and your doctor will tell you when it’s OK to discontinue self-isolation.”

Most patients will need at least one negative test result and experience no symptoms for at least three days before a doctor will clear them. Just be sure to communicate with your primary care physician, Dr. Khan advises. If you don’t feel comfortable going out, most physician offices are doing virtual visits.

“Some people are getting better really fast, and some people are taking a couple of weeks. It’s important to realize you might have a different experience than your neighbor,” Dr. Khan says. “Your doctor needs to be the one to tell you you’re OK to stop self-isolating. You don’t need to take that responsibility on yourself; just continue to isolate until you’re told otherwise.”

What symptoms should I be aware of?

We’ve all become familiar with the main symptoms of COVID-19 – fever, cough and shortness of breath. Other symptoms include:

- Chills
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Most of these can be managed at home. However, there are some symptoms you need to specifically self-monitor for because those may require a call to your physician or even a trip to the emergency room.

Seek medical attention if you experience one or more of the following:

Shortness of breath, such that you can’t speak when at rest or complete sentences

- Chest pain
- Confusion
- Drop in blood pressure

Low oxygen saturation (less than 93 percent if you’re monitoring at home)

Anyone can get COVID-19, and no one of any age should ignore symptoms. Call your doctor or go to the emergency room if you experience any of the above.

If I just have mild symptoms, how can I treat those at home?

Most COVID-19 patients have mild symptoms and will not need to go to the hospital. However, that doesn’t mean you will feel 100 percent.

To take care of yourself, get plenty of rest and stay hydrated. Over-the-counter medicines, such as acetaminophen, also can help you feel better.

Again, stay in touch with your doctor and be honest with how you are feeling.

How can I keep my family safe?

Since COVID-19 can spread through respiratory droplets from an infected person, it’s very easy for people in a communal living space to get it from each other, Dr. Khan warns.

To keep your family safe, it’s important to first self-isolate upon signs of COVID-19 or a positive test and then to keep your home as clean as possible.

“The whole goal should be to prevent infection to other people in your house,” Dr. Khan says.

Dr. Khan suggests finding one area of the house you can self-isolate in. If you walk down the hall to go to the restroom or grab some water from the kitchen, always wear a mask, Dr. Khan advises.

Caregivers should make sure they are keeping the house clean and commonly-touched surfaces, such as door knobs, sink handles and electronics, disinfected. Dr. Khan

continued on page 7



HURRICANE PLANNING DURING A PANDEMIC

Planning for hurricane season and other potential disasters can be stressful, and because the 2020 hurricane season comes during the coronavirus disease (COVID-19) pandemic, it may be especially so.

Public health and emergency response professionals have advice to help you safely prepare, evacuate, and shelter for severe storms while protecting yourself and others from COVID-19. Here are some tips to help you and your family stay safe during hurricane season this year.

Prepare for hurricane season

- Understand that your planning may be different this year because of the need to protect yourself and others from COVID-19.
- Give yourself more time than usual to prepare your emergency food, water, and medicine supplies. Home delivery is the safest choice for buying disaster supplies; however, that may not be an option for everyone. If in-person shopping is your only choice, take steps to protect your and others' health when running essential errands.
- Protect yourself and others when filling prescriptions by limiting in-person visits to the pharmacy. Sign up for mail order delivery or call in your prescription ahead of time and use drive-through windows or curbside pickup, if available.
- Pay attention to local guidance about updated plans for evacuations and shelters, including shelters for your pets.
- When you check on neighbors and friends, be sure to follow social distancing recommendations (staying at least 6 feet from others) and other CDC recommendations to protect yourself and others.

Prepare to evacuate

- If you may need to evacuate, prepare a "go kit" with personal items you cannot do without during an emergency. Include items that can help protect you and others from COVID-19, such as hand sanitizer with at least 60% alcohol, bar or liquid soap, disinfectant wipes (if available) and two cloth face coverings for each person. Face covers should not be used by children under the age of 2. They also should not be used by people having trouble breathing, or who are unconscious, incapacitated, or unable to remove the mask without assistance.
- If you DO NOT have resources such as family members, neighbors or friends to help you if evacuation is necessary, you should apply to be on the Hurricane Registry. Those who meet the criteria and are put on the Registry will be evacuated when there is a serious threat of a hurricane. To apply, call Coastal Health District Hurricane Registration Hotline toll free at 1-833-243-7344 and follow the phone prompts. Act now, the registry will not accept applications 72 hours prior to the arrival of any tropical storm force winds.

- Know a safe place to shelter and have several ways to receive weather alerts, such as National Weather Service cell phone alert^{external icon}, NOAA Weather Radio^{external icon}, or (@NWS) Twitter alerts. You may also subscribe to one of your local television stations to keep up with your local weather and alerts, sign up for CEMA Alerts and visit the Chatham Emergency Management Agency website <https://chathamemergency.org> for good local information. This will also give you news as to when your local city/county/state will open after an evacuation.
- It may take longer than usual to restore power and water if they are out. Take steps to prevent carbon monoxide poisoning if you use a generator.
- If you are injured or ill, contact your medical provider for treatment recommendations. Keep wounds clean to prevent infection. Remember, accessing medical care may be more difficult than usual during the pandemic.
- People with preexisting mental health conditions should continue with their treatment and be aware of new or worsening symptoms. Additional information can be found at the Substance Abuse and Mental Health Services Administration^{external icon} page.
- After a hurricane, it's not unusual for rats, mice, and other pests to try to get into your home or building. Be aware that with restaurant and commercial closures related to COVID-19, there are already reports of increased rodent activity as they try to seek other sources of food. Follow recommendations for keeping pests out of your home.

For more information

- CDC: Coronavirus Disease 2019
- CDC: Prepare your health for the 2020 hurricane season
- National Weather Service: Prepare for Hurricane Season 2020^{external icon}
- Chatham Emergency Management Agency website <https://chathamemergency.org>
- Georgia Emergency Management website <https://gema.georgia.gov>

Source: *National Center for Disease Control, Chatham Emergency Management, Georgia Emergency Management*

POSITIVE FOR COVID-19...NOW WHAT? *continued from page 5*

recommends looking for cleaning products that have anti-viral properties, not just anti-bacteria.

She also recommends doing laundry separately and always wear gloves when cleaning.

Should my family members get tested if I test positive?

This should be a decision made between your family member and their primary care doctor. They should also check their employer's policy.

If you've tested positive, chances are likely that family members have been exposed, Dr. Khan says. They should immediately self-monitor for symptoms and call their physician.

The Georgia Department of Public Health has locations across the region doing free testing or their primary care physician can refer them to a testing site. If nothing else, knowing whether you're positive or not may help with an already stressful situation.

How will I know when I feel better?

Just like with the flu or even a bad sinus infection, you know when you feel better. It'll be the same way with COVID-19.

"From the patients that I've talked to that have had it and didn't require hospitalization, they felt really rotten," Dr. Khan says. "You'll know when you feel better. You're eating better. You're breathing better. Your muscles aren't hurting, and your taste is coming back.

"You know when you're better when you start feeling better, and you've talked to your doctor and they are happy with where you are based on your symptom history."

Again, Dr. Khan advises to continue self-isolating until your doctor tells you otherwise.

"You can't just say so and so got better in a week and it's now two weeks so I must be better," Dr. Khan says. "It's different for everyone."

Not sick? Make a plan now in case it happens.

If you and your family haven't been affected by COVID-19 and don't have a plan in place, now is the time to make one.

- Know how to reach your doctor after hours and on weekends.
- Determine which part of the house you will self-isolate in.
- Make sure you have those anti-viral cleaning products on hand.

COVID-19 notwithstanding, it's important to have serious conversations about your health with your loved ones.

- If you have to go to the hospital which facility would it be?
- What are your wishes if you're placed on life support?
- If you get so sick that it causes severe confusion, who will make my decisions for me?

"Talk to your family. What would happen if you get sick – COVID-19 or a heart attack, it doesn't matter," Dr. Khan says. "Those conversations, although they are uncomfortable, are important to do before you actually need to have that conversation. Preparation is key."

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GA's Recommendations for Voting During the Crisis

Voters will head to the polls in November. But voting during a pandemic can be a challenge. More than ever, Secretary of State Raffensperger encourages Georgians to vote with a mail-in absentee ballot. However, you can still vote in person during early-voting periods and on Election Day. In-person voters will be instructed to maintain a safe distance when waiting to vote.

Health experts offer three tips to reduce your chances of being exposed to coronavirus at the polls.

1. Practice social distancing.
Infectious disease physicians say that social distancing is your first line of defense.
2. Wear a mask to the poll.
Your second layer of protection is your mask.
3. Have hand sanitizer with you along with your own writing tools.

If possible, try to vote during less crowded times, absentee ballots are available and recommended if you are at a higher risk.

Source: La'Tasha Givens, CDC, Georgia.gov



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OCT 10

#14444

\$149pp

GULLAH HERITAGE OF THE BEAUFORT SEA ISLANDS

Explore the history of this wonderful local culture. View the old plantation fields, Gullah cemeteries and travel the impressive Avenues of Oaks with entrance to the Praise House along the way. A low Country Boil lunch will then be served complete with a Gullah storyteller who will entertain and charm you with tales of her people.



OCT 18-23

#14446

\$1,109 single \$799 double

BALLY'S ATLANTIC CITY

Atlantic City NJ is back open and Bally's Hotel & Casino is eager to welcome you back to this exciting town.If you haven't visited Atlantic City lately, now is the time! The city has undergone a resurgence with new casinos, award-winning restaurants, spectacular entertainment, exciting new attractions and brand name, tax-free shopping outlets! Add the nostalgia of the Atlantic City Boardwalk and this trip is one to remember!



OCT 26-29

#14059

\$739 single \$599 double

THE BEAU RIVAGE RESORT

Join your fellow travelers for a trip to "The Playground of the South" -- Biloxi, Mississippi, a coastal city on the Gulf of Mexico. For the next three nights, the Beau Rivage Resort will be our home away from home! This modern hotel features a dynamic 24-hour casino, ten on-site dining options, three bars and lounges, live entertainment, a full-service spa and an outdoor pool overlooking the Gulf. You can even enjoy an optional excursion to New Orleans for the day!



OCT 30

#14449

\$129pp

ALL THINGS MACABRE, UNUSUAL, UNIQUE & MYSTERIOUS ***

Join us on a trip into the Macabre, as we visit the Graveface Museum in Savannah, GA which offers a just-the-facts look at the dark history, creepy weirdoes & unusual curiosos of America. Following an included lunch, we head out to Bonaventure Cemetery for a guided walking tour.



OCT 17

#14443

\$119pp

ANNO DOMINI-NARROWAY

Narrowway Christian Theatre's newest production explores the story of Stephen & the Apostles. As expected with a NarroWay experience, the show includes talented actors, live animals, inspiring music and a delicious lunch served prior to the matinee show by the cast themselves!.



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