

“Nifty Notes”

Swine Flu Update (H1N1)

Recent news and studies have anticipated and predicted that the H1N1 (Swine Flu) will hit hard this fall and winter, with predictions of the number of fatalities to possibly double that of a normal flu season.

The following information was taken from a medical advisory sent from the Scioto County and Portsmouth City Health Departments, the Centers for Disease Control (CDC) website and from Dr. Aaron Adams, Scioto County Health Commissioner, detailing what the H1N1 flu is and who is at most risk. Copies of the entire document from the health departments are available in the RSVP office includes Stay at Home Kit & Where to Stay Informed

What is H1N1 Flu: a new influenza (flu) virus causing illness in many people. This flu originated in Mexico in April of this year, but has since spread worldwide.

Symptoms & Associated Infections: H1N1 can consist of symptoms including fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting. This flu varies in severity from mild to severe. Severe cases could include pneumonia, respiratory failure and even death. Sometimes bacterial infections may occur at the same time as or after infection with flu viruses and could lead to pneumonias, ear infections, or sinus infections.

How it spreads: from person to person in respiratory droplets from coughs and sneezes that land on someone else and they touch their face, mouth or nose before washing.

Who is at Risk: According to Dr. Aaron Adams, Scioto County Health Commissioner, everyone is at risk but those most at risk will be vaccinated first. Top priority for the H1N1 vaccine will be pregnant women. Then would come infants six months all the way up to adults age 64, including those with chronic illnesses. They also want to vaccinate people who work in daycare centers or people who have young children or infants at home less than six months of age, because children don't qualify for any type of flu vaccine until they are 6 months of age. According to the Centers for Disease Control, current studies indicate that the risk for infection among persons age 65 or older is less than the risk for younger age groups.

Protective Steps: Stay informed; cover your nose and mouth with a tissue when you cough or sneeze and then immediately throw the tissue away; if you do not have a tissue use your elbow to cough or sneeze into; **wash your hands often with soap & warm water for at least 20 seconds**-especially after you cough or sneeze; alcohol-based hand cleaners are also effective; avoid touching your eyes, nose and mouth; try to avoid contact with sick people; if you are sick with flu-like symptoms **stay home for 7 days after your symptoms begin or until you are symptom free for a 24-hour period, except to seek medical care**; follow public health advice regarding school closures, avoiding crowds and other social distancing measures.

Stay Informed: by checking the following websites: www.portsmouthhealthdept.org; www.odh.ohio.gov; www.cdc.gov/h1n1flu; or www.flu.gov. Locally you may call Dr. Randall Schlegel, D.C., Emergency Planner 353-5153 ext 233.

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Laughter for the Soul

A woman wants to make herself an egg when her husband enters in the house and starts screaming at her:

- Be careful!!! Be careful!!! More oil!! We need more oil!! It's going to burn!! Be careful!! Turn it!! Turn it!! Turn it!! Come on!! Be careful!! Are you crazy?!! Oh my God!! Don't forget the salt!!



- Why do you scream like that? Do you think I am not able to make an egg? Very calm the man says to her:

- This is to give you an idea of how I feel when I'm driving the car and you sit right next to me...



*"A Civilization flourishes
when people plant trees under
which they will never sit."*

-Greek Proverb



Green Tips

No more junk mail!

Instead of your mailbox filling up with tons of useless mail, you should unsubscribe from a magazine that you never read or



junk mail that you never look at. This will not only clear your house of overwhelming clutter, but it will also help save trees.

No More Paperback

Switching to an online directory or phonebook instead of receiving the paper version is also another way to be resourceful by not wasting paper every time you throw away an old phone book.

"Two Locations To Serve You Best"

SMITH'S ^{Rx}

PHARMACY & HOME MEDICAL

741-2nd St. Portsmouth

10550 Main South Webster

"Think of Smith's First!"

354-5622 & 778-3784

Healthy Aging

This month is "Healthy Aging Month" and it is based around the inspiration to help you discover different ways to make the most of your health as you age. Focusing on the positive side of aging is a good place to start.

Getting exercise daily should be a top priority. This doesn't mean training for a marathon, it can be something as simple as parking your car further away from the store so that you have longer to walk, or taking stairs instead of elevator and instead of just walking, walk briskly and firm so that your body will actually get a work out that is beneficial.

Exercising your mind is also very important for aging healthy. Reading books, working on puzzles, and learning how to do something new or different will help to keep your mind engaged and active. Don't become an island all on your own! You don't want to drift through life without any social contact or conversation, so call up a friend or go to lunch with a relative or loved one. Volunteering is also very good for meeting new people and to become active in the community or with a specific program.

Last but not least, you do not need any unnecessary stress, so make sure to manage your finances in a steady fashion. Put a small percentage of your monthly check, or if you are retired take part of your retirement check, and invest it into something beneficial. Make a plan for how to spend the other portion of your money for each month and that will help you to keep financial balance.

Most of all, enjoy every minute of your life! Laugh like you have never laughed before, try new things, visit new places, or simply enjoy the beauty of every day from your own window or porch. Enjoying your life and finding things to be thankful everyday are great for keeping your spirits high will also make a big impact on your health!

Source: ePromos



A unique housing development for those 50 and older...

Riverview Retirement Center
740-353-1128

Do you worry about cutting grass, shoveling snow, getting to the grocery, doctor's office or hospital?

It's time to take a look at Riverview Retirement Center and your worries will be over.

And best of all, you will have the opportunity to meet a variety of people and make new friends. You are missing out on all the fun, so don't put it off any longer.

Call now 740-353-1128



Something to make you giggle!
Actual Church Bulletins!...

"Ladies don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands."

"The eighth-graders will be presenting Shakespeare's Hamlet in the Church basement Friday at 7:00 PM. The congregation is invited to attend this tragedy."

Angels explained by children:

I only know the names of two angels, Hark and Harold.

-Gregory, 5

Angels don't eat, but they drink milk from Holy Cows!!

-Jack, 6

When an angel gets mad, he takes a deep breath and counts to ten. And when he lets his breath out, somewhere there's a tornado.

-Reagan, 10

Community Wide Clean-Up

September is here, and this month several different groups are picking different areas in the community to clean-up. Partnering with Lawrence & Scioto Solid Waste Management District, RSVP wants to ask for your help! You can participate and join a group or even help encourage people in your neighborhood to get involved.



This is a great opportunity to get involved and to make a step towards making a difference in our community. If any RSVP volunteers would be interested in helping we would also like to suggest being a leader for your neighborhood and organize a group among your neighbors. You can help explain how this event will benefit our area and make it much nicer to be apart of a clean community. So pick up trash, rake up leaves, pull weeds or do whatever else you think needs to be done in your neighborhood.

This event will take off Saturday September 12, 2009 at 9:00 am. Anytime you are able to get outside and do anything at all to help make your neighborhood look nicer, don't hold back! Make sure to invite others to help! Our goal is to continue on with different projects and events through the year. We don't want our efforts and goals to better our community to end after the 12th.

United We Serve

Again we want to encourage you to visit www.SERVE.gov. If you have are planning a future project or if you are looking for volunteer activities or events to participate in, you check by zip code on this website. So don't just sit around and wait for everyone else to get things done, get out there and dare to make a difference, help make a change for the best! Good Luck!!

Volunteer Opportunity

- The Southern Ohio Museum and Cultural Center needs someone who would be interested in working at the desk two Thursdays a month from 10 am until noon. So if you are interested in taking over this position call down to the RSVP office at **354-3137** and I will get you started up!!!
- Best Care will be having a fall festival September 30. Any volunteers who would be interested in helping to direct crafters to their location or helping with the raffle, please call the RSVP office for more information.

Dates to Remember...

9/7- Labor Day-Office Closed

9/11- Patriot Day

9/12- Community Wide Clean-Up

9/13- Grandparents Day

9/17- Doc Severinsen and Ei Ritmo de la Vida

9/22- Autumn Begins

9/30- Best Care's Fall Festival



**Have your Social Security and/or
pension check sent directly to the
Credit Union!**

DESCO
federal credit union

September Word Search

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

Beginning

Hope

Care

Life

Change

Love

Community

Patriot

Family

Recognition

Health

Remember

Heart

September

Help

Volunteer

September

- 9-1 John Bailey
Jean Allen
- 9-2 Naomi Fife
Connie Hanna
- 9-4 Glenna Williams
- 9-7 Joseph Rammel
- 9-8 E Jr Wintringham
Margaret Hammond
- 9-12 Mary Bailey
Patrick Donini
Walter Applegate
- 9-13 Dolores Mantell
- 9-15 Patsy Shaffer
- 9-16 Robert (Gene) Borden
- 9-17 Bob Almberg
- 9-18 Phyllis Journey
Arlene Richard
- 9-21 Doris Herdman
- 9-25 Helen Wilkerson
Robert Pierce
- 9-26 Andrea Young
- 9-28 Irene Brown
Lynne Rodeheffer
Michael Riley
Saundra Wheeler
- 9-30 Nita Lee Russell
Jane Sharp

Happy
Birthday



*Blowing out candles
is good exercise for
the lungs!*



VOLUNTEER RECEPTION CENTER TRAINING

Some of you will remember the training we held a couple years ago for the Volunteer Reception Center (VRC) training at All Saints'. We are holding another one for those who went thru the first time as a refresher course and for those who didn't as an initial training session.

In time of a disaster and if we had the need for numerous volunteers, Kim Carver, EMA Director of Scioto County, would order me to open this VRC. We would be the point of contact for anyone in the community who is not already affiliated with a first responder agency to be able to assist with the disaster recovery. Those participating will learn how to assess the potential volunteers' skills, what resources they have access to and where they are needed the most. Those working at ground zero of the disaster will be getting their information to us on what resources are needed (equipment such as chain saws, shovels, larger equipment such as backhoes, etc) and where they are needed. Only the volunteers that we process will be sent to the site with the equipment that is being requested.

This process has been developed to help prevent large number of good-hearted people showing up at ground zero of the disaster and becoming a problem instead of part of the solution. Those at ground zero should not have to deal with people wanting to help when their skills could be best used at another location.

If you are interested in being trained to help with this project, in case we are ever called into action, please give our office a call and sign up for this free training. The training is set for Thursday, October 15, 2009, at All Saints' Episcopal Church, 610 4th Street, Portsmouth, OH from 10:00 a.m. to 3:00 p.m. and we will feed you lunch. Registration will be at 9:30 a.m.

If you have any questions or you want to sign-up to attend, just give me a call at 740-354-3137. Thanks!

-Vicki Daily

Calendar of Events for River Days 2009

Thursday- Sept. 3, 2009

7:30 pm– Steve Free
River Front Main Stage

9:00 pm– Phil Dirt and the Dozers
River Front Main Stage

Friday- Sept. 4, 2009

11:00 am.– 7:00 pm. Annual Rotary Fish Fry
1236 Gallia St. Plumbers & Pipefitters

7:30- Larry Pancake
River Front Main Stage

9:30– The Bellamy Brothers
River Front Main Stage

Saturday- Sept. 5, 2009

11:00 am. Riverdays Grand Parade

3:30 pm– Flood Wall Stars Signing

4:00 pm. Junior Miss, Little Miss, Tiny Miss Queens
Pageant @ Vern Riffe Center for the Arts

7:00 pm.– 47th Miss River Days Queen's Pageant
@ Vern Riffe Center for the Arts.

9:30 pm– Little River Band

Sunday- Sept. 6, 2009

6:30 pm– Doc Roc & the Remedies
River Front Main Stage

8:30 pm– The Kentucky Headhunters
River Front Main Stage

10:00 pm– River Days Fire Works

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RSVP of Scioto County
221 Court Street
PO Box 407
Portsmouth, OH
45662-0407

740-354-3137

Vicki's email:
rsvpscio@verizon.net
Vol. Coord. email:
rsvpscio2@verizon.net

Website: rsvpscio.org

Return Service Requested

Churches of Scioto Christian Ministries	Recipe Corner Apple Raisin Bread
<p>All Saints' Episcopal Cornerstone United Methodist E.U.C.C. First Christian First Presbyterian Friendship United Methodist Holy Redeemer St. Mary Catholic St. Monica's St. Peter's Second Presbyterian Valley United Methodist</p>	<ul style="list-style-type: none">• 1 1/2 cups all-purpose flour• 2 teaspoons baking powder• 1/4 teaspoon baking soda• 1 teaspoon salt• 1 1/4 teaspoons ground cinnamon• 1/4 teaspoon ground nutmeg• 2/3 cup packed brown sugar• 1 cup rolled oats• 1 1/2 cups grated apple• 1/4 cup chopped walnuts• 1/4 cup raisins• 2 eggs• 1/4 cup milk• 1/4 cup vegetable oil
 <p>FALL SEMESTER</p>	<p>Directions:</p> <ul style="list-style-type: none">• Preheat oven to 350 degrees F (175 degrees C). Grease and flour an 8 1/2 x 4 1/2 inch loaf pan.• In a large bowl, combine flour, baking powder, baking soda, salt, cinnamon, nutmeg, brown sugar, and oats.• Add apple, nuts, raisins, eggs, milk, and oil. Mix until dry ingredients are moistened. Bake for 55 to 60 minutes, or until done.• Cool on wire rack.