May 1, 2020

THE VILLAGER

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Thank you to Rachel Barnett for contributing the cover photo. The Villager welcomes submissions for cover consideration. Photos must be emailed as high-resolution jpeg images to *cking@oroonoquevillage.com*.

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OVCA PRESIDENT'S MESSAGE - APRIL 21, 2020

Dear Fellow Residents,

COVID-19: This pandemic has impacted our lives, probably, forever. It feels like a bad dream from which we cannot wake up. During this time we look for the good news, the promises of a bright future. Fortunately, we have many outstanding scientists and doctors who are working nonstop to solve the pandemic and provide us with guidelines and comfort as we navigate through these uncharted waters. Our first responders are the fearless, tireless extraordinary soldiers in the trenches fighting the battle head-on.

In the Village, we have much to be grateful for. Our Executive Director and Maintenance Director have implemented CDC protocols to keep our valued staff safe. We are so grateful to our caring staff who continue to provide Oronoque Village with necessary services.

Many residents volunteers have reached out to help other residents in need. They have gone grocery shopping, made masks, picked up prescriptions and taken residents to urgent medical appointments. Other acts of kindness include residents buying and donating food, making food, donating funds to various food banks and charities in need. The list is extensive! THANK YOU to everyone for the part you have played in these difficult times.

While we cannot be together right now, know that each of you is in our hearts. Our hope and prayer are that you are safe and well. Please follow all state guidelines to keep safe, especially social distancing. Before you know it, we will be celebrating together again.

Thinking of you,
Bob

P. S. Don't forget to tune into TV channel 591 for any new Oronoque information.

Note: Clubhouses will remain temporarily closed while the Business Office and Maintenance Department are operational. Please address any issues or questions by email or phone only. Please continue to be diligent and adhere to the national, state, local government and Village guidelines as we all pray and work our way through this challenging pandemic crisis.

This is a lovely message worth sharing: "I have been hearing a lot about when the best time to open up America. I have a great idea: how about right now? We can begin by opening up our hearts to one another, putting aside the political rhetoric that separates us and learning a new way to live in civility and respect. Then we

Continued on page 8

THE VILLAGER
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EDITOR
Carol King – cking@oronoquevillage.com / 203-377-5313

PHOTO EDITOR
Marcia Klein – marcia.klein@att.net / 203-380-6886

Please direct all questions regarding *The Villager* to Editor Carol King. Resident submissions of 500 words or less are welcome and will be considered for publication. Articles will be published as space allows. Submissions pertaining to OVCA-, OVTD- and resident-related matters are given priority. Villager articles are edited to conform to the standards of the Associated Press Stylebook.

The Villager is published by the Communications Committee of The Oronoque Village Condominium Association. Disclaimer: All advertisers are paid submissions and *The Villager* makes no representation of their credibility. Neither OVCA nor OVTD discriminate in the use of facilities by resident groups.

OV TAX DISTRICT BOARD NOMINEES

The following residents have submitted their resumes to the OVTD Nominating Committee, for consideration as board members and/or directors in the 2020 election. Election for OVTD officers will be held at the end of May. (We will keep you posted.)

Below is a brief summary of the applicants (in alphabetical order) who are seeking to be elected to the following positions: Tom Aubin, director; Tom Becker, treasurer; Linda Libertino, president/director; Pete Penny, clerk; Fred Strassburger, director and Ray Vermette, vice president/director.

-- The OVTD Nominating Committee

Tom Aubin

- Director-level engineer with 40+ years of management for several large international corporations.
- Strong background in program/project coordination.
- Skills include budgeting, schedule management and strong interpersonal communications.

Tom Becker

- Certified public accountant with extensive experience in corporate accounting, public auditing and financial management.
- Strong background in financial forecasting and analysis, cost accounting, process improvement, capital budgeting and revenue growth and profitability.
- Skills include superior communication, effective leadership, strategic decision-making and executive-level presentation abilities.
- Treasurer of the Tax District board since 2018.

Linda Libertino

- Certified property manager (CPM) with 45 years of management/leasing of condominiums/commercial real estate.
- 2019 Recipient of the CT Chapter of the Institute of Real Estate Management (IREM) Property Manager of the Year Award.
- Skills include strong leadership qualities, budgeting, sales and marketing, and experience with construction projects related to various buildings.
- 15 years of experience as an officer for both OVCA and OVTD boards.

Pete Penny

- Engineering project manager and plant engineer for large national baking companies.
- Skills include planning, managing and implementing multimillion-dollar capital expenditure budgets.
- Developed layout and costs for new bakery plants, production lines and plant utility systems.
- Served as president of the Tennis Club for four years and as an executive officer of the Tax District since 2018.

Fred Strassburger

- Education: Columbia University, AB, BS mechanical engineering; UConn, MBA
- Experience: Design and construction of process plants for chemical, food and pharmaceutical industries; Quality management and improvement; Team building facilitator
- Registration: professional engineer (Connecticut)
- Condo Board: Hawthorne Condos, Greenwich
- Adjunct professor, Sacred Heart University, operations management

Ray Vermette

- Corporate healthcare executive and manager for national companies throughout New England and mid-Atlantic states.
- Skills include effective communication, leadership, management and planning and background in condo law, municipal government, economics, business, finance, personnel, medical sciences and teaching.
- Volunteer activity includes serving as president and director of the OVTD Board, member of TD Finance and OV Insurance Committees, serving as president of the OV Arts Guild and working with BRAVO, SAC and Village Voices.
- Volunteer with Stratford Historical Society, serving as guest speaker at community events.

OV

NO CALENDAR SECTION IN THIS ISSUE OF THE VILLAGER

Due to the uncertainty of events during the pandemic, the calendar section has been intentionally omitted from this issue. Updates will be conveyed to residents via robo-calls, eblasts and posts on OVTV. OVTV is Channel 591 with a cable box and Channel 121-591 without a box.

ANNOUNCEMENTS

RESIDENT PHONE DIRECTORIES

The 2020 Resident Phone Directories are now available. A directory can be downloaded from the home page of our website (www.oronoquevillage.com). Directories also will be delivered to those who request a copy via email (office@oronoquevillage.com) or call the Business Office at 203-377-5313. Deliveries will take place once per week.

MAINTENANCE & BUSINESS OFFICES REMAIN CLOSED TO RESIDENTS

During this COVID-19 pandemic, we are asking all Villagers to refrain from entering the Maintenance Building, Business Office or South Clubhouse to engage or contact staff.

We are following regulatory guidelines of social distancing and contact and expect that residents will also adhere to these CDC protocols, for your own protection and the protection of OV employees.

CALL FOR VOLUNTEERS AT OV AND THE TOWN OF STRATFORD

If you are available to run errands for your OV neighbors during the pandemic, please email cking@oronoquevillage.com with your name, phone number and email address. Your name will be added to a list that can be found on OVTV (Channel 591 for those with a cable box and Channel 121-591 for those without a cable box).

Also, the Town of Stratford is one of seven Medical Reserve Corps units in the area looking for medical and non-medical volunteers, including retirees and students, to help support COVID-19 activities in the area.

To register, visit www.ctresponds.ct.gov.

LOCAL RESTAURANTS OFFERING CURBSIDE AND DELIVERY SERVICES

The Town of Stratford has compiled a comprehensive list of the services offered by local restaurants during the pandemic. Purchasing a gift card to use at a later date is another way to show your support for local businesses.

For more details, visit http://www.townofstratford.com/restaurantweek.

NEIGHBORS HELPING NEIGHBORS... DISTRICT 4 DONATES TO FOOD PANTRY

Following the lead taken by various Oronoque Village social organizations, District 4 also has answered the call for assistance from a local food pantry with a generous donation.

Mayor Laura Hoydick ha alerted the community that, in addition to Sterling House, the South End Community Center Food Pantry is in need of donations and supplies during this pandemic.

Chris Dina, head of the food pantry, informed District 4 Rep Bob Krakovich that a monetary donation would be appreciated as the food pantry will be coordinating purchases through the Greater Bridgeport Council of Churches.

A monetary donation to the food pantry would get "more bang for the buck," so to speak.

District 4 made a $100 donation. When District 4 residents learned about the food pantry's need, they added personal donations that amounted to $845.

"It's heartwarming to know," Bob stated, "that our District 4 neighborhood was able to help our neighbors in Stratford during their time of need."

Note: Please see page 10 for info on helping local food pantries.

FOOD DELIVERY SERVICES ARE OFFERED TO THOSE IN NEED

Services are available for those who are in need of meal deliveries. Meals on Wheels (203-332-3264) provides two meals per day for persons who are homebound, elderly or recuperating from an illness. Weekend meals are also available.

Sterling House Mobile Food Pantry Delivery is available to Stratford residents age 60 and older. For a referral or more information, call Stratford Senior Services at 203-385-4055. Those under the age of 60 -- or those who need to be put in contact wth a food pantry -- should call Stratford Community Services at 203-385-4095.

BELL RINGING SHOWS SOLIDARITY

The Stratford Interfaith Clergy Association (SICA) reports that, during WWII, it is believed that churches in Stratford rang their bells in unison each night to show solidarity with those who were on the frontlines. During the pandemic, there are so many who are doing the same thing and there are those who have lost the fight with this virus.

In solidarity, the churches in Stratford are ringing their bells at 7 p.m. nightly for 2 minutes.

Announcements continue on page 10

RESIDENTS SHARE SOCIAL DISTANCING ACTIVITIES

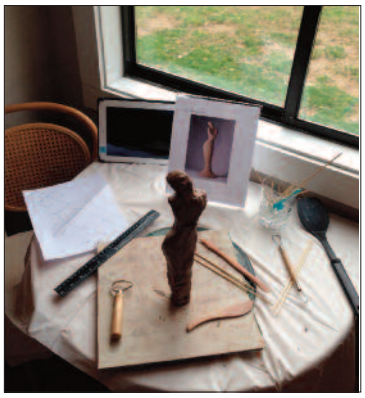
SCULPTING WITH FRIENDS

Story and photo by Mary W. von Ziegesar

One bright side of the COVID-19's distancing is within OV in the form of, well, we'll see what shape the form takes!

I haven't taken an art class for a long time, much less sculpting, but I am elbow deep in clay now and loving it. I had been regretting not participating in resident-artist Wendy Swain's multiple offers to join her weekly classes at SCB, so I called her. I asked if she would consider instructing a class via Zoom, the popular videoconferencing platform. "If we can't meet in person, perhaps you can teach us online?" I asked.

With her abounding enthusiasm and energy, she quickly replied, "Yes, I can do it! Let's try it with four students and see how it goes!"



Mary W. von Ziegesar's home sculpture studio.

If you ask her four Zoom students -- Annie Smith, Patty Buchina, Carole Guglielmino and me -- you'd hear a resounding cheer! We are each working on a project with supplies Wendy provided and a photo of what we want to sculpt. We are each set up in our respective homes and Wendy is guiding us on a weekly, two-hour learning experience. I am, yet again, thankful to be here in Oronoque Village. To live among so many talented, generous, innovative people warms my heart during these sad times. OV

SEWING FACE MASKS

Story and photo by Judy Waldeyer

The sewing machine has been a fixture in my life, for as long as I can remember. My mom worked sewing coats for a furrier, and dad, initially making men's clothes and then in the Church Vestment business, there wasn't any escape from embracing this skill.

When the Corona virus hit, Dad (Jerry Siccardi) and I stepped up to the challenge. (What else could we do when his 100th birthday celebration was postponed?)

The request came for masks, for those who needed them for everyday, safe living. First, it was one or two for neighbors, then, former students in social work, women entering homes for healthcare and services, and a husband driving his wife to dialysis. The need was endless, and so were the bags of fabric, bias tape, elastic and thread found at my door. Villagers responded to my need for supplies, and all we needed was a sewing machine, and ironing board and iron, and time.

Jerry Siccardi with hand-sewn face masks.

To date, more than 500 masks have been made, and mailed, delivered or taped to our door for pick up. We strive for 30-40 a day.

If you need a mask or two for daily living and essential outside activities, please call me at 203-380-0580. We can't guarantee our fabric choice will be fashionable, but you will have some degree of security.

In return, we ask for you to keep safe, practice safe distancing and pray for those who are suffering or have succumbed to this illness. OV

BEYOND THE VILLAGE

Harriett Liss reports that she has been enjoying the online archives of the 92nd Street Y in Manhattan (www.92y.org/archives) which have "fabulous interviews and performances."

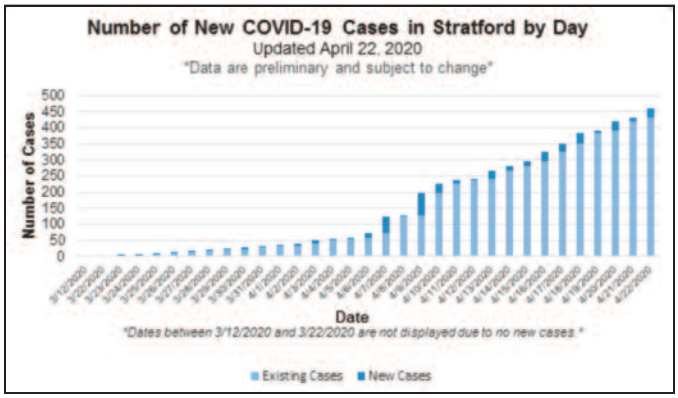
Jeanette Caron suggests residents visit the website for the Hill-Stead Museum in Farmington, which is offering a virtual tour of a trip taken by its founder, Theodate Pope Riddle, during her "grand tour (1888–1889)." The online tour details a 10-month educational sojourn across Europe in search of arts and culture via her diary entries.

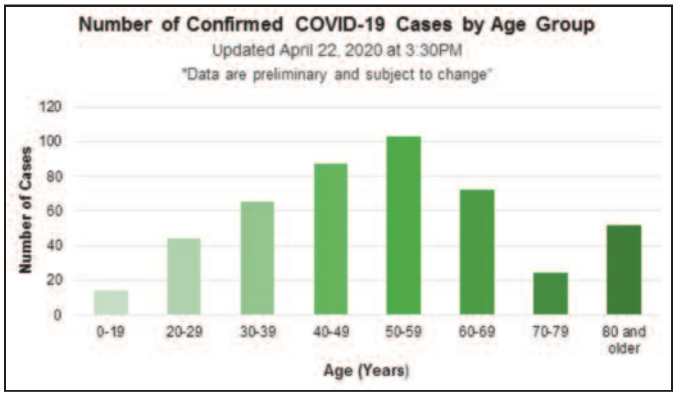
"Some Good News," a YouTube (www.youtube.com) series presented by actor John Krasinski, highlights good news occurring around the world, covers innovative social distancing activities and surprises healthcare heroes as a thank you for their hard work and sacrifice. OV

If you have a social distancing activity or photos you'd like to share with Villager readers, please email Editor Carol King at cking@oronoquevillage.com

OVCA PRESIDENT'S MESSAGE

Continued from page 4





can open our minds and listen to the science that will lead us out of our isolation, establishing truth-telling as the new norm for our political discourse. We can open our spirits and see this as an opportunity to renew our nation spiritually and transform our society through equality and justice. Finally, we can open our hands to help all of our families survive financially until we can get back to work together. That is a lot of opening up to do. And we can start right now."

Steven Charleston, April 16, 2020

Confirmed Cases of COVID-19 in Stratford as of April 22: The Stratford Health Department and State Department of Public Health have confirmed 461 COVID-19 cases in Stratford as of today, and unfortunately 28 COVID-19 related deaths in Town to date. Our thoughts and prayers continue to be with the families and loved ones of those lost in our community. (The latest confirmed cases of COVID-19 in Stratford can be found online at http://www.townofstratford.com/coronavirus/data.)

2020/2021 Budget: Fred and his team developed the 2020-2020 budget. This budget was reviewed by the OVCA/OVTD Finance Committees. The second review was conducted with the combined OVCA/OVTD boards. The proposed budget increase presented for OVCA was 2.36 percent.

The resolution to accept the 2020-2021 OVCA budget approved by the OVCA Finance Committee has been rejected by the OVCA Board of Directors. The vote was as follows:

Voting to accept the proposed budget: Districts 5, 10 and 11, Secretary, Vice President and Treasurer (6 votes)

Voting to not accept the proposed budget: Districts 1, 2, 3, 4, 6, 7, 8, 9 (8 votes)

Procedurally, it is now the responsibility of the OVCA board to prepare a revised budget to be submitted to unit owners. Our Executive Director and the OVCA Board will be working together to develop a 2020-2021 budget.

We will keep the Villagers apprised, as we progress. OV

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MAINTENANCE MATTERS

FLUSHING DISINFECTANT WIPES CAN CAUSE MAJOR PLUMBING DAMAGE

While public health professionals are urging everyone to wipe down surfaces with disinfecting wipes to stave off coronavirus, wastewater system administrators nationwide are worried that the inappropriate disposal of these wipes will cause extensive and expensive plumbing damage.

It is imperative that cleaning wipes be thrown in the trash ... and not flushed down the toilet.

Toilet paper breaks apart easily in water. Cleaning wipes do not.

Please, do not be fooled by the wipes that are marketed as flushable. These products, when flushed, maintain their mass and bind together, which will back up your pipes and create sewage treatment issues.

Some of these masses weigh up to 30 pounds. When these clumps run into pumps that push wastewater to treatment plants, the resulting clogs can take hours to free and the expense can be significant. Always throw wipes, paper towels and all other cleaning materials in the trash.

Even though wipes do eventually break down, they take a longer amount of time to do so compared to toilet paper. Since the breakdown of wet wipes isn't as rapid, clogged pipes and blockages occur more frequently. This puts your unit's plumbing at risk for serious clogs, which translates to hefty repair bills for you.

During a recent Channel 12 newscast, Bridgeport Mayor Mayor Joe Ganim said, "As a city, with 150,000 people throwing them in, we're getting stoppages. Your toilets are going to end up backing up, the sewage lines are going to get backed up."

He added, "Please, for your own safety, for your own cleanliness and sanitary conditions, don't flush the wipes that we're all using. Put them in the trash."

Ganim stated that the continued flushing of cleaning wipes could create a secondary crisis for the city. OV

-- Compiled by Carol King

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ANNOUNCEMENTS

Continued from page 6

SICA invites Stratford residents to join in the bell ringing and to place a lit candle in their front windows. By lighting a candle and ringing the bells, the community will affirm that we are all in this together and that we will get through this together, just as our nation did during WWII.

Important: The use of battery-operated or electric flameless candles is advised for safety purposes. Keep burning candles away from drapes, paper, pets, flammable decorations, etc. Never leave a burning candle unattended or place a lit candle on or near anything that can catch fire.

LOCAL FOOD PANTRIES ARE IN NEED OF SUPPORT

During these critical times local food pantries could use your support with food and financial donations.

South End Community Center, 19 Bates St.

- Cereal, oatmeal, pasta (boxed), pasta sauce, canned pasta (Beefaroni, Chef Boyardee, etc.), soup (preferably "meal" types like Progresso or chunky), boxed mac and cheese and rice.

The center is open Monday through Friday, 8:30 a.m. to 4:30 p.m. Please call 203-377-0689 before making a drop-off.

Sterling House Community Center, 2283 Main St.

- Oatmeal, cereal, pasta sauce, mac and cheese, tuna fish and rice.

Sterling House is open 9 a.m. to 5 p.m. Mondays through Fridays. On weekends, containers for donations are placed outside the entrance. For information on making a donation, call 203-378-2606 or visit www.sterlinghousecc.org.

MULCH ORDERS NOW BEING TAKEN

The Maintenance Department is now taking orders for mulch deliveries. The first half-yard is free to residents.

The cost for an additional half-yard is $23.50. The cost of an additional full yard is $47. A full price sheet appears below. Checks for additional mulch should be made out to OVCA and delivered to NCB via the outside dropbox. Deliveries will take place on Fridays through July.

OV MULCH PRICING 2020

1st ½ yard	Free
additional ½ yard	$23.50
additional 1 yard	$47
additional 1 ½ yards	$70.50
additional 2 yards	$94
additional 2 ½ yards	$117.70
additional 3 yards	$141
additional 3 ½ yards	$164.50
additional 4 yards	$188
additional 4 ½ yards	$211.50
additional 5 yards	$235.50
additional 5 ½ yards	$259
additional 6 yards	$282.50
additional 6 ½ yards	$306
additional 7 yards	$329.50

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WORKS BY THE OV WRITER'S GROUP

DISTANCE

By Kees Adema

Even before the current distancing restrictions
I always practiced my own prohibitions
On physical closeness, keep a distance of six feet
Between myself and whomever I meet

This has served me in good stead
Now that a pandemic could strike you dead
Show you're not only older but also wiser
By prodigal use of sanitizer

Don't shake that hand, don't touch your proboscis
And of course you know how contagious a kiss is
In OV I wave at all now 'cause even those
I love dearly, I don't want them close

When we go on our daily walk
They think we're snobs, we hear people talk
But this is a threat, this is a war
So I've designed ammo that keeps them afar

They scatter immediately some even scream
That guy is a danger, this is not a dream
Their distance from me can now be measured in yards
Whenever I light up one of my Corona cigars.

OV

TRAPPED

By Jeanette Caron

Before moving here, Vince and I had the pleasure of living in a small Connecticut town. Our quiet location had a very pleasant view. We were surrounded by nature, wildlife and had enough sun to encourage any country farmer. Winter evenings found us pouring over seed catalogs and produce manuals, anxiously awaiting the first signs of spring.

Our perennials always came back in glorious color without too much effort, but we wanted to prove our horticultural process to friends and neighbors. The annual Agricultural Fair at the end of summer was an opportunity for town folk to exhibit their flowers and vegetables for inspection by a panel of learned judges. The judges bestowed prize ribbons accordingly. Blue was first prize, red second and white third in all categories. We wanted a ribbon!

In planning for that big moment, we selected heirloom tomatoes, exotic multicolored eggplant, unusual radishes, specimen lettuces, etc. We already had a successful strawberry patch, but why not grow our own blueberries too? With visions of blueberry pancakes, muffins, pie, and jam, we carefully selected several varieties of blueberry plants from the catalog. They arrived healthy, and soon began to flower in the spot we could see from the kitchen window. They developed little berries, but then, the berries started disappearing. We were being invaded! It must be some creatures who had similar ideas for breakfast.

We're smarter than them, right? Netting, that will do it. Back from the nursery, we tenderly wrapped each bush, smug with our work and confident that luscious pancakes would soon follow. The next morning I looked out to see one of the bushes shaking violently. It was a very plump chipmunk struggling to disentangle itself from the netting, but only succeeding in getting more engulfed. Was it a male who ate too much and couldn't free itself? Or a mother-to-be carrying a brood of little ones?

I tried to release it, but the netting wrapped around the chubby prisoner even tighter. I could see the terror in this poor creature's eyes. It was "trapped" and I was a monster making it worse. I gave up, used scissors to cut the net and freed the little frightened four-footed creature. It scampered off and I sighed relief. It makes me think of the confinement we are experiencing now. If some magic snip of a scissor could free us of the dreadful disease that has paralyzed our lives, it would be a godsend, but life isn't that simple. I can only hope we will be spared and free to enjoy our world here again.

OV

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THOUGHTS ON A PANDEMIC

By Lee Shlafer

My world of friends, family and strangers to me unknown
Has shrunk to the screens of a laptop, TV and cell phone
Our planet so diverse and alive has become surreal
Hour by hour it morphs into an unprecedented ordeal

Now as mornings arrive and I come awake
My first thoughts are, has this been a mistake?
Did I have some terrible dream in the night
One that in daylight looms large with dark fright

Events that have no clear beginning, middle or end
Are too upsetting for our ordered psyches to comprehend
A pandemic is this sort of mind-messing intrusion
There is no clear path leading to its conclusion

The complexities that worldwide illness has wrought
I will freely admit I had never given pause or thought
Stock markets, schools, and restaurants that no longer beckon
We cope with plummets, closures and shelves that are bare in a second

We all play by the rules and self-quarantine
Each of us asking how long will this be routine
Humanity was not meant to live in a cocoon
Watching from windows as if looking into a room

I strive to give purpose to the time that abounds
Once so treasured I was stingy with all of the seconds
Now I would relish a calendar abundantly filled
Recall the time when an empty day was a thrill

I weep at fears that assault me when I stop to think
Could mankind become a place where hugs are extinct?
Will elbow bumps replace the warmth and feeling
Of encircling arms that give comfort and healing?

This is a test of the strength of mankind
Can we sacrifice for what may be a great length of time?
When this is over will we have pride in our globe?
Can that be the virtue that this virus unfolds? OV

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OV SNAPSHOTS: SPRING HAS SPRUNG!

Thank you to our contributing photographers for providing scenic views of the Naragansset Lane area.

Above: Monica Dalton

Right: Carol Guglielmino

Below left and right: Peter Feick

FEATURE: SCAM ALERT

AVOID SCAMS WHILE FINDING HELP DURING QUARANTINE

By Lois Greisman, FTC, elder justice coordinator
Michael Herndon, Consumer Financial Protection Bureau, acting assistant director, Office for Older Americans

Older adults may be hard hit by the coronavirus – and scammers prey on that. If you or someone you know must stay at home and needs help with errands, you'll want to know about this latest scam.

Scammers Are Offering to Help With Errands

If you're an older adult or a caregiver, you may need help picking up groceries, prescriptions and other necessary supplies. If someone you don't know offers to help, be wary. Some scammers offer to buy supplies but never come back with the goods or your money. It's usually safer to find a trusted friend or neighbor or arrange a delivery with a well-known company.

If you're ordering supplies online, know who you're buying from. Online sellers may claim to have in-demand products -- like household and medical supplies -- when, in fact, they don't. Use an established delivery service or order directly from the store. If you need additional help, the Eldercare Locator (www.eldercare.acl.gov/1-800-677-1116), a public service of the U.S. Administration on Aging, can connect you to services for older adults and their families.

Are You Also Helping to Manage Someone's Money?

If you're helping with basics, you might also be managing money for someone and can't be with them because of social distancing and quarantines. If so, here are some ideas:

• Check in by phone or video chat. Stay in touch to know how they're handling things –- and so they know you're thinking about them.

• Ask questions. If your loved one mentions concerns about money or spotted unusual activity in their accounts, ask for details. Older adults and their family members can learn about common types of scams, as well as how to avoid and report them, by contacting the Consumer Finance Protection Bureau (CFPB) at www.consumerfinance.gov or 855-411-2372. A copy of the agency's booklet, "Protecting Older Adults from Fraud and Financial Exploitation," can be downloaded from the website.

• The CFPB's "Managing Someone Else's Money" literature can help you understand your role as a fiduciary. Each guide explains your responsibilities and how to spot financial exploitation and avoid scams.

Help spread the word and keep those you care about from falling for a scam, regardless of their age or health status. If you spot a scam, report it to the FTC at ftc.gov/complaint.

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THE EXERCISE HABIT, PART 2

By Ed Genga, MA, CSCS

What is a target heart rate? Measuring your heart rate (beats per minute) tells you how hard your heart is working during an activity. You can check your heart rate by lightly pressing the tips of your first two fingers on the inside of your wrist to take your pulse. Count your pulse for 15 seconds, and multiply the number by four. Use the timer function on your smartphone or a watch or clock with a second hand.

Most people will get the greatest benefit and lower their risks if they keep their heart rate between 50 and 85 percent of their maximum heart rate when exercising. To figure out your maximum heart rate, subtract your age (in years) from 220. This number is your maximum heart rate. To figure out your target heart rate range, multiply that number by 0.50 and 0.85.

For example, if you are 70 years of age, subtract 70 from 220 to get your maximum heart rate of 150 beats per minute (220 – 70 = 150). Then, multiply 150 by 0.50 and then 0.85 to get your target heart rate range of 70 to 127.5(rounded to 130) beats per minute (150 x 0.50 = 90 and 150 x 0.85 = 130). When you first start an exercise program, aim for the lower end of your target heart rate range. As your exercise program progresses, you can gradually build up to a higher target heart rate.

If you are taking medicine to treat high blood pressure or if you have a heart condition, talk to your family doctor to find out what your target heart rate should be.

What is aerobic exercise? Aerobic exercise is the type that moves large muscle groups. It causes you to breathe more deeply and makes your heart work harder to pump blood. It is also called "cardio exercise." It improves the health of your heart and lungs. Examples of aerobic exercise include walking, hiking, running, aerobic dance, biking, rowing, swimming and cross-country skiing.

What is weight-bearing exercise? The term "weight-bearing" is used to describe exercises that work against the force of gravity. Weight-bearing exercise is important for building strong bones. Having strong bones helps prevent osteoporosis and bone fractures later in life.

Examples of weight-bearing exercise include walking, yoga, hiking, climbing stairs, playing tennis, dancing and strength training.

What is strength training? Most kinds of exercise will help your heart and your other muscles. Strength-training is exercise that develops the strength and endurance of large muscle groups. It is also called "resistance training" or "weight training." Lifting weights is an example of this type of exercise. Exercise machines can provide strength training. Push-ups, pull-ups, sit-ups and leg squats are also strength-training exercises.

Your doctor or a trainer at a gym can give you more information about exercising safely with weights or machines. If you have high blood pressure or other health problems, be sure to talk to your family doctor before beginning strength training.

What is the best type of exercise? The best type of exercise is one that you will do on a regular basis. Walking is considered one of the best choices because it's easy, safe and inexpensive. Brisk walking can burn as many calories as running, but it is less likely to cause injuries than running or jogging. Walking doesn't require training or special equipment, except for appropriate shoes. In addition, walking is an aerobic and weight-bearing exercise, so it is good for your heart and helps prevent osteoporosis.

Things to consider. To avoid injuring yourself during exercise, don't try to do too much too soon. Start with an activity that is fairly easy for you, such as walking. Do it for a few minutes a day, several times a day. Slowly increase the amount of time and the intensity of the activity. For example, increase your walking time and speed over several weeks.

Trying to push yourself too hard in the beginning could cause muscle strain or sprain. When this happens, you'll have to wait for the injury to heal before continuing your exercise program. This can really sidetrack your health goals.

When to see a doctor. See your doctor before starting a new exercise program, especially if you have any health conditions. Once you start exercising, pay attention to your body. Stop exercising if you feel very out of breath, dizzy, faint, nauseous, or if you feel pain. Talk with your family doctor if you have questions or think you have injured yourself seriously.

Questions to ask your doctor

- Am I healthy enough to begin an exercise program?
- Are there any exercises I should avoid?
- Do I have any health conditions that would affect my ability to exercise?
- Am I taking any medication that would interfere with exercise? OV

Ed Genga is an Oronoque Village resident and a fitness professional with more than 35 years of experience in a wide variety of industry disciplines including club management, corporate wellness, group fitness, college-level athletic coaching, personal training, phase 3 cardiac rehabilitation and exercise for cancer patients. You may submit questions about exercise to Ed at eegenga@gmail.com.

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Book Club

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The book for June 3 is *City of Girls* by Elizabeth Gilbert.

From the # 1 New York Times bestselling author of *Eat Pray Love* and *The Signature of All Things*, this is a novel of glamour, sex and adventure ... a young woman discovering that you don't have to be a good girl to be a good person. A moving novel about one woman's coming-of-empowerment… A perfect COVID-19 time read.

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Dear Friends of Oronoque:

Happy Spring! It seems the firm grip of winter has finally let go. The staff of the Adzima Funeral Home is always looking for ways to better serve the needs of our families and community. We recently became aware of a Veterans improved pension benefit option. The benefits of this program are substantial. Up to 24,600.00 a year; TAX-FREE. We feel it is important for veterans and their spouses to be informed of potential entitlements.

The military qualifications for the veteran require only 90 days of service, one day of wartime service and an honorable discharge.

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