

The Woman's Club of Glyndon Newsletter

Sandi Haertig, President

August 2020

Next Meeting: Wednesday, September 2, 2020 at 9:30 am. We will meet at the Pavilion at St. Paul's Lutheran Church, 15773 Dover Road, Upperco, MD (on Rte 30) - outdoors under a pavilion for shade. (A Port a Potty is on site, but at your own risk). There are picnic tables there, but if preferred, you can bring your own chair. Parking is more than adequate.

Please wear a mask. There will be no food or drink available due to the Covid19 restrictions.

PLEASE BRING A FRIEND

Message from the President - Sandi Haertig

I'd like to start off by saying; I'm thrilled and honored to be your new President. It's an unusual time to take this on, with all of the challenges and limitations that the Covid 19 pandemic has brought on...but

knowing this group of creative women, we will figure it out and persevere in spite of it all. As you will see from other mentions, we will be utilizing outdoor pavilion space at St. Paul's Lutheran Church for the next two meetings (Sept and Oct). We've had 2 meetings there so far and it worked perfectly for distancing and breezy temperatures. Since we held a board meeting in August, we will only be holding a General Meeting in September (9:30am). In October, we will be back to holding the Board Meeting at 10am and the General Meeting at 11am. Since we are navigating through the restrictions of gathering, it's impossible to make too many definite plans such as speakers, but we did make a decision that for now, the next few meetings will not have speakers or food. So with that, we don't have programs and lunch committees set up and their information we normally provide in a new directory has caused us to hold off printing a new directory at this time. Please keep last year's directory for the convenience of having the Collect, Our Purpose, Our Motto, the Pledge to the Flag, The American's Creed, State Federation Song (which I haven't heard sung yet... maybe that would be a fun thing to do... ha-ha) and the By-Laws. Gloria Davidson and I are in the midst of preparing a printout of the most current Roster of Addresses to hand out at the next two meetings and mailed out to those not attending meetings. An email will be sent out for you to verify your information and either confirm it is correct or submit the change you would like to see. For those that do not have email and if you have any changes, please call me at 410-833-2477. If you could reply quickly to that email (no later than August 30th), we'll be able to print it out before next week's meeting.

Thank you again for this wonderful opportunity you have given me, in serving this amazing club of women! 2020 will not beat us!! We've got this!!

Ways and Means – Carol Parker and Patti Schunk

TERRI LYNN CANDY AND NUTS:

Our September Fundraiser will be the Delicious Terri Lynn Signature Collection of Candy and Nuts...If you haven't had an opportunity to taste these delicious candies and nuts make sure you place an order. Order forms will be coming to you by email and will also be handed out at our September 2nd meeting. If for some reason you don't receive the form by September 5th please contact Sandy Allen at 443-386-8372.

Pick up extra order forms for your friends and family don't miss out on this safe and delicious fundraiser.

ALL ORDER MUST BE IN BY OUR OCTOBER MEETING, WEDNESDAY, OCTOBER 6th.

Boscov's "Friends Helping Friends"

Wednesday – October 14th and Thursday, October 15th

Westminster Store will open at 9 a.m. until 9 p.m.

Tickets are not required this year just go shopping. Shop in house or on-line and our club will receive 5% of your total purchases. When you make your purchases you need to say/or answer on-line that your donation should go to The Woman's Club of Glyndon.

This year you will receive 20% off of most items including sale items.

(Note some exceptions – Example make up only 10% off)

Put these dates on your calendar now. **Start holiday shopping early. Save money while making money for our club.**

Hope to see you at our next meeting on Wednesday, September 2nd at 9:30 a.m.

At the St. Paul's Lutheran Church Pavilion just off Rt. #30.

Close parking and plenty of room for distancing... Picnic tables are available for seating or bring your own chair.

Invite a friend to come!

Birthdays

September Birthdays!

Debra Barrett 11

Alice Kennan 12

Patricia Schunk 17

Dorothy Griffin 19

Susan Randolph 20



Home Life/Women's Health – Kathy Levin



Which Diet is Best for Your Heart ? The One You Can Stick To.

For long-term cardiovascular health, sticking to a healthy diet REGARDLES of which one had a significant impact on cardiovascular disease events according to researchers. Published in Journal of American Medical Association, June 2020.

This is a great time of year to increase your intake of fresh fruits and vegetables. Melons, peach's, plums are readily available in summer Grapes, berries and apples are available year round. Build a habit to snack on fruits.

Many fresh vegetables are now pre-washed some even cut in bite-sized pieces. Add a variety of vegetables to the meal plan that you are already following. Cut back on your use of overly processed foods readily available in the freezer section of your local grocery and check out the amount of sodium per serving in everything. It is

COLD OR FLU?

Whether you're battling the flu or cold, here's a Five - step recovery plan that will also help fortify you against serious complications.

GET TESTED

Symptoms of the cold and flu can be similar. Typically the flu's have a rapid onset and extreme fatigue but both illnesses can cause headache coughing and runny nose and fever is more common with the flu but not everyone with the flu runs a fever. That's why if you're over age 65...have had a heart attack or stroke or a chronic condition such as lung disease diabetes or cancer talk to your doctor about getting tested for the flu. Some nasal or throat swab tests can provide an answer in 30 minutes or less .

If a cold improves then worsens and lingers for more than 10 days without getting better or causes a fever last for more than three days consult your physician this could be a signal for a complication such as bronchitis or pneumonia.

If you experience shortness of breath chest pain or fever over 103 call your doctor or 911. Respiratory infections particularly the flu are linked to increased risk for heart attack especially in the week following a flu diagnosis.

STAY "HORIZONTAL" Fever is an Integral part of the process it actually stimulates your immune system to work harder than normal. What you need is lots of sleep, fluids and rest.

When you get up to go to the bathroom do so in stages, sit up, swing your feet over the side of the bed and stand for a few seconds before you start to walk. Prolonged bed rest can lower your blood pressure which can cause dizziness .

DRINK MORE FLUIDS THAN YOU THINK YOU NEED

Liquids are essential. Dehydration is another reason for dizziness when you go from lying to standing. Drink enough water to make your /urine clear. Consume broth and other soups at

first.

SPICE UP YOUR CHICKEN SOUP

Add immune boosting anti-inflammatory spices such as turmeric and ginger along with garlic.

PACE YOUR REENTRY —The common rule of thumb is to wait at least 24 hours after your fever is gone before returning to your usual activities but that could be too soon.

Source; Dr. Joseph Feuerstein, Columbia University December 2019

School Partnership – Kathy Elky



Reisterstown Elementary School Partnership

Even though school will begin virtually, we are collecting school supplies for needy students. Sandy Allen has offered to accept donations at her home this year. Her address is 113 Neel Avenue, phone number 443-386-8372. If she is not home, items may be left on her porch. They may also be brought to our club meeting in September. Jessica Chisholm, the guidance counselor, will make arrangements for distribution from the school in September. Thank you so much for supporting this very worthwhile project. Students will be so happy to have new items to begin the school year!

Book Club – Sue Shriver



Our book club meeting will take place on Wednesday September 9th at 10:00. We will be meeting in the club house and hoping for cooler weather. Lynne Maher will facilitate our discussion of the book, "Varina" by Charles Frazier.

Community Notices



Main Street is opening again! Many shops and restaurants are back to their regular hours. Look for the **“WE ARE OPEN” SIGNS** all along Main Street and Westminster Pike

We anticipate 2 new restaurants to open on Main Street and is good to see established restaurants expanding hours and seating. Please continue to support our local businesses. When you shop and dine locally, you are supporting your town, friends and neighbors. **Shop Local!**

Membership



Patti and I are hoping to increase membership as we look forward to a virus free world. We realize that there are some limiting factors presently, but our club offers so much for so many people. We are not only a sisterhood but we are the arms that reach out into the community. This club has survived many trying times and we can do it again. If each of us brought one new member into our club, just think of the possibilities that would open up to us. While we are slowly coming out of our houses, think about your neighbor, or niece, or aunt, or cousin who may be our next new member. Like Bob The Builder says "Can we build it, Yes we can!" Together we can increase our numbers and share the fun and caring we have with others.

Sunshine - Judy Ripley



We love sending cards out to everyone in whose life we can put a little sunshine. Feel free to request that we send a card and, if possible, include their address.

Something to Smile About



Kathy Levin gave us a great tip. When going into a shopping center or the grocery store, pull through the parking space so that you are headed out. Most accidents in shopping centers are because someone backs up and there is suddenly a car going 40 mph coming right across behind them. Think about this the next time you go shopping. Great Advice



Dear Ladies,

Thank you so much for your support and caring after the loss of my beloved Matt. I cannot express how much it has helped emotionally to read your cards and notes. I feel truly blessed to be part of our wonderful club. Kathy Elky