

The Clubhouse *Star*

November 2020

A publication of the Sally and Howard Levin Clubhouse. A program of Jewish Residential Services.



NOVEMBER SCHEDULE

| Times | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------|-------------------|----------------------|-------------------|---------------------------|--|
| 9:00- 10:00 AM | WOD Tasks | WOD Tasks | WOD Tasks | WOD Tasks | WOD Tasks |
| 10:00- 11:00 AM | TB* | TB* | TB* | TB* | TB* |
| 11:00 AM- 12:00 PM | WOD Tasks | WOD Tasks | WOD Tasks | WOD Tasks | Community Forum OR Step on Stigma Walk |
| 12:00- 1:00 PM | WOD Tasks | WOD Tasks | WOD Tasks | WOD Tasks | WOD Tasks |
| 1:00- 2:00 PM | F&H Area Meeting* | Virtual Recruitment* | Creative Writing* | BEE Area Meeting* | MS Area Meeting* |
| 2:00- 3:00 PM | TB* | TB/ Journalism* | TB* | TB/ Clubhouse Philosophy* | TB/ Kabbalat Shabbat* |
| 3:00- 4:00 PM | WOD Tasks | WOD Tasks | Yoga* | WOD Tasks | Fun Activity* |

*Join us virtually via Zoom! [Learn how to zoom here](#)

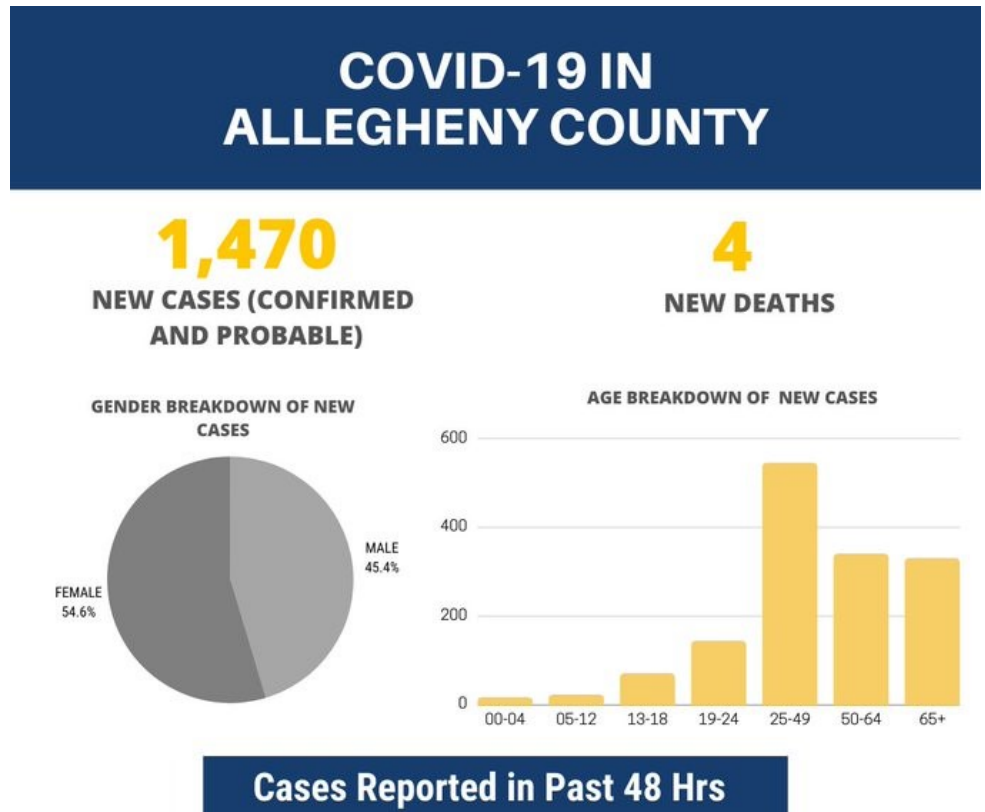
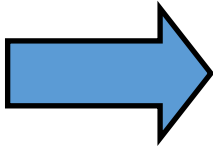
In order to stay connected while our Clubhouse is closed, we will host recurring touch-base meetings and other programming via zoom for Clubhouse colleagues daily, Monday through Friday! Refer to the schedule above for those touch-bases and other programming times. The colors indicate who is facilitating the group, these are subject to change.

You can join the meeting online via smartphone or computer using this link (<https://zoom.us/j/956983055>) OR by calling via cellphone or landline to this toll free number: 1-301-715-8592 and entering this meeting ID #: 956983055

These meetings and programs are designed to bring colleagues together during a time of increased isolation. We hope to share resources, healthy coping strategies and support, and the opportunity for socialization.

Coronavirus

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Of the newly reported cases, 1,461 are confirmed from 4,661 PCR tests. There are nine probable cases.

“New cases range in age from 1 week to 102 years with a median age of 46 years,” the Health Department says. The dates of positive tests range from May 28 to Dec. 6. The Health Department says 24 positive tests are more than a week old and only one of the tests is from May.

There have been 2,247 hospitalizations in Allegheny County since the outbreak began. Of all the hospitalized patients, 509 of them have needed care in the ICU, and 184 of them have required treatment with a ventilator.

The countywide death toll has risen to 579.

The newly-recorded dates of death range from Dec. 5-6. The patients include two patients in their 60s, one in their 70s and one person in their 90s. One of the deaths was associated with a long-term care facility, according to the Health Department.

There have been 34,121 total coronavirus cases among Allegheny County residents since the pandemic started.

Stay up to date: <https://www.alleghenycounty.us/Health-Department/resources/COVID-19/Covid-19.aspx>

Updated 12/7/2020

STEELERS ARE UNDEFEATED

BY: Mike Hogan

The Pittsburgh Steelers football team is having a career year. They are now 6-0, and the only undefeated team in the National Football League. They are playing great football; and are the crème de la crème of the NFL. They are off to their best start since 1978.

The secret to the Steelers success is hardnose play by the defense. A combination of great run defense by the front three, and timely blitzing by the secondary have made life miserable for opposition quarterbacks and rushers. This has stymied both the opposing team's running and passing games.

The offense has benefited from the return of quarterback, Ben Roethlisberger. Big Ben has shown the savvy that comes from 17 seasons in the league. He has demonstrated that the short passing game can move the ball as well as a strong rushing attack, and that big pass plays can come from patience rather than forcing the ball to the receiver. This has led to the Steelers scoring touchdowns, instead of settling for field goals, as they have in recent seasons.

The re-emergence of running back James Conner has been a welcome addition to the Steeler's attack. Conner has rushed for over one hundred yards several times this season. This has relieved the Steelers from relying on the passing game to get first downs. The presence of a healthy Conner has restored the balance to the Steeler's offense.

All in all, this season is a return to form by the Pittsburgh Steelers. The team's success has been led by the defense, as it has been in the glory years of the past. The offense is no longer making bad plays that cost the team points. I can't wait for the season to progress, so that the Terrible Towel will wave in triumph!

AS ALWAYS:

GO STEELERS!!



SHLC Mask Safety Guidelines

With the colder weather approaching, we will likely find ourselves indoors more often, and surrounded by more people. Given that we are still experiencing the Coronavirus pandemic, SHLC will be taking the following precautions to all colleagues and staff. We will maintain safety together with dignity and respect.

-If someone is in need of a new mask, is wearing a disheveled one, or one that appears overly used, please *privately* alert them in a confidential manner, and offer a replacement. Replacements can be found at the front desk.

Mask Guidelines

If a colleague, or staff, is having a hard time wearing a mask, we would like to offer the following interventions. The first step is alerting the individual they are not wearing their mask. When talking to an individual not wearing a mask, or reminding them to put it back on, please explain the importance of why we need to continue to practice safety precautions. Make sure it is understood why we are doing this, and why their safety and SHLC safety matters. Please alert them, that if this persists we will have another safety conversation. (document conversation)

If an individual is still having difficulty wearing a mask, please sit down with them, and again explain the importance of wearing a mask. At this point, we will offer solutions to help find out why this may be difficult for someone. For example

- Offer time outside for a mask break

- Offer a new mask that may be more comfortable

- Talk to the individual, and allow them a chance to express what the issue may be.

- Again, please explain the importance of why wearing a mask is essential, for the individual, and the Clubhouse.

- Help the individual find the best way to continue safe practice. Listen and talk collaboratively to find a solution. We are all important pieces to the Clubhouse, so if someone is having difficulty, we need to be empathetic to the situation. If you can, make a checklist, or small plan, with the individual, so they are now knowledgeable about these parameters and can now actively work on it. (document conversation and plan) We want to stress education and understanding.

If an individual needs to be reminded a third time, and has not been able to follow their plan, SHLC will then have to consider the safety of the Clubhouse and colleagues/staff. We admire and appreciate each person that comes through our door, and keeping you all safe is our number one priority. Colleagues/Staff will then revisit the documented conversations with the individual, and politely explain why this is a safety concern, and why it needs to be followed. An inability to adhere to these plans and conversations is a safety concern, and as a result, SHLC will respectfully inform the individual we can no longer take any risks that day.

SCREENING PROCEDURES

BY: Mike Hogan

I sit before my computer screen waiting for the laxatives to work. I am prepping for my 3-yearly colonoscopy. It is an inconvenient but necessary procedure. The last one that I had, back in 2017, revealed that I had three polyps. This puts me in the high-risk group. Fortunately, the polyps proved to be benign. This time I may not be so lucky.

This got me to thinking. “How important are screening procedures?” The colonoscopy can detect colon cancer when it is most treatable. The procedure can prevent the need for surgery. The inconvenience of the preparations is a small price to pay for the long-term benefit. The procedure may be life sustaining.

The other great screening procedure is the mammogram. It is to women the lifesaver that the colonoscopy and the prostate exam are to men. The ability to detect breast cancer before it metastasizes, (spread to other parts of the body), has saved the lives of countless women. It also has made anti-cancer drugs more effective. Again, the discomfort of the procedure is a small price to pay for its lifesaving benefits.

One should not overlook the prostate examination for men. Prostate cancer can be detected in its early stages using this procedure. Countless surgeries have been avoided due to this embarrassing procedure. The benefit of saved urinary and sexual functions makes this urinary procedure worth its embarrassing reality.

So, there you have it. Screening procedures may be daunting, with short-term inconveniences. The long-term health benefits—the detection of cancer in its curable stages—makes them desirable for both men and women. If you have not had a colonoscopy or a mammogram, please consider how important they are to your long-term survival. Your life may depend upon it.

