

# 40 FIELD ST NEWS

Dalton Council on Aging & Senior Center  
November 2020  
Edition 4, Volume 1

## Volunteer Spotlight: Carol Morrison

The Town of Dalton has many gifts and one of those gifts is Carol Morison. Carol is on the COA Building and Program Committees; has served on the Friends Board, and is a regular server at all of the special events and parties. Carol's recent venture is as our Pole walking class leader just in time as we have been trying to bring more exercise opportunities outside.

But that's not all, Carol has been bringing her boundless

energy and smile to Community as well. After raising 10 children of her own, Carol has shared her expertise working diligently with pregnant & parenting teens making an impact on their futures. She also taught rowing to people of all ages who wanted to learn the freedom on skimming across the waters. If you see Carol walking around town, be sure to say hello and thank you for us!



Carol Morrison teaching stretches to pole walkers.

**Carol's hand is always raised when volunteers are needed – and she does so with a smile!**



Meet Jameela, her name means beautiful. She is a traditional African Rag Doll called Abayomi (Abay: one who brings happiness and Omi meaning: precious). For National Aboriginal Week we will have a Zoom craft class on November 13 at 2:00. If you would like to help celebrate an honor our earliest stewards of our planet please mark your calendar and register with us. You can also join by telephone for step-by-step instructions! You can pick you your kit at the Dalton Senior Center. All you need to provide is scissors. Your Zoom log-in information will be provided the week of the class. Call to order yours today: 684-2000!

## The Holidays are Coming and What Should I Do?

**Avoiding casual contacts are one thing but when it comes to family and friends, it's not so easy.** Especially when the holidays are all about family and friends. With Thanksgiving, Christmas and Hanukah holidays quickly approaching one must ponder how to handle the holidays with this Covid cloud looming over our heads. After months of lock down it almost seems back to a (new) normal with stores, restaurants, gyms, dentists, doctors, and hair and nail care businesses open to the public. One exception: most people try to distance themselves and wear a mask in public-although not all.

The fact is however, viral surges are now fueled by private gatherings at people's homes. It isn't that casual encounter at the grocery store with a stranger who can unwittingly expose others, but someone *who is loved and trusted!*

So what do we do? We live in the Berkshires. An outdoor gathering on Thanksgiving or December 25<sup>th</sup> is not likely. Masks are definitely a viable intervention. Masks with social distancing is a better option. Is there space to social distance? What about the dining table? What happens when that relative who lives in another state comes up to give you a great big kiss and hug? How quick are you?

At my Dad's house where the entire extended family flocks to tenfold the capacity, I have made the decision not to attend Thanksgiving this year. It is painful. In the past few months, we have had three new babies born into the family, which we have not yet met. I can only remember in my 60+ years two times I wasn't there. One blizzard and one spouse who insisted we go to the in-laws (that'll never happen again!). I know Dad's feelings will be hurt but I will go to visit with him Friday. I will bring him his favorite pie and we will visit with much more quality time than with thirty other people around talking, laughing, tuning into to football games and kids running around. I will definitely miss the happy, crazy chaos. However, I know I won't be putting his health at risk with Alzheimer's Disease, or the seniors we serve here at the Center.

The best, safest option is to spend the holiday with those in your household who you spend every day. Weigh for yourself what your situation is. Can you distance, be clear about the expectations that masks be worn, ensure guests sanitize their hands and wash them often? Can you be firm about not opening up that spare bedroom to an out of town guest? Can you send someone with a cough home? Now that my decision is made, it almost seems easier to say no, not this year, than to try and manage all of the scenarios of what could happen. No matter what, we wish you a safe and Happy Holiday Season.

### HOW HAS THE COVID 19 VIRUS IMPACTED YOU?

The Council on Aging is working on a project. We are collecting stories from our members of how our lives have been effected by Covid-19 and the subsequent restrictions. It can be a poem, short story or just a simple quote. You can send it in to 40 Field St. Ext., Dalton MA or call us for a chat at 413-684-2000. Those with email, please send your submission to [kpizzi@dalton-ma.gov](mailto:kpizzi@dalton-ma.gov). Oh, by the way, the project will be Amazing!

## Two words...Glasses Fog.

If you know, you know. Man, what a chore these masks have become. We have talked about my earring debacle; the bubble escapades now settle in I have a thing or two to add about glasses fog.

I was about 12 when it was determined I needed glasses. Apparently, I wasn't very convincing that "everything is fine" when I contorted my face and squinted my eyes to see the chalk board in school. I can't be sure who exactly it was that ratted me out, the school nurse after the annual eye and ear testing, the classroom teacher making a discreet phone call to the parents? Maybe it was the gym teacher having to explain why I had a black eye from a dodgeball that I never saw coming? On the cusp of those delicate teenage years I couldn't possibly add one more strike against myself. I mean come on, I already heard on a regular basis "are you a DOOR IN THE MIDDLE OF A BROOK?" from the pre-teen boys, now I have to wear glasses too! I swore my parents were trying to do me in right then and there. As one does I learned to adjust to the clean, crisp new vision of the world I now had. Not so bad I suppose. Glasses weren't even the albatross I imagined them to be during my formative years. Over time I got creative with my pick of frames, some wild, some more subdued and professional others I reserve just for "hanging around the house" days. I've even dabbled in wearing contact lenses throughout the years.

Then came COVID. Putting a mask on your face immediately draws attention to your glasses should you require them. You can contend with the frame arms and the ear loops but the struggle is real when the fog hits your lenses. One deep breath and you are instantly paralyzed, frozen in fear of moving because you can no longer see a thing of what is ahead of you. Very few things are more trying than having a conversation with someone and being able to count your oxygen rate by your glasses. Breathe out fog, breathe in clear, breath out fog, in clear. What a tiresome routine! You try to adjust the mask up high enough that your glasses sit on top of the mask. That works for a minute, until slippage. You try different types of masks, maybe the material will change the effect? Nope. The fit must be the key? Better but no true resolution. Soapy water on the lenses they say? "Worth a try" I thought! That's interesting, but it sure is hard to see through those streaks! Tape?? The internet surely isn't telling people to tape their mask to their face to eliminate the air from rising into the glasses creating a steam room effect. Oh, but they are! #5 in the "6 Methods for How to Prevent Glasses from Fogging". I wasn't able to find any scientific backup for that particular list so better not go with that one!

So, what's my go to solution you ask? I have taken to popping my glasses on the top of my head whenever I can. Of course, that causes a whole load of other problems. I have lost count how many times exactly my glasses have hit the ground from falling off my head. I'm not sure how many times I've "lost" my glasses sitting on the top of my head like a stately crown. And then there is that pesky little problem of not being able to see. You know, the reason I'm in this predicament in the first place. Yes, I can read my computer screen as I type or check the calendar on the wall behind me. Is that a street sign or a person in the distance there? A barren tree or a light pole? I can't say for sure. So, I assure you those glasses are solidly on my face when driving even if I have to hold my breathe to avoid the fog. Just kidding, there are no record setting underwater swimmer stories in my vault of life! (Disclaimer: holding your breathe during driving is unsafe, don't do it!)

I started this about what a chore masks have become but then I'm reminded this is going into the November newsletter. This is the time of year we often reflect, are thankful and grateful for all that we have. I am grateful these masks keep my family and myself healthy and safe. I am thankful for the opportunity to know you all and hope you too can find something to be thankful and grateful for. So maybe rather than mask griping it's time to have some fun, what's YOUR story?

# November 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10-12 Line Dancing 12:30 Painting Grab & Go Lunch with Phone Bingo	2 10-11:30 Osteo 12:30 Knitting	3 10 Pole Walk 1:-3 Friends Meeting	4 9:30 Tai Chi 10-11:30 Osteo Grab & Go Lunch with Phone Bingo	5 Veterans Event 11:30 Changing of the Flag Ceremony 1-3 Pole Walk	6	7
8  National Aboriginals Week	9 Inventors Day 10-12 Line Dancing Grab & Go Lunch with Phone Bingo	10  Its Tongue Twister Day! 10 Osteo 12:30 Knitting	11  Veteran's Day COA & Center closed	12 9:30 Tai Chi 10:00 Osteo Grab & Go Lunch with Phone Bingo	13  10 Quilting 11 Rag Doll Zoom Class 1 Pole walk	14
15 10-12 Line Dancing 12:30 Painting Grab & Go Lunch with	16 10 Osteo 12:30 Knitting	17 10 Pole Walk 1:00 Bingo with Banecare	18  World Philosophy Day 9:30 Tai Chi	19 10 Quilting 1 Pole Walk	20 World Hello Day "Hello!"	21
22 10-12 Line Dancing 12:30 Painting	23 10 Osteo 12:30 Knitting	24 10 Pole Walk	25 HAPPY THANKSGIVING COA & Center Closed 	26	27 COA & Center Closed	28
29 10-12 Line Dancing 12:30 Painting	30	<div style="border: 2px solid orange; padding: 10px;"> <p>Space is limited. Numbers are small!</p> <p>The building is closed to foot traffic. All programs require a minimum 24 hour preregistration. We apologize, as walk-In will not be accommodated.</p> </div>				

# Word Search

## PHILOSOPHERS



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

Plato

Aristotle

Socrates

Kant

Descartes

Nietzsche

Jesus

Marx

Confucius

Hume

Sartre

Russell

Epicurus

Voltaire

Camus

Thoreau

Pythagoras

Dewey

Pascal

Buddha