

American Legion Auxiliary Manhasset Unit 304

Service Not Self for Veterans, God and Country



October 2020

Dear Members:

We hope that you and your families are continuing to remain safe and well. Since our last Newsletter, our Executive Committee met and decided to conduct our Unit meetings using Zoom until at least January. At that time, we shall take a look at the status of COVID-19 and determine how to move forward. Our Nassau County Committee American Legion Auxiliary is conducting business the same way.

Joe Sledge, Health Systems Specialist at the Northport VA Medical Center (NVAMC), was a guest speaker at the County meeting held on September 10th. He spoke about three specific programs to benefit our Veterans and to tell us about the changes that have been made this year because of COVID-19. Many of you are familiar with Joe because he has been a guest at our Unit meetings. The NVAMC is not accepting personal gifts in the way we are accustomed. The many gifts donated by our Unit and our Manhasset community cannot be accepted this year. Instead, gift cards are requested for three programs in particular:

- **Uber Transportation Program**

This allows our Veterans to attend their appointments by providing transportation using Uber vehicles. The program has been particularly helpful for the suicide prevention program. No Veteran should have to choose between food, rent and medical assistance. We actually provided the seed money for the NVAMC to begin this program. We have provided, and at our September 21st Unit meeting our membership voted to continue to provide, Uber gift cards to the staff at the NVAMC to enable them to manage rides for our Veterans. Support has grown for the program, but assistance is always needed.

- **Hero Hungry Help Program**

This program is also one that we contributed to in the past. It assists our struggling Veterans, those who return from active duty and are searching for employment, those awaiting housing through HUD-VASH, and those who are generally having difficulty making ends meet. We have purchased gift cards to Target, Walmart, Stop and Shop, to name a few, and the staff at the NVAMC dispenses the gift cards according to need. At our September 21st meeting, our membership voted to support this program.

- **Secret Soldier Santa**

This will be our first time supporting this program and it received membership approval at our September 21st meeting. We did not participate in the past because of the significant donations we made to our Veterans during the holiday season. This will take the place of our holiday gifts since they cannot be accepted this year. The program began a few years ago with fewer than 100 Veteran families involved, many of whom were struggling. The number far surpasses this now. Joe Sledge will have a list of families with children and we will “adopt” some of the families. Normally we would purchase items based upon a list of wishes, ages, and sizes. This year we will make donations of store gift cards so that parents/guardians can purchase the gifts themselves. In addition to the Unit donation that we are making, anyone who would like to adopt a family or a child may do so or pair up with a few others to pick a family and support them. If you would like to do so, just contact me at 516-627-4622 and we will assist you in expediting your donation. This is truly a way to “Make the Holidays Brighter” for our Veterans and their families. These donations must be made by mid-November.

In addition to authorizing donations for these programs through the NVAMC, at our September 21st meeting our members voted to make a donation to United Veterans Beacon House, as we have for the past several years. United Veterans Beacon House is committed to providing a fresh start and an opportunity for growth to those who have bravely served our country. They manage 42 residential programs throughout Nassau and Suffolk counties. Services include health care, job training and placement, and assistance with linkage to well-earned financial benefits. The organization’s mission is to help veterans regain their self-worth and empower them with the tools necessary to rejoin their communities as independent and productive citizens.

The membership also voted to donate 15 wreaths to Wreaths Across America, which will be placed on the graves of our veterans at Long Island National Cemetery on Saturday, December 19. Any members wishing to donate an additional wreath at \$15 each is invited to do so through our Unit 304 sponsorship page on the Wreaths Across America website: <https://www.wreathscrossamerica.org/pages/159078/Overview/?relatedId=16654>. As an alternative, members (and family and friends) may contribute any amount toward the purchase of wreaths by sending a check (payable to **American Legion Auxiliary**) to Elizabeth Parrella.

Your officers and I hope these Newsletters are helpful and welcome. The Minutes of our September meeting were emailed to you and will also be included in the next meeting announcement for those who do not have email. We welcome all ideas for inclusion in future Newsletters and also for projects that can be done from home to support our Veterans. We would like to send cards to our Veterans for Veterans Day and hope you will be willing to write some.

Many of you have sent in your dues for the 2020-21 year. This is much appreciated! If you have not yet done so, please send a check payable to **American Legion Auxiliary** for \$30 to Elizabeth Parrella, 175 Lindberg Street, Manhasset. Dues are tax-deductible and help us to continue serving our veterans.

Please stay safe and well as we continue to battle COVID-19. Please know that we are here for you if there is something that we can do safely. Please enjoy the rest of the Newsletter, much of which was compiled by Sue Neville. We thank her for her creative thinking.

Please remember to vote whether in person (early or on Election Day) or by using an Absentee Ballot. If you need assistance obtaining an Absentee Ballot, please call me at 516-627-4622. We are blessed to live in a country where freedom grants us the right to shape our future. Please be a shining example to our youth by exercising your right to vote.

In the Spirit of Service Not Self for Veterans, God and Country,

Pat O'Brien, President (516-627-4622); patobrien17@msn.com

Elizabeth Parrella, 1st Vice President & Treasurer (516-627-0895);
elizabeth_parrella@yahoo.com

Susan Neville, 2nd Vice President (516-365-4304); suephd@aol.com

Diane Klein, Recording Secretary (516-625-0652); rnladydi@aol.com

***** Please Mark Your Calendar *****

Unit 304 General Meetings (via Zoom)

Wednesday, October 21 at 7:30 pm; Zoom link and program details to follow

Wednesday, November 18 at 7:30 pm

Meetings (via Zoom) – Nassau County Committee American Legion Auxiliary

Thursday, October 8 at 7:30 pm

Thursday, November 12 at 7:30 pm

Please let us know if you would like to be added to the meeting distribution list

Election Day – November 3, 2020

Veterans Day – November 11, 2020



HAPPY FALL TO ALL!

COVID-19 SAFETY: TIPS FOR TRAVEL, RESTAURANTS AND THE GYM

<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/coronavirus-safety-tips/art-20485967>

As communities lift stay-at-home restrictions, it's important to keep taking steps to protect yourself from COVID-19. Find out how to safely travel, visit restaurants, go to the gym and more during reopening.

If COVID-19 stay-at-home restrictions are easing in your community, you might wonder how to visit public places and protect your health. Here's what you need to know.

Traveling

Before traveling, check the websites of the U.S. Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO) for health advisories and self-quarantine requirements. Consider checking the U.S. Transportation Security Administration's website and your airline's website for additional guidance.

Consider the risks associated with different types of travel. There might be a risk of getting the COVID-19 virus on a crowded flight if other travelers on board are infected. On a bus or train, sitting or standing within 6 feet of others for a prolonged period can put you at risk of getting or spreading the COVID-19 virus. Traveling by car or recreational vehicle often involves stops that could put you in close contact with infected people.

If you're planning on booking a hotel room, check the hotel's website to learn about precautions being taken and if amenities, such as the gym or restaurant, will be open. Bring cleaning supplies with you. When you get to your room, disinfect all high-touch surfaces, such as light switches, sink faucet handles, door knobs and the remote control. Wash plates, cups or silverware (other than pre-wrapped plastic) before using. Also, confirm the hotel's cancellation policy before making a booking.

Restaurants

Before you eat at a restaurant, check the restaurant's safety practices. Are the employees wearing cloth face coverings, regularly disinfecting high-touch surfaces and practicing social distancing? Is there good ventilation? Are tables set far enough apart from each other to allow for social distancing? Is the menu digital or disposable?

Ideally, the restaurant won't offer salad bars, buffets and drink-filling stations that require people to use common utensils or dispensers. If you need to wait in line for service, maintain a distance of at least 6 feet from others. Wear a face covering as much as possible when you are not eating. If possible, use touchless payment.

When ordering takeout, try to pay online or over the phone to limit contact with others. If you're having food delivered, ask for it to be left outside your home in a safe spot, such as the porch or your building's lobby. Otherwise, stay at least 6 feet away from the delivery person. If you're picking up your food at the restaurant, maintain social distancing while waiting in the pickup zone. After bringing home your food, wash your hands or use hand sanitizer.

Gyms

Before going to the gym, call to see if it's limiting how many members are allowed in at the same time. You might have to reserve a block of time in advance, with staff cleaning the facility between blocks. Ask about the facility's cleaning and disinfecting policies and whether you'll be able to use the locker room or bathroom. If you are interested in group exercise classes, ask if they are being offered.

If possible, check in electronically. Your gym will likely enforce social distancing by blocking access to every other cardio machine or by putting up barriers around equipment. Follow the gym's guidelines and stay at least 6 feet away from other members. Clean equipment before and after using it. Some equipment that's difficult to clean, such as foam rollers and yoga blocks, might not be available. Avoid giving high-fives or doing elbow bumps with others.

If you're at higher risk of serious illness, you might consider waiting to return to the gym. Ask if your gym offers virtual classes or training.

HEALTH AND EXERCISE:

Katz Institute for Women's Health – Upcoming Webinars:

See what's in store for October and register now:

<https://www.northwell.edu/katz-institute-for-womens-health/events>

Katz Coffee Break: Women's Health and Wellness – *Each Wednesday at 10 am*

Hear from women's health experts on various topics.

Rheumatology: More Than Aching Bones and Joints – *Oct. 20 at 11:30 am*

Diagnosis and treatment of adult and childhood joint-related disorders.

I'm So Tired – Why Can't I Sleep? – *Nov. 3 at 11 am*

Explore the world of sleep – our beliefs, our habits and the roots of sleep disorders.

Other upcoming health webinars offered by Northwell:

Falls Prevention and Safety – Oct. 7 at 11 am

<https://www.eventbrite.com/e/falls-prevention-and-safety-registration-120385376903>

Discussion of risk factors for falls, identify ways to decrease the chances that you may fall and learn some easy steps to make your home safer.

Managing Shoulder Instability – Oct. 22 at 7 pm

<https://www.eventbrite.com/e/managing-shoulder-instability-registration-115736441813>

Discussion of causes, symptoms, treatment and recovery.

Breast Cancer Awareness Month



October is National Breast Cancer Awareness Month. Cancer detection is one of the areas of focus for the American Legion Auxiliary. Your routine mammogram could be one of the most important selfies you'll ever take. Early detection is key. If you haven't yet scheduled your mammogram, please take the time to do so!

Many of you are familiar with the Manhasset Women's Coalition against Breast Cancer (MWCABC), which is an all-volunteer, charitable organization founded to unite the women of Manhasset in the fight against breast cancer. The organization has evolved through the years, expanding in size and scope, raising funds that have contributed to research grants and an Outreach Program. Outreach focuses on helping residents of Manhasset and nearby communities who have been diagnosed with and are fighting breast cancer.

Traditionally MWCABC hosts a number of fundraising events in October, but the COVID-19 pandemic has hindered their ability to hold some of these events. This year, MWCABC is running a "Manhasset Pink Strong" campaign to raise the funds necessary for the Coalition to continue its work and support women who need help. If you are interested in making a donation or purchasing Cash for the Cure raffle tickets, or learning more about MWCABC, please contact Sue Neville (suephd@aol.com).

Exercise programs:

Online:

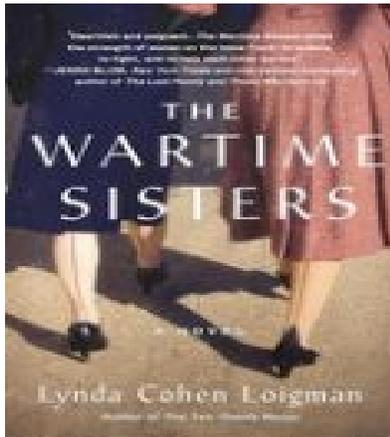
<https://www.northwell.edu/support-and-resources/find-an-event?page=1>

Free Tai Chi and Chair Yoga classes

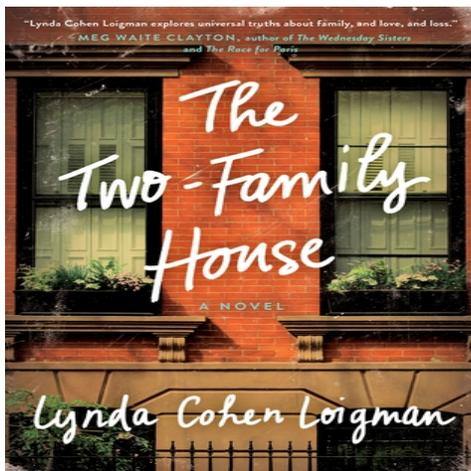
Television:

Project Independence virtual exercise classes for seniors – Fitness, Tai Chi and Chair Yoga. The exercise classes are broadcast on the Town's public access television station, North Hempstead TV. This is Channel 18 or 63 on Cablevision (Optimum) or Channel 46 on Verizon FIOS. New classes air Monday through Friday at 10 am and 1 pm. Reruns air on Saturdays and Sundays at 10 am and 1 pm and on weekdays at 6 pm. You can also watch classes online anytime at www.mynhtv.com/fitness.

BOOK SUGGESTIONS:

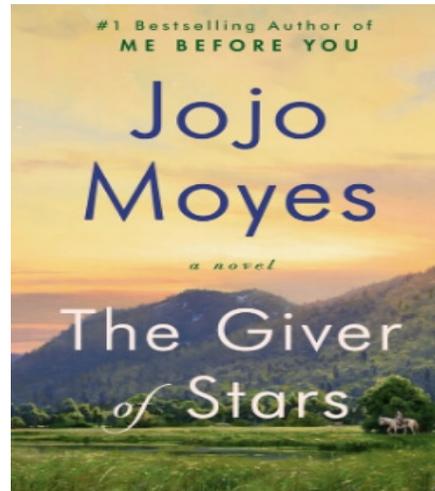


Two estranged sisters, raised in Brooklyn and each burdened with her own shocking secret are reunited at the Springfield Armory in the early days of WWII. While one sister lives in relative ease on the bucolic Armory campus as an officer's wife, the other arrives as a war widow and takes a position in the Armory factories as a "soldier of production." Resentment festers between the two, and secrets are shattered when a mysterious figure from the past reemerges in their lives.



Brooklyn, 1947: in the midst of a blizzard, in a two-family brownstone, two babies are born minutes apart to two women. They are sisters by marriage with an impenetrable bond forged before and during that dramatic night; but as the years progress, small cracks start to appear and their once deep friendship begins to unravel. No one knows why, and no one can stop it. One

misguided choice; one moment of tragedy. Heartbreak wars with happiness and almost but not quite wins.



Alice Wright marries handsome American Bennett Van Cleve hoping to escape her stifling life in England. But small-town Kentucky quickly proves equally claustrophobic, especially living alongside her overbearing father-in-law. So when a call goes out for a team of women to deliver books as part of Eleanor Roosevelt's new traveling library, Alice signs on enthusiastically. The leader, and soon Alice's greatest ally, is Margery, a smart-talking, self-sufficient woman who's never asked a man's permission for anything. They will be joined by three other singular women who become known as the Packhorse Librarians of Kentucky. What happens to them—and to the men they love—becomes an unforgettable drama of loyalty, justice, humanity and passion. These heroic women refuse to be cowed by men or by convention. And though they face all kinds of dangers in a landscape that is at times breathtakingly beautiful, at others brutal, they're committed to their job: bringing books to people who have never had any, arming them with facts that will change their lives. Based on a true story rooted in America's past, *The Giver of Stars* is unparalleled in its scope and epic in its storytelling. Funny, heartbreaking, enthralling, it is destined to become a modern classic—a richly rewarding novel of women's friendship, of true love, and of what happens when we reach beyond our grasp for the great beyond.

TRAVEL VIDEOS:

- <https://www.lonelyplanet.com/video>
- <https://www.bucketlistly.blog/posts/10-most-creative-inspiring-travel-videos>

COOKING VIDEOS:

- <https://www.thekitchn.com/most-viewed-cooking-videos-on-youtube-258110>

VIRTUAL WINE TOURS:

- <https://vinepair.com/articles/best-virtual-tours-brewery-distillery-winery/>
- https://napavintners.com/events/events_virtual.asp

TRIVIA:

The cost of raising a medium-sized dog to the age of eleven:

\$16,400

The state with the highest percentage of people who walk to work:

Alaska

Half of all Americans live within 50 miles of what?

Their birthplace

What do bulletproof vests, fire escapes, windshield wipers and laser printers have in common?

They were all invented by women!

Find more fun trivia questions at:

- <https://www.triviaquestionss.com/food-trivia-questions/>
- <https://www.triviaquestionss.com/history-trivia-questions/>
- <https://www.triviaquestionss.com/halloween-trivia-questions-with-answers/>
- <https://www.traveltrivia.com/>

STAY CONNECTED ON-LINE: GREAT FOR INDIVIDUAL AND FAMILY/GROUP CHATS!

ZOOM: <https://downloads.digitaltrends.com/zoom/windows>

Zoom brings video conferencing, online meetings and group messaging connections.

How do I install Zoom?

To download and install the Zoom Application: Go to <https://zoom.us/download> and from the Download Center, click on the Download button under “Zoom Client for Meetings.” This application will automatically download when you start your first Zoom Meeting. Once the download is complete, proceed with installing the Zoom application onto your computer.