

# Fifty PLUS

SPRING 2023

Columbus Recreation and Parks Department's  
newsletter for *residents ages 50 and older*

## Register for Spring Session!

Join us for spring session to enjoy 50+ programs and activities, including dance, fitness and arts classes, wellness workshops and access to fitness rooms. While most classes are available in person, some are offered virtually; check with your center directly for details.

**Registration Starts:**  
**Tuesday, March 14, at 12:30 p.m.**

**Session Dates:**  
**March 20 – May 20**

Search and register for activities via [ActiveNet](#), our online registration system. Contact your community center with any questions.

All centers will be closed for the following holidays:

**Monday, May 29 – Memorial Day**

**Monday, June 19 – Juneteenth**

**Tuesday, July 4 – Fourth of July**

Continue to enjoy our parks and trails, which provide a safe and accessible way to stay active and give you lots of opportunities to enjoy time outdoors. Even outside, it is important to follow all safety protocols – practice social distancing, clean your hands often with soap and water or hand sanitizer, and stay home if you're not feeling well.

Be sure to check our new website frequently for the most up-to-date information on programs and activities, at [ColumbusRecParks.com](#).

## Q Inside this Issue

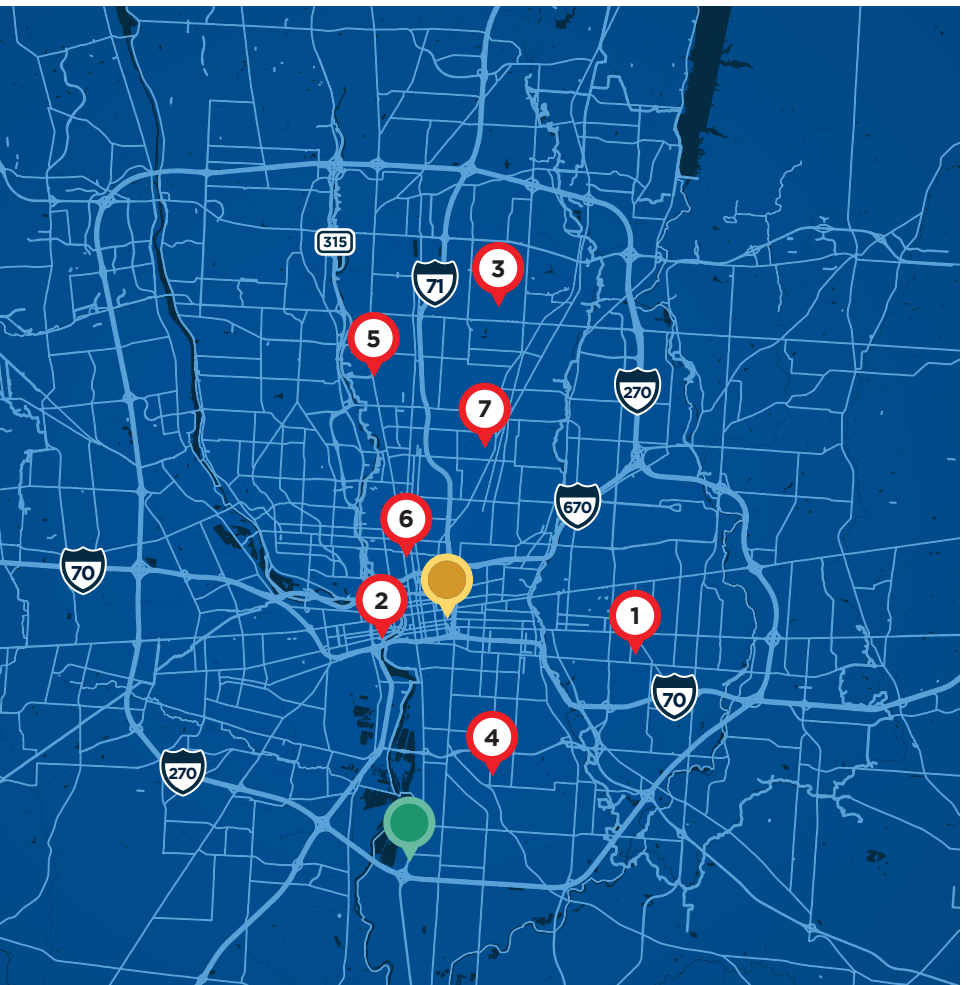
### NEWSLETTER UPDATE REMINDER

The 50+ newsletter will now be published on the same schedule as our programming sessions. This means that the newsletter will now be coming your way on the following schedule:

- **Spring Session** - Mailed/Published in late February
- **Summer Session** - Mailed/Published in late May
- **Fall I and II Session** - Mailed/Published in late August
- **Winter Session** - Mailed/Published in late December

# Fifty PLUS

Of Columbus Recreation and Parks Department's 28 community centers, several sites offer enhanced programming tailored for residents ages 50 and older.



- |   |   |  |
|---|---|--|
| <p><b>1 BARNETT COMMUNITY CENTER</b><br/>1184 Barnett Rd.   43227<br/>614-645-3065</p>            | <p><b>5 WHETSTONE COMMUNITY CENTER</b><br/>3923 N. High St.   43214<br/>614-645-3217</p>  | <p><b>CENTRAL OHIO AREA AGENCY ON AGING (COAAA)</b><br/>3776 S. High St.   43207<br/>614-645-7250<br/>Call for additional information</p>                    |
| <p><b>2 DODGE COMMUNITY CENTER</b><br/>667 Sullivant Ave.   43215<br/>614-724-8151</p>            | <p><b>6 THOMPSON COMMUNITY CENTER</b><br/>1189 Dennison Ave.   43201<br/>614-645-3082</p> | <p><b>GOLDEN HOBBY GIFT SHOP</b><br/>549 Franklin Ave.   43215<br/>614-645-8329<br/>Hours: Tuesday-Saturday,<br/>10 a.m.-4:30 p.m.,<br/>Sunday, 1-4 p.m.</p> |
| <p><b>3 GILLIE COMMUNITY SENIOR CENTER</b><br/>2100 Morse Rd.   43229<br/>614-645-3106</p>        | <p><b>7 LINDEN COMMUNITY CENTER</b><br/>1350 Briarwood Ave.   43211<br/>614-645-3067</p>  |  |
| <p><b>4 MARION FRANKLIN COMMUNITY CENTER</b><br/>2801 Lockbourne Rd.   43207<br/>614-645-3612</p> |   |  |

# Do Your Doctors Give You Their Cell Phone Number? Ours Do!

**At Dedicated Senior Medical Centers,  
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**NOW ACCEPTING NEW PATIENTS**

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**Morse Road**  
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**Whitehall**  
5156 E. Main Street  
Columbus, OH 43213  
**(614) 702-7655**

**[www.Dedicated.care](http://www.Dedicated.care)**

**We partner with OhioHealth.** Your primary care doctor is affiliated with **OhioHealth**, which means you get excellent routine care and convenient referrals to specialists close to home.



**Dedicated Senior  
Medical Center**  
IN PARTNERSHIP WITH OHIOHEALTH

100258

## Thanks You to Adopt a Center Partners

We want to extend a big thank you to **AEP, Boar's Head Brand, Columbia Gas of Ohio, The Lindy Infante Foundation** and our many other wonderful partners who made the 2023 Adopt a Center program such a success. Almost 6,000 hot meals were distributed to families and seniors as well as warm winter items and thousands of children received gifts for the holiday.

For more information  
[www.crpfoundation.org/  
adoptacenter/](http://www.crpfoundation.org/adoptacenter/).

## Fast Facts to Stay Healthy This Flu Season

BY STATEPOINT MEDIA

December through March is peak influenza (flu) season. While common, flu is a potentially serious and highly contagious respiratory illness.

This winter, a new American Lung Association campaign funded by CLS Seqirus aims to educate Americans about the flu and steps they can take to protect themselves and others from severe flu illness.

**Here are some important  
facts you need to know:**

### WHO IS IMPACTED BY FLU?

Flu can affect anyone, however, certain communities are at higher risk of severe illness and complications, such as those living with chronic medical conditions including chronic lung disease, heart disease and diabetes. During past flu seasons, approximately 90% of flu-related hospitalizations were among adults with at least one underlying medical condition. During the 2021-22 flu season, approximately 30% of hospitalizations were among adults with chronic lung

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# CENTER NEWS

Register online for classes at **ColumbusRecParks.com**. If you have difficulty registering on your own, call or stop by the center of your choice, and staff will help you get registered.

All classes are free, except where indicated. Class fees will vary according to the instructor. Be sure to check with your class instructor for details. All schedules are subject to change. Some classes are taking place virtually. Please call your center to confirm

which classes are in person and which ones are virtual. The health and safety of participants and staff is our top priority. Although most of the governing COVID-19 guidelines have been lifted at this time, we continue to follow some protocols to help best provide a safe space for all.

- Registration and class size may be limited.
- Participants are asked to stay home if you are feeling sick

(cough, fever, nausea, runny nose, etc.).

- Face coverings are optional for all City of Columbus employees, registered participants and visitors to City buildings. Masks may be available at the center.
- We continue to encourage social distancing – staying six feet away from others, especially around vulnerable populations.

## Barnett

1184 Barnett Rd. | 43227  
614-645-3065

### ANNOUNCEMENTS

#### The center will be closed:

Monday, May 29 (Memorial Day)  
Monday, June 19 (Juneteenth)  
Tuesday, July 4 (Fourth of July)

#### CLASSES OFFERED INCLUDE:

- Stay Young Stay Fit
- Beginning Line Dance / Aerobics
- Intermediate Line Dance
- Chair Fitness
- Core
- Strength & Balance
- Open Pickleball
- Social Sewing
- Open Studio Jewelry Making
- Ceramics

- Knit and Crochet
- Contact center for details.

### PRODUCE DROPS

Produce drops will resume in April.

## Dodge

667 Sullivant Ave. | 43215  
614-724-8151

### ANNOUNCEMENTS

#### The center will be closed:

Monday, May 29 (Memorial Day)  
Monday, June 19 (Juneteenth)  
Tuesday, July 4 (Fourth of July)

### SENIOR RECREATION COUNCIL (SRC) COMMITTEE MEETING

Third Tuesday of the month at 1 p.m.

#### April 18, May 16, June 20

Anyone who would like to join our SRC Committee or is interested in seeing what the committee is all about, feel free to attend our next meeting.

Our Canteen is back open and running, come see Ms. Linda every Tuesday and Thursday between 11:30 a.m.-1 p.m. for a delicious home-cooked meal (lunch and dessert). All meals are under \$5!

We are partnering with LifeCare Alliance to provide FREE lunches every Wednesday from 11:30 a.m.-1 p.m., a one-time registration form will need to be filled out. Please pre-register in advance at the center.

## SENIOR FOOD BOXES

**Pickup Dates: The week of  
April 17, May 15, June 12**

If you or someone you know would like to register and you meet eligibility requirements, call 614-724-8151. We do have a few spots available!

## PRODUCE DROPS

Produce drops will resume in April. Curbside pickup dates will be announced once we receive the schedule from Mid-Ohio Food Collective.

## DIVINE DIGNITY

(Previously God's Hygiene Closet)

**Third Friday of the month  
from 10 a.m.-5 p.m.**

Each participant will receive six free hygiene or cleaning items – ID is required.

## NUTRITION CLASS WITH THE OHIO STATE UNIVERSITY SNAP-ED

**Every Wednesday at 1 p.m.  
Free**

For a full class schedule, stop by the center or visit our website at [columbusrecparks.com/community-center/dodge/](http://columbusrecparks.com/community-center/dodge/).

## UPCOMING PARTIES

### HOP INTO BINGO PARTY

**Tuesday, April 13, 11:30 a.m.-1 p.m.**

### CINCO DE MAYO PARTY

**Friday, May 5, 11:30 a.m.-1 p.m.**

## UPCOMING TRIPS

### FRIDAY ON THE TOWN!

**March 24 at 10:30 a.m.**

**Cost: \$7**

Friday on the town! Shopping in and around Delaware. Cost is \$7 for travel, bring additional money for lunch and/or shopping. Wear comfortable shoes for walking.

**April 28 at 10:30 a.m.**

**Cost \$7**

Uptown Westerville and Inniswood Metro Gardens. Cost \$7 for travel, bring additional money for lunch and/or shopping. Wear comfortable shoes for walking.

### 50+ SPRING CAMP

**May 26 at 9 a.m.**

**Cost: \$10**

Pack a lunch, bring a t-shirt to decorate and wear comfortable shoes and clothing. The camp will take place at the McKnight Outdoor Education Center at Wyandot Lodge. Options include seasonal nature arts/crafts, nature bingo, hiking, archery, karaoke, fishing and a pontoon boat ride.

### RED HAT

Our Red Hat ladies are always looking for new members to join! Red Hat trips are every third Thursday of the month. Call Dodge Community Center for more information.

## FITNESS ROOM

**Membership fees:**

\$10 per session (March 14 – May 20)  
\$40 annually

If you have Silver Sneakers, Renew Active or Silver and Fit, your fitness room fee is waived.

## Gillie

2100 Morse Rd. | 43229  
614-645-3106

## ANNOUNCEMENTS

**The center will be closed:**

Monday, May 29 (Memorial Day) to Friday, June 3  
Monday, June 19 (Juneteenth)  
Tuesday, July 4 (Fourth of July)

## PRODUCE PICKUP

**Friday at 9:30 a.m. until  
produce runs out.**

## VETERANS GROUP

**First Friday of the month  
March 4, April 1, May 6 at 1 p.m.**

We are calling on all members of the Armed Forces to join us and share their stories and memories of their time served.

## ANNUAL LINE DANCE JAMBOREE

**Saturday, March 18, (9:30  
check-in), 10 a.m.-3 p.m.**

**Cost: \$18 with lunch or  
\$12 for the dance only**

Celebrate the “wearing of the green” by donning your best green outfit, and we’ll have fun, fun and more fun! Enjoy as different instructors from all over the state bring new music and dances. There will be cue/step sheets, great food and wonderful door prizes to round out the day.



GILLIE

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Group registration is encouraged. Register by Tuesday, March 14, to secure lunch reservations.

**PLEASE NOTE:** AUDITORIUM AND CANTEEN WILL BE CLOSED FOR THIS EVENT.

## ST. PATRICK'S DAY LUNCH

**Thursday, March 16, 11:30 a.m.**

St. Patrick's Day (also known as the Feast of Saint Patrick) is a holiday that remembers one of Ireland's patron saints, Saint Patrick, and it is a day of recognition of Irish and Irish American culture. Wear your green, and join us for some corned beef and cabbage and other fixings, as we celebrate everything Irish! You could win a prize for your best Irish jig or outfit. **No ticket needed, regular prices apply.**

## BIRTHDAYS AND ANNIVERSARIES

**Thursday, April 6, 12:15 p.m.**

Everyone is invited to celebrate our members with special events during the months of January, February, March and April. Even if it's not your month yet, come out and celebrate! We will also be celebrating a very special 106th birthday for Mr. Moses Eldridge! Please bring a special birthday card to let him know how much we love him. Join us for some great fun and refreshments.

## EASTER LUNCHEON

**Tuesday, April 4, 11:30 a.m.-12:45 p.m., Cost \$7**

Let's celebrate the coming of spring with baked chicken, mashed

potatoes, vegetable medley, dessert and beverage. Our very own G-Clef Chorus will entertain us. **No other food will be served. Tickets are now on sale at the front desk.**

## MOTHER'S DAY BRUNCH

**Thursday, May 11, 11:30 a.m.**

We are celebrating mothers and all women with good food and great entertainment. No tickets needed, regular lunch prices apply.

## CLASSES

Please view the full class schedule at **ColumbusRecParks.com** or pick up a class schedule at the center.

## LEARN HOW TO PLAY: PICKLEBALL

**Monday, 10 a.m. and 3 p.m.**

**Wednesday, 10 a.m.**

Pickleball is a paddleball sport that combines elements of badminton, table tennis and tennis. Two or four players use solid paddles to hit a perforated polymer ball, much like a wiffle ball, over a net. The sport shares features of other racket sports with the dimensions and layout of a badminton court, and a net and rules somewhat similar to tennis. Come to learn, and have some fun!

## CHAIR YOGA

**Monday, 11 a.m.-11:45 a.m.**

Yoga improves flexibility and strength, it also increases balance and enhances cardiopulmonary health in people of all ages. This class is designed for individuals who are not able to get down and up from the floor, and they need the

support of a chair. We encourage all participants to work at their own level of fitness and yoga experience.

## POOL SCHOOL FOR BEGINNERS

**Friday, 9-11 a.m.**

Have you ever wanted to learn how to play pool? We will be offering classes in the game, taught by some of our local pool sharks. Please sign up at the front desk.

## MIND AND BODY CONNECTION: HEALING THROUGH OUR SENSES

**Friday, April 7, 14, 21**

**and 28 at 10 a.m.**

Come and explore the connection between our mental health and our physical well-being and how one affects the other in both positive and negative ways. We will focus on how our sense of sight, sound, smell and touch can help us. Join us for this four-week workshop by signing up at the front desk.

## CLASSES AND PROGRAMS BINGO

**Mondays at 1 p.m., March 13, 27**

**April 10, 24**

**May 8, 22**

## COFFEE & CONVERSATION

**Second and fourth Monday of the month at 10 a.m.**

Topic: What are your favorite memories of spring? Come and share some friendly conversation with some center friends. Research shows that strong social connections are necessary for a long, healthy, happy life. Join us to share your thoughts and experiences with others who also want to stay connected.

## HISTORY ROUNDTABLE

Wednesday, April 12, and  
May 10 at 1 p.m.

Topic: TBA

## EAT BETTER, FEEL BETTER

Second Tuesdays at 11 a.m.

LifeCare Alliance Peggy Parisot, RN, presents interesting topics on the foods we eat and how they can both help us and harm us. Call the center for the spring session topics.

## ALZHEIMER'S ASSOCIATION

Second Tuesday of the month

Support Group:  
12 p.m. - Anyone can attend.

Private Consultations:  
1:30-4 p.m. - Individual  
or with a caregiver.

Call 614-457-6003 to schedule  
your appointment.

## COLUMBUS SPEECH & HEARING

Third Thursdays, March  
16, April 20 and May 18  
11 a.m.-3 p.m.

Call 614-261-5452 to schedule  
your appointment.

## EAT WELL FOR LIFE

Third Thursday of the month  
11 a.m.

Join us for our monthly nutrition class just for seniors! We will learn about nutrition topics specific to staying healthy for a long life. Topics will include all star senior snacks, heart healthy meals and eating the low sodium way.

## UNDERGROUND RAILROAD

Second and fourth  
Mondays at 6 p.m.

Second and fourth  
Thursdays at 1 p.m.

We study American history through the eyes of the conductors, agents and freedom seekers who were a part of the Underground Railroad. We will be studying the following topics:  
Oh, Canada! (March), Elgin or Buxton Settlement (April), "Midnight to Dawn" (May)  
To join us on Zoom if you can't come in person, call 614-645-3106 for the Zoom link.

## LIFECARE ALLIANCE WELLNESS CENTER

Monday and Tuesday

The LifeCare Alliance Wellness Center is open for services such as blood pressure checks or toenail cutting. Please call Peggy Parisot, RN, at 614-437-2811 to make an appointment.

## FITNESS ROOM

Monday and Wednesday

8 a.m.-8:30 p.m.

Tuesday, Thursday and Friday

8 a.m.-4:30 p.m.

## TRIPS

New this year, please ask at the front desk for our new trip catalog listing our trips for the year. It will give you details about our various destinations, cost and fees along with modes of transportation. Get it and mark your calendars for

your 2023 travel adventures!

## Linden

1350 Briarwood Ave. | 43211  
614-645-3067

For information on 50+ programming,  
contact Linden Community Center

## Marion Franklin

2801 Lockbourne Rd. | 43207  
614-645-3160

## ANNOUNCEMENTS

## SPRING SESSION REGISTRATION:

March 14, 12:30 p.m. (No Classes)

Spring Session:  
March 20 - May 20, 2023

## CENTER WILL BE CLOSED:

May 29 (Memorial Day)  
June 19 (Juneteenth)  
July 4 (Fourth of July)

## LIFECARE ALLIANCE MEALS

Marion Franklin Dining Center  
(Open)

Every Tuesday and Thursday  
from 11 a.m.-12 p.m.

Nourishing the human spirit!  
Weekly registration is required. For more information, contact Scott Sheets at 614-645-3160.

**MARION FRANKLIN**

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## BOOK CLUB DISCUSSION (CENTER LIBRARY)

Second Wednesday of the Month  
1:30-4 p.m.

## HEALTH & WELLNESS AT MARION FRANKLIN

Tuesday & Thursday

8 a.m.-4:30 p.m.

Lifecare Alliance Wellness Center -  
Nurse Barbara Parker, RN  
Office: 614-645-7173  
Voicemail: 614-437-2927

## EAT BETTER, FEEL BETTER

Every third Tuesday of the  
month, 11:15 a.m.-12:15 p.m.

Presented by Nurse Barbara Parker,  
LifeCare Alliance Wellness Center.

## COLUMBUS SPEECH & HEARING SERVICES

Second Thursday of the month

Services offered: free hearing  
evaluations, hearing aid fitting and  
maintenance and follow-up hearing  
aid services. For more information  
or to schedule an appointment, call  
614-261-5452.

## NUTRITION CLASS WITH OSU-SNAP-ED

Every Thursday, 11 a.m.-12 p.m.  
Free

## TRIPS

## LACOMEDIA DINNER THEATER

Friday, March 31

Cost: \$80

Taste of Broadway: Sleuth  
The ultimate game of cat and

mouse is played out in an English  
country house owned by celebrated  
mystery writer, Andrew Wyke.  
Don't miss your chance to solve the  
mystery! Only limited seats remain.

## JUNGLE JIM'S INTERNATIONAL MARKET: EASTGATE & FAIRFIELD

Thursday, April 6

Cost: \$35

Register at the front desk.

## AIN'T TOO PROUD: THE LIFE AND TIMES OF THE TEMPTATIONS

Sunday, March 23, at  
the Ohio Theatre

Cost: \$95

The Life and Times of The  
Temptations is the electrifying,  
new smash-hit Broadway musical  
that follows The Temptations'  
extraordinary journey from the  
streets of Detroit to the Rock  
and Roll Hall of Fame. For more  
information, call the center. Hurry!  
Tickets will go fast.

## Thompson

1350 Briarwood Ave. | 43211  
614-645-3067

## ANNOUNCEMENTS

The center will be closed:

Monday, May 29 (Memorial Day)

Monday, June 19 (Juneteenth)

Tuesday, July 4 (Fourth of July)

## ST. PATRICK'S DAY LUNCH AND BINGO

Wednesday, March 15, 12 p.m.

Cost: \$7 (lunch), \$10  
(lunch and Bingo)

Wear your green and join

us for some corned beef,  
cabbage and potatoes.

## EASTER EGG HUNT

Wednesday April 5, 11:30 a.m.

Cost: \$10

Come and join us for an egg  
hunt followed by lunch and  
bingo. Sign up by March 29

## SECOND ANNUAL ARTIST'S OF THOMPSON SPRING ART SHOW

Opens April 10

Art work needs to be  
turned in by March 31

## MOTHER'S DAY LUNCHEON AND BINGO

May 10, 12 p.m.

Cost: \$10

## GARDENING TEAM

Looking for volunteers for our  
Community Gardens. Please  
see Doreen to sign up.

Please view the full class schedule  
at [ColumbusRecParks.com](http://ColumbusRecParks.com) or pick  
up a class schedule at the center.

## Whetstone

3923 N. High St. | 43214

614-645-3217

## ANNOUNCEMENTS

The center will be closed:

Monday, May 29 (Memorial Day)

Monday, June 19 (Juneteenth)

Tuesday, July 4 (Fourth of July)

## SCHEDULE



## MONDAY

### 10 a.m.

Pickleball 3.5 and below  
(Sports Pass Required) \$10

### 12 p.m.

Canasta

### 12:30 p.m.

Pickleball 4.0 and up (Sports  
Pass Required) \$10

### 5:30 p.m.

Zumba Tone – Cost: \$35

### 7 p.m.

Folk Dancing

## TUESDAY

### 9 a.m.

Chair Aerobics

### 10 a.m.

Pickleball 3.5 and below  
(Sports Pass Required) \$10

### 10:30 a.m.

Wii Bowling

### 12:30 p.m.

Pickleball 4.0 and up (Sports  
Pass Required) \$10

### 6 p.m. (First and third Tuesday of the month)

Wood Carvers

## WEDNESDAY

### 9 a.m.

Chippers Woodcarving

### 11:30 a.m.

Art-Open Studio 50+

### 2 p.m.

Central Ohio Push-Hands  
(martial art – Tai Chi for two)

### 5:30 p.m.

Yang Style Tai Chi - \$55

### 6 p.m.

Fearless Falling - \$30

## THURSDAY

### 9 a.m.

Chair Aerobics

### 12 p.m.

Bridge Club (must register)

### 12 p.m.

Euchre (must register)  
Cost: \$2

## FRIDAY

### 9:30 a.m.

Mindful Yoga Level 1 - \$81

### 9:30 a.m.

Fearless Falling - \$30

### 10 a.m.

Pickleball (Sports Pass Required) \$10

### 12 p.m.

Euchre (must register) (fee \$2)

### 12:30 p.m.

Pickleball (Sports Pass Required) \$10

### 5 p.m.

Flamenco Dancing Club

## SATURDAY

### 9:30 a.m.

Mindful Yoga Level 2  
Cost: \$72

### 1 p.m.

Pet Portrait Workshop (Adult)  
\$50

### 2 p.m.

Central Ohio Push-Hands  
(Martial art – Tai Chi for two)

# 10 Health Tips Doctors Encourage You to Try Today

BY STATEPOINT MEDIA

Want to make a fresh start and invest in your health? You may be unsure what changes will have the biggest impact. Doctors say that the easy, tangible actions you take are some of the most important.

“Many people focus on big-picture health goals,” says Jack Resneck, Jr., M.D., president of the American Medical Association (AMA). “The good news is that small, positive health choices made right now can have long-lasting effects.”

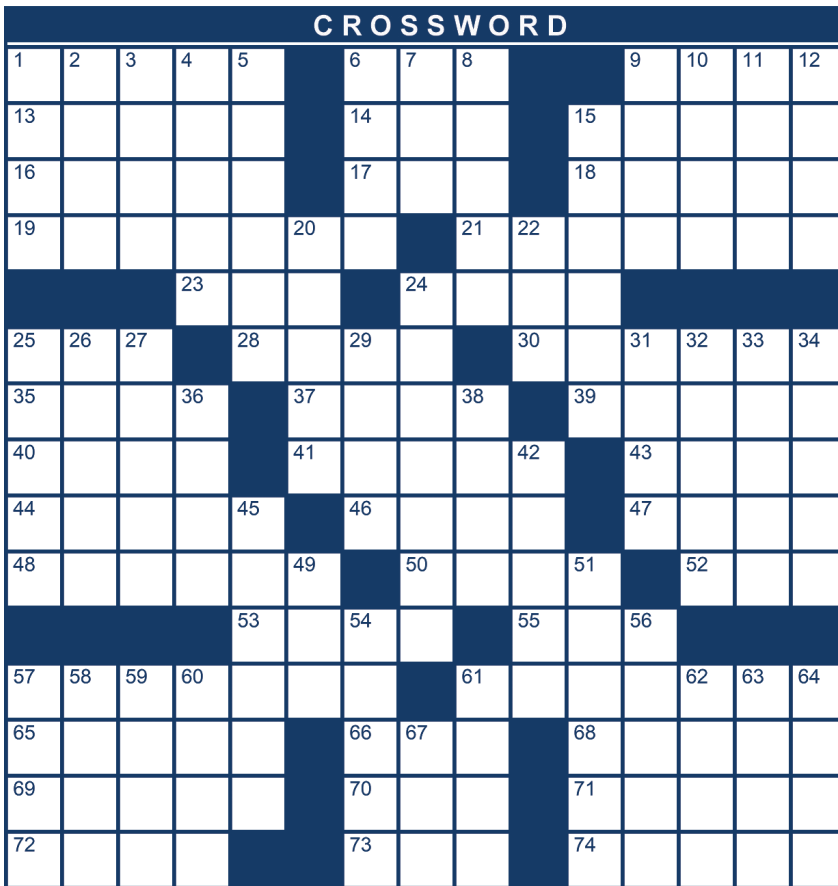
Want to get started today? Here are the 10 recommendations the AMA top your list:

1. Exercise is essential for your physical and mental health, so get moving today. A good rule of thumb for adults is at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity.
2. Vaccination is the best protection against a number of serious illnesses. To protect yourself and your family, get up to date on your vaccines, including the annual flu shot and the COVID-19 vaccine for everyone 6 months and older. Your doctor can let you know if you're due for a COVID booster. If you have questions, speak with your physician and review trusted resources, including [getvaccineanswers.org](https://www.getvaccineanswers.org).
3. Get screened. Estimates based on statistical models show that since April 2020, millions of screenings for breast, colorectal, and prostate cancer diagnoses may have been missed due to pandemic-related care disruptions. Check in with your physician. If you're due for preventive care, tests or screenings, make an appointment. These measures are designed to keep you healthy and help your doctor spot certain conditions before they become more serious.
4. High blood pressure, also known as hypertension, can increase your risk of heart attack or stroke, and it affects millions of Americans. Visit [ManageYourBP.org](https://www.ManageYourBP.org) to understand what your blood pressure numbers mean and what you can do to get your blood pressure under control.
5. One in 3 American adults has prediabetes, a condition that can lead to type 2 diabetes if left unmanaged. However, there are steps you can take that can help delay or even prevent the onset of type 2 diabetes. Learn your risk by taking a simple 2-minute self-screening test at [DolHavePrediabetes.org](https://www.DolHavePrediabetes.org). This resource also features helpful lifestyle tips that can help you reverse prediabetes.
6. Whenever possible, drink water instead of sugar-sweetened beverages and replace processed foods -- especially those with added sodium and sugar -- with nutritious, whole foods, including fruits, vegetables, whole grains, nuts, herbs and spices.
7. If consuming alcohol, drink only in moderation. The U.S. Dietary Guidelines for Americans defines that as up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.
8. Speak with your doctor or health care professional about quitting tobacco and nicotine use. Declare your home and car smokefree to eliminate secondhand smoke exposure.
9. Follow your doctor's instructions when taking prescription drugs -- especially opioids. Always store and dispose of these medications safely to prevent misuse. Whenever prescribed antibiotics, take them exactly as directed. Not taking the full course can lead to antibiotic resistance, a serious public health problem, and will not make you feel better if you have a virus, such as a cold or flu.
10. Invest in your mental health by managing stress, getting sufficient sleep, exercising and seeking help from a mental health professional when you need it.

Find more health resources at [ama-assn.org](https://www.ama-assn.org).



# CROSSWORD



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**CALL TODAY - For \$100 Gift Card** Promo Code: DISH100

**1-888-416-7103** Offer ends 11/9/22.

All offers require credit qualification, 36-month commitment with early termination fee and auto-pay. Prices include Hopper Duo for qualifying customers. Hopper, Hopper Duo or Hopper 3 55mos. more. Upfront fees may apply based on credit qualification.

**Blazing Fast Internet!**  
ADD TO YOUR PACKAGE FOR ONLY **\$19.99/mo.** where available

37. Thailand, pre-1939  
39. Parlor piece  
40. \*Maldives continent  
41. Plaudit and pomp  
43. Unadulterated  
44. Child-eating daemon, Greek mythology  
46. Red carpet purse  
47. Pelvic bones  
48. Gives way under force  
50. Like acne-prone skin  
52. Pose a question  
53. Letter opener  
55. Morse code dash  
57. \*Grand Canyon state  
61. \*Broadway state  
65. Loaded  
66. Marbled bread  
68. Bad car  
69. South Pacific sailboats  
70. "\_\_\_ Milk?"  
71. Related on mother's side  
72. Unload on eBay  
73. Gilligan's home  
74. Tap, e.g.
12. One-trick ungulate?  
15. Sluggish  
20. \_\_\_-canceling earbuds  
22. Ambulance squad, acr.  
24. RE/MAX agent, e.g.  
25. \*Amalfi Coast country  
26. Kenyan tribesman  
27. Amazon "club"  
29. Vegas cube  
31. Cone-shaped quarters  
32. Throat dangler  
33. \*Mona Lisa city  
34. Go stealthily  
36. Nervous biting victim  
38. \*Haleakalā island  
42. Accent mark  
45. Software plug-ins  
49. Barack Obama, pre-pres.  
51. Wailed  
54. Frustration, in a comic book  
56. Laughing African predator  
57. \*Swiss or Italian skiing destination  
58. Steak option  
59. "White Wedding" Billy  
60. Eagerness  
61. Post-deductions amount  
62. Yemen's neighbor  
63. College cadet program  
64. ACL location  
67. Uncle Sam wanted this

## DOWN

1. Spike, as in punch  
2. Iraq's neighbor  
3. Like a maxi skirt  
4. Soap plant  
5. \*One of two countries to see Niagara Falls  
6. Mail a package  
7. Agha, alt. sp.  
8. Gloria Estefan's hit  
9. Disease-causing organism  
10. One of algae  
11. Diagnostic test

## THEME:

Vacation Destinations

## ACROSS

1. Walt Whitman's dooryard plant  
6. Bag, à Paris  
9. Sound of astonishment

13. Smell of baking bread, e.g.

14. Self-importance

15. Ma Bell, e.g.

16. List of Catholic saints

17. Bobbsey twin

18. Donor's bequest

19. \*Country to see Stonehenge

21. \*Country to see Neuschwanstein Castle

23. Tokyo, in the olden days

24. Way off freeway

25. Gremlin or pixie

28. Assistant

30. Crunches alternative (2 words)

35. Mountain lake

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disease. People from certain racial and ethnic minority groups are also at higher risk for being hospitalized with flu compared to non-Hispanic white adults.

### WHAT WILL THIS YEAR'S FLU SEASON LOOK LIKE?

Flu activity was relatively low the last two flu seasons, but it causes a significant burden every winter. Seasonal influenza activity is already elevated and continues to increase across the country. The Centers for Disease Control and Prevention estimates that as of early January, there have been at least 22 million illnesses and 230,000 hospitalizations.

### HOW CAN I PROTECT MYSELF?

While covering your cough, washing your hands frequently and staying home when you're sick can help stop the spread of flu, the very best way to protect yourself, your loved ones, and your community is with vaccination. The flu shot is recommended on an annual basis for everyone 6 months of age and older and can be given at the same time as COVID-19 vaccination. Flu vaccination is especially important for people with chronic lung disease and other chronic health conditions. Speak with your healthcare provider to learn more about influenza and annual vaccination.

### WHEN SHOULD I SEE A DOCTOR?

If you do get sick, call your doctor as soon as possible for diagnosis and treatment -- especially if you're at high risk for complications. You should also consult your doctor if you have complications such as difficulty breathing, chest pains or a cough persisting for weeks or months after other symptoms go away.

To learn more, visit  
[Lung.org/prevent-flu](https://www.lung.org/prevent-flu).

Take steps to protect yourself, your family and your community flu. Practice good health habits and get your annual vaccination as early as possible.