

CITY OF
REIDSVILLE



Special points of interest:

- 3/5/25 New Line Dance Class Starts
- 3/10/25 2pm Class- Understanding Borderline Personality Disorder
- 3/18/25 11:00 a.m. Produce Give-A-Way
- 3/20/25 1pm Senior Bingo
- 3/20/25 4pm-7 pm Sneaker Ball
- 3/21/25 Club Meeting 10:00 a.m.
- 3/26/25 10 am Class - Living With and Understanding

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I.N.K. (Information, News & Knowledge)

Volume 3, Issue 25

March, 2025



Sneaker Ball-Thursday- March 20th.

4:00 p.m.—7:00 p.m.

REGISTRATION IS REQUIRED

CALL 349-1088 TO REGISTER



Featuring DJ the Energizer

The Most Entertaining DJ on the Planet!

Sponsored by Devoted Health Plans

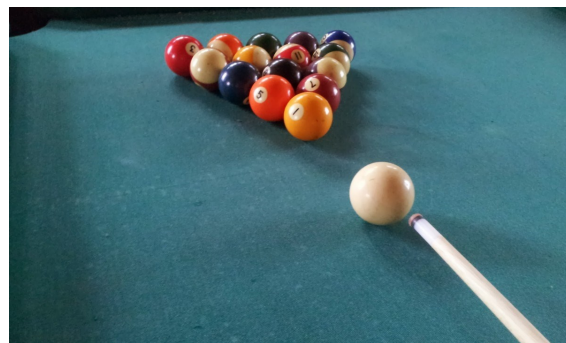
Shuffleboard League Standings (Through 2/28/25))

<u>Player</u>	<u>Wins</u>	<u>Losses</u>
Joyce Thomas	12	4
Angie Staab	12	4
Rose Palmer	12	4
Hallie McCain	12	4
Faye Crawford	12	4
Mabel Powell	11	5
June Willis	10	6
Bruce Needham	10	6
Joyce Tranbarger	9	7
Charlotte Neal	9	7
Patricia Nunley	9	7
Pam McCollum	8	8
Alice Anderson	7	9
Ramona Price	7	9
Geraldine Kimber *	6	9
Ruth Williamson	6	10
Rita Farmer	6	10
Pat Neal	6	10
Genette Brown	6	10
Gladys Pickard	5	11
Ida Tucker	5	11
Brenda Cannon *	4	11
Jeanie Mae Winchester	3	13
Ann Galloway	1	15

* One game behind due to snow day not made up yet for these two participants

Some of the folks who play billiards at RCARE have requested another pool tournament so we are going to take registration to see how much interest is generated. If you would like to play in a billiard's tournament please sign up at the front desk at RCARE.

Registration is also being taken for a billiards league. The tournament would be a one time event while the league would go on for several weeks depending on the number who register.



◆
**BILLIARDS TOURNAMENT OR
LEAGUE?**

Upcoming Events

Senior Games— Last day for registration is March 31st.—Sign up today!

**Senior Bingo
3/20/25
1:00 P.M. Cost: \$1.00.**

**Vita Tax Assistance—
Month of March—
Monday,
Wednesdays and
Thursdays only.
Appointments
required.**



Don't forget the new line dance class that is starting on March 5th. The classes will be held each Wednesday from 1:00 p.m.-2:00 p.m.

**CLUB MEETING— FRIDAY
MARCH 21ST. 10:00 A.M.**

Produce Give Away— Tuesday, March 18th. 11:00 a.m.

The produce give-a-ways sponsored by Devoted will be handled a little different this year in order to ensure as many seniors as possible have access to the produce. Everyone will be required to register one week before the give away is scheduled. For the March event that will be 3/11/25 by 5:00 p.m.



GAST CLASSES

3/10/25 2:00 P.M. UNDERSTANDING BORDERLINE PERSONALITY DISORDERS

3/26/25 10:00 A.M. LIVING WITH AND UNDERSTANDING GRIEF

CALL 336 349-1088 TO REGISTER



Long Term COVID

Symptoms:

1. **Extreme Fatigue**—lack of energy the number one symptom reported
2. **Shortness of Breath**—more than 1/3 of people hospitalized with COVID had lung scarring and thickening
3. **Cognitive Changes**—difficulty concentrating, spaciness and forgetfulness
4. **Depression and Anxiety**—mood related disorders were among the top five issues reported.
5. **Sleep Disturbances**—as much as 40% of people with long COVID had changes to their sleep patterns. Most common was insomnia and severe insomnia and sleep apnea
6. **Digestive Upset**—symptoms include constipation, abdominal pain, bloating, diarrhea and even irritable bowel syndrome are reported.
7. **New or Worsened Allergies**—allergies such as asthma and rhinitis rose significantly within the first 30 days after COVID.
8. **Pain**—chronic pain including everything from aching joints to testicular pain has been reported as a higher risk of inflammatory arthritis was seen.

COVID— Where are we at now?

Information taken from the AARP Bulletin

While most of us have acquired a certain degree of immunity to COVID-19, older adults still remain at risk and their chance of being hospitalized is 14 times higher than younger adults under 50.

Here is how to stay protected:

- Get your vaccinations up to date ASAP. Medicare Part B continues to cover the vaccine. It is safe to get your flu shot at the same time if needed.
- Don't rely on prior immunity— the older vaccines did not cover all the strains.
- Don't rely on luck— just because you never have had COVID yet don't mean you won't get it.
- Protect yourself in high risk areas.— The best line of prevention is still handwashing and masks, particularly when in a crowd.
- Have a Paxlovid Plan—antivirals such as Paxlovid reduce the severity of illness and may prevent the symptoms of long term COVID.
- Stock up on home tests— make sure they are not expired
- If you test positive— remain isolated until the symptom have not been present for at least 24 hours without the use of fever reducing medications. Continue practicing social distancing for at least the next five days and ventilate your home if possible.

LONG TERM COVID— the definition of long COVID is “an infection-associated chronic condition that occurs after COVID-19 infection and is present for at least three months as a continuous, relapsing and remitting, or progressive disease state that affects one or more organ systems.” When using that definition 18 million Americans have experienced long COVID. 1 in 20 of us are living with its symptoms and researchers have begun to link long-term COVID with another recent phenomenon: our shrinking life expectancy.

Research suggests that catching multiple COVID-19 strains puts you at increased risk of long term COVID. John Baratta, founder and co-director of the COVID Recovery Clinic at the University of North Carolina at Chapel Hill has discovered that even patients who had mild cases of COVID-19 had an increased risk of respiratory, cardiovascular, metabolic and neurological issues lingering for three years after the initial infection. Those who had an acute case of COVID had a significantly increased risk of several health issues affecting the brain, lungs and heart

IF YOU THINK YOU HAVE LONG TERM COVID SYMPTOMS START WITH YOUR PRIMARY CARE PHYSICIAN. LONG COVID IS MORE RECOGNIZED THESE DAYS.

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Business Tagline or Motto

The mission for RCARE is to promote the importance of an active, healthy lifestyle by providing an assortment of social, educational and recreational activities.

Just For Fun

I told my boss three companies were after me and I needed a raise to stay at my job. We haggled for a few minutes, and he gave me a 5% raise. Leaving his office, he stopped and asked me, "By the way, which companies are after you?" I responded, "The gas, electric, and cable company."

Last night, someone broke into my home and took a dozen eggs, but they left a saucepan filled with warm water... Police believe it was Poachers.

A man always smokes two cigarettes at the same time. One day, his friend asks, "Why do you always smoke two cigarettes at once?" The man replies, "My brother is in prison. He told me to smoke a cigarette for him every time I smoke one for myself." Some time later, his friend sees him smoking just one cigarette and, surprised, asks, "Has your brother been freed from prison?" The man replies, "Nah, man. I quit smoking."

Wife yells from upstairs, "Hey, do you ever get a really sharp pain in your heart area, almost like someone is using a voodoo doll against you?" Husband replies, "No." Wife asks, "How about now?"

A man sits down at a bar looking dejected. The bartender asks, "Is everything alright?" The man replies, "No, I got in a fight with my wife, and she said she won't speak to me for a month." "Maybe that's a good thing," replied the bartender, "a bit of peace and quiet." "Yeah," the man replies, "Today is the last day."