

August, 2020

# Bay Village Senior Center CONNECTIONS



## ANY NEWS ON WHEN WE WILL OPEN?

In a word, no, as we are still waiting on the Governor 's directive that we can open the senior center. With the upsurge in Covid-19 cases, that date is likely a way off.

## THE GOOD NEWS...

We do have some good news:

**BAY VILLAGE SENIOR TRANSPORTATION** will start up again on Monday, August 17th, for **transportation to medical appointments only**. Call 440-899-3410 to schedule a ride. Some new transportation policies will be in place to keep both the passengers and the drivers safe: Riders are **required to wear a face mask**.



- Only one passenger transported at a time. Only exception is a family member or caregiver.
- Passengers must sit in back seat
- Every passenger is required to wear a mask. No exceptions. Ride will be cancelled if passenger refuses to wear a mask
- All riders must use hand sanitizer before entering the car



**SENIOR CENTER ACTIVITIES** will start to be planned for September, most likely for outside and online. We will send out a newsletter with a calendar of events. Again, we will start slowly, and work our way up as we are able to do things safely.

## BUILDING UPDATE...

The senior center updates are complete! The doors separating the two large rooms are in, the wood divider has been replaced with wall, and lots of storage was added, along with granite countertops, on either side of the doors. The carpeted room has also been repainted. It's beautiful and we can't wait for you to see it!





## WHAT CAN WE DO TO UNDERSTAND ONE ANOTHER?

You cannot turn on the TV or open a newspaper today without seeing protests, most of which are due to the feeling that we belong to a group that is not understood or isn't treated with the equality they are due. Whether talking about race, gender identification, feminism or now even politics, the "Us vs Them" mentality is everywhere, and as we're finding, leads nowhere.

Procter & Gamble has launched #TalkAboutBias, a social experiment that pairs 14 everyday people together to have candid conversations about all forms of bias. The award-winning film THE LOOK is used as a catalyst to start a real dialog about bias and race in America. Conversations offer the opportunity to listen, learn, grow and deepen our understanding of the biases that exist in our society. You can watch these discussions at <https://www.youtube.com/watch?v=CL-ZikM9hz8>.

## WHAT AND WHEN ARE THE DOG DAYS OF SUMMER?

*From the Editors of the Old Farmer's Almanac, July 2020*

The "Dog Days" of summer last from July 3 to August 11. What are the Dog Days, exactly? The ancient origins of this common phrase might surprise you. Enjoy this article about the meaning behind the Dog Days of summer!

### WHAT ARE THE DOG DAYS?

The term "**Dog Days**" traditionally refers to a period of particularly hot and humid weather occurring during the summer months of July and August in the Northern Hemisphere.

In ancient Greece and Rome, the Dog Days were believed to be a time of drought, bad luck, and unrest, when dogs and men alike would be driven mad by the extreme heat. Today, the phrase doesn't conjure up such bad imagery. Instead, the Dog Days are associated purely with the time of summer's peak temperatures and humidity.



### WHY ARE THEY CALLED THE DOG DAYS?

This period of sweltering weather coincides with the year's heliacal (meaning "at sunrise") rising of **Sirius, the Dog Star**. Sirius is part of the constellation Canis Majoris—the "Greater Dog"—which is where Sirius gets its canine nickname, as well as its official name, Alpha Canis Majoris. Not including our own Sun, Sirius is the brightest star in the sky.

In ancient Greece, Egypt, and Rome, it was believed that the dawn rising of Sirius in mid- to late summer contributed to the extreme weather of the season. In other words, the "combined heat" of super-bright Sirius and our Sun was thought to be the cause of summer's sweltering temperatures. The name "Sirius" even stems from Ancient Greek *seírios*, meaning "scorching."

## THIS MONTH'S HANDOUTS...

This month we have included with this newsletter:

A 1950s Trivia Game  
2 mazes to challenge your brain  
A Crossword

Summer Utility Assistance Options  
Cyber Scams for Older Adults  
A Care Plan from the CDC to Keep on Hand