Our world is struggling with a deadly enemy that we don’t easily understand. The usual rules have changed, and the unseen threat elevates our fear.

It’s ironic that for most of us, it has come to mean that doing something to help friends, family, or neighbors means doing nothing, staying home. We are shut in – out of this world entirely. We are participating in history, but it’s pretty boring. Small things that used to mark a normal day are mostly gone, and it’s hard to remember what day it is.

But right now, boring is good, and it’s nice to feel that we’re all in this together, and can still smile.

Can everyone please just follow Dr. Fauci’s instructions about wearing a mask so we can knock out this coronavirus and be done?!

I feel like a kindergartner who keeps losing more recess time because one or two kids can’t follow directions.

VOTING

The up-coming election may be the most important one in memory. How to make it easier?

**Vote by mail**

If you haven’t already requested a ballot by mail for the November election, here’s what to do before the **October 5 deadline**:

**Call (520) 724-4330.**

Voting by mail is the easiest way to vote – no standing in line at a polling place or mixing with crowds -- the best way to stay safe.

CALL FOR A RIDE

Jim Austin is our new LAH Transportation Assistant. You can email, text, or call for rides up to 2 weeks in advance, Monday-Friday, 8:00-5:00:

ridesModule@lahseniorhelp.org

(520) 312-7143

If Jim is unavailable to answer your call, please leave a message. Deadline is Friday at 5:00 PM for rides the following week.
“STAY AT HOME” SENIOR SOCIALS

At the beginning of the year, we gave you the dates for our monthly Senior Socials — that was before the unwelcome arrival of the coronavirus, which is leaving us locked down and feeling alone.

Junie pitched a terrific idea to Johanna, Vicki, and Sandy who then organized something new and delicious: delivering lunch! We began in April and May with sandwiches from eegee’s and Baggin’s, and in June, July and August, Johanna’s specials – cookies included in each delivery to more than 90 seniors. We will continue to deliver lunch until we’re able to sit down together again at St. Frances Cabrini. Meanwhile, volunteers will call to take lunch orders from seniors, giving both a chance to stay connected.

Here are this year’s remaining “Stay At Home” Senior Social dates:

September 15    October 20
November 17     December 15

Census 2020: In light of the Covid-19 outbreak, the U.S. Census Bureau has adjusted 2020 Census operations in order to protect the health and safety of the American public and Census Bureau employees.

According to the Census Bureau’s website, census takers on July 16 began to conduct home interviews with those who haven’t already responded. You can respond and find assistance by phone or online.

https://2020census.gov
English: 844-330-2020
Spanish: 844-468-2020

You will never be asked for your personal information, such as Social Security number, bank account or credit card numbers.

The final deadline has been extended until September 30, 2020. If you haven’t already, please respond – the census is very important to us all!

Edward Everett Hale

FAREWELL

We are saddened to report the passing of our dear friends:

Dora Alderete          Betty Martin
John Cleveland         Mercy Miller
Dennis DeFreitas       Bill Miles
Dolores Denker         Frank Shayka
Greg Maros             Suzanne Trappman
Annalynn Watt
OUR BELOVED PETS MEAN SO MUCH TO US!
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<tr>
<th>Pet Parent</th>
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<td>Bear &amp; Buster</td>
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<td>Chiclet</td>
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<td>Chorizo</td>
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<td>George &amp; Fredrick</td>
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<td>Family Carlos</td>
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THANK YOU
Grateful thanks to our generous donors in 2019 and 2020

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Vasanta Weiss
David Wohl
Linda Wurzbelucher
Fernando Zepeda

We sincerely apologize if your name has been inadvertently omitted
If you notice signs of hearing loss, talk to your doctor. If you have trouble hearing, you should:

- Let people know you have a hearing problem.
- Ask people to face you and to speak more slowly and clearly. Also, ask them to speak louder without shouting.
- Pay attention to what is being said and to facial expressions or gestures.
- Let the person talking know if you do not understand what he or she said.
- Ask the person speaking to reword a sentence and try again.
- Find a good location to listen. Place yourself between the speaker and sources of noise and look for quieter places to talk.

The most important thing you can do if you think you have a hearing problem is to seek professional advice. Your family doctor may be able to diagnose and treat your hearing problem. Or, your doctor may refer you to other experts, like an otolaryngologist (ear, nose, and throat doctor) or an audiologist (health professional who can identify and measure hearing loss).

Your doctor or specialist may suggest you get a hearing aid. Hearing aids are electronic, battery-run devices that make sounds louder. There are many types of hearing aids. Before buying a hearing aid, find out if your health insurance will cover the cost. Also, ask if you can have a trial period so you can make sure the device is right for you. An audiologist or hearing aid specialist will show you how to use your hearing aid.

Cochlear implants are electronic devices for people with severe hearing loss. They don't work for all types of hearing loss.

Alert systems can work with doorbells, smoke detectors, and alarm clocks to send you visual signals or vibrations. For example, a flashing light can let you know someone is at the door or the phone is ringing. Some people rely on the vibration setting on their cell phones to alert them to calls.

Over-the-counter (OTC) hearing aids are a new category of regulated hearing devices that adults with mild-to-moderate hearing loss will be able to buy without a prescription. OTC hearing aids will make certain sounds louder to help people with hearing loss listen, communicate, and take part more fully in daily activities. OTC hearing aids are expected to become available in stores and online in the next few years.

Talk with your doctor about what's right for you. Learn more about hearing loss from the National Institute on Deafness and Other Communication Disorders.