



## swine flu and you

### H1N1 Tips To Protect Your Health

Flu activity is now widespread in 46 states. Nationwide, visits to doctors for influenza-like-illness are increasing steeply and are now higher than what is seen at the peak of many regular flu seasons. Deaths continue to go up nation-wide and are above what is expected for this time of year.

Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something – such as a surface or object – with flu viruses on it and then touching their mouth or nose.

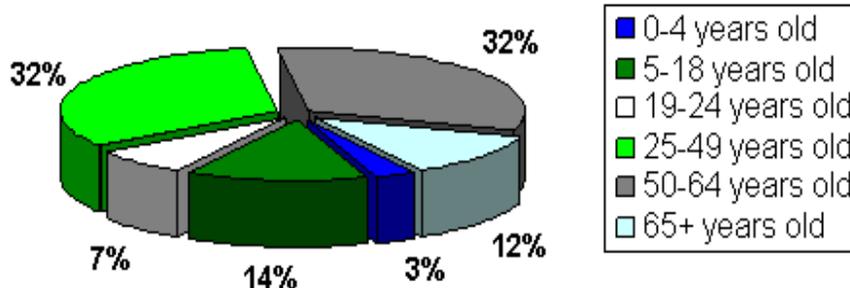
In seasonal flu, certain people are at “high risk” of serious complications. This includes people 65 years and older, children younger than five years old, pregnant women, and people of any age with certain chronic medical conditions. About 70 percent of people who have been hospitalized with this 2009 H1N1 virus have had one or more medical conditions that place people at “high risk” of serious seasonal flu-related complications.

*Continued on next page*

### Percentage of 2009 H1N1 Deaths by Age Group

Based on state reports of laboratory confirmed deaths  
(Deaths: 292)

August 30 - October 10, 2009



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*Articles without a byline are presented by the editorial staff.*

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There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like the flu.

### **Take these everyday steps to protect your health:**

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Coughing into one's armpit is also recommended.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.

**What is the best way to keep from spreading the virus through coughing or sneezing?** If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities.

**What is the best technique for washing my hands to avoid getting the flu?** Washing your hands often will help protect you from germs. When you wash your hands — with soap and warm water — wash for 15 to 20 seconds. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.

**How long can influenza virus remain viable on objects (such as books and doorknobs)?** Studies have shown that influenza virus can survive on environmental

surfaces and can infect a person for 2 to 8 hours after being deposited on the surface.

**What kills influenza virus?** Influenza virus is destroyed by heat (167-212°F). In addition, several chemical germicides, including chlorine, hydrogen peroxide, detergents (soap), iodophors (iodine-based antiseptics), and alcohols are effective against human influenza viruses if used in proper concentration for a sufficient length of time.

**What household cleaning should be done to prevent the spread of influenza virus?** To prevent the spread of influenza virus it is important to keep surfaces (especially bedside tables, surfaces in the bathroom, kitchen counters and toys for children) clean by wiping them down with a household disinfectant according to directions on the product label.

**What are “emergency warning signs” that should signal anyone to seek medical care urgently?**

#### **In children:**

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

#### **In adults:**

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

*Information obtained from Centers From Disease Control*

## from michelle at evergreen fitness center

### Commandment #3:

**Thou shall learn the calories in the foods I eat to realistically understand how much I am eating verses what my body needs.**

**Your weight is a balancing act and calories play a big role. Find out how calories determine your weight and ways you can best cut calories from your diet.**

Of all the diet strategies out there, it still comes down to the calorie. Fad diets may promise you that counting carbs or eating a mountain of grapefruit is key to weight loss, but when it comes to weight control, it's calories that count.

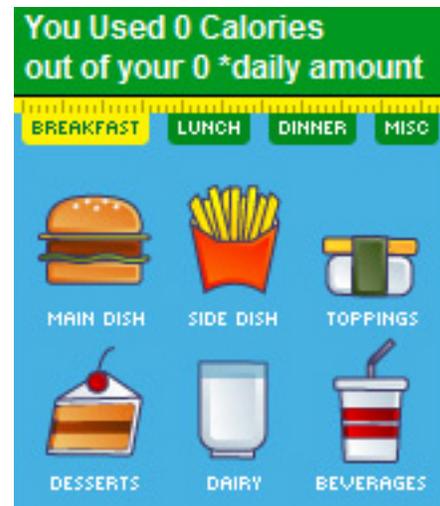
### Calories: Fuel for your body

Calories are the energy in food. Your body has a constant demand for energy and uses the calories from food to keep you functioning. Energy from calories fuels your every action, much as gasoline powers your car.

Carbohydrates, fats and proteins are the types of nutrients that contain calories and thus are the main energy sources for your body. The amount of energy in each varies: Proteins and carbohydrates have about 4 calories a gram, and fats have about 9 calories a gram. Alcohol also is a source of calories, providing about 7 calories a gram.

**Regardless of where they come from,** calories you eat are either converted to physical energy or stored within your body as fat. **Unless you use these stored calories** — either by reducing calorie intake so that your body must draw on reserves for energy, or by increasing physical activity so that you burn more calories — these calories will remain within your body as fat.

Below, I have listed internet sites where you can find calorie counts in food, calculating your specific calorie needs, getting an idea of what your current BMI (Body Mass Index) is, as well as getting a good idea of how many calories you are burning during activity (or just reading!)



You can simply cut and paste the links to your web browser. If you do not have a computer and would like to know more; call me, Michelle, and we'll schedule a time to get

together and get you the information. Call Evergreen Fitness Center 360-385-3036...ask for Michelle, or leave a detailed message and I will get back to you.

### Calories In foods :

<http://www.google.com/webmasters/igoogle/calorie.html>

### Calorie needs :

[http://my.apexfitness.com/vip/fitness\\_calculators/daily\\_caloric\\_needs.php](http://my.apexfitness.com/vip/fitness_calculators/daily_caloric_needs.php)

### BMI

[http://my.apexfitness.com/vip/fitness\\_calculators/body\\_mass\\_index.php](http://my.apexfitness.com/vip/fitness_calculators/body_mass_index.php)

### Resting Metabolic Rate:

[http://my.apexfitness.com/vip/fitness\\_calculators/resting\\_metabolic\\_rate.php](http://my.apexfitness.com/vip/fitness_calculators/resting_metabolic_rate.php)

### Calorie Burned during activity:

[http://my.apexfitness.com/vip/fitness\\_calculators/burn\\_calculator.php](http://my.apexfitness.com/vip/fitness_calculators/burn_calculator.php)



**rsvp**  
**The Hub of  
 Volunteer  
 Service -  
 Round 2**

In last month's issue we tried to give you some insight into the **Retired and**

**Senior Volunteer Program (RSVP)**. The following are just a few brief reminders about our program.

- **RSVP is for you if you are 55 years or older**
- **RSVP is for you if you would like to give back to your community**
- **RSVP is for you if you are looking for interactive and meaningful life experiences**

RSVP recruits and helps to place volunteers in positions where they may achieve personal satisfaction in the giving of their time and talents. Our 700 plus volunteers are tutoring and mentoring children and adults, helping at food banks, assisting at health care facilities and working at fostering environmental awareness. These are but a few of the opportunities we are providing for our volunteers.

This month I also wanted to share with you how our **RSVP** project is funded. Since we are a federal program the bulk of our funding comes in the form of a grant from the Corporation for National and Community Service. We also receive a smaller portion of our funding from the Washington State Department of Community Trade and Economic Development. The balance of our funding (a significant amount) must come from our own local fund raising efforts. Rather than bake sales and car washes, which I am too old for anyway, we

decided to come up with a signature event for which RSVP might become known. Thus, nearly four years ago, came the birth of **Dinner and a Murder**.

**Dinner and Murder Returns to  
 Fort Worden Commons  
 December 5<sup>th</sup>!**

"For some, space is the final frontier. For others, it's their final resting place. Come out and join the crew of the Starship Jazzercise as they seek new life forms, new civilizations...and a murderer. This family friendly event blends science fiction and mystery, suspense and humor, stage and screen to bring you a one-of-a-kind interactive experience. This show is one night only so act now if you want to boldly go where no one has gone before. See you in space." — Ramon Dailey, writer/actor/director.

Welcome mystery fans, its murder time again! On December 5<sup>th</sup> you are invited to the Fort Worden Commons to partake of exquisite food



**Cast and crew of the star ship Jazzercise 2009**

and drink and the opportunity to celebrate an inter-galactic extravaganza of murder and intrigue. "Murder In Space", joins a growing tradition of superb dinner theater entertainment and, by all accounts, sneak previews promise that it will be our best production yet.

*Continued from previous page*

For enhanced entertainment value and enjoyment, dinner theater guests are invited to dress up as their favorite space invaders, Flash Gordon/Star Wars/Star Trek/Princess Leah style. For costumes or the inspiration to create your own, you might try logging onto <http://www.allcostumes.com/default.aspx>, one of many sites where period and genre costumes may be found. Dressed in costume or not, we sincerely hope that you will join us for a fun filled evening of fine dining and entertainment that is **uniquely dedicated to funding RSVP and its efforts to facilitate direct action community based volunteer programs.** It is during times like these that the help of friends and neighbors is most critical.

The price for individual tickets is \$50, and we encourage larger parties who want sit near one another to reserve tables early (Ticket info: [ptmystery.com](http://ptmystery.com)) or call our main office



The Alien

at 385-2571 ex 6324. The Commons dining room will seat approximately 250 guests. Each table seats 8 and they are available now, on a first come first serve basis. You may mail your check

to us or drop it by the main office at any time now where tickets are available. If for some reason you are unable to attend, please consider a purchase and donation of your tickets to support this community effort.

A sumptuous feast will be prepared and served by Bon Appetit, complemented by a no-host bar serving fine beers and wines.

**RSVP** will be faced with additional costs that we hope to mitigate through the generosity of participating guests and those receiving this letter. If you would like to make a donation of any size toward our cause we would greatly appreciate it and will proudly and gratefully acknowledge your donation at the evening's performance of "Murder in Space".

## the port ludlow garden club Annual Holiday Shopping Tour



The Garden Club's Annual Holiday Shopping Tour is scheduled for **November 18<sup>th</sup>**. Participants will leave the Bay Club by a chartered coach at 9:00AM and

return by 4:00 PM, and should arrive at the Bay Club by 8:45AM to ensure a prompt departure.

**We will be going to Gig Harbor** – first to Rosedale Gardens, then to Peninsula Gardens and finally to the Uptown Gig Harbor Mall where you can visit the Elandan Gardens Gallery plus numerous other great stores.

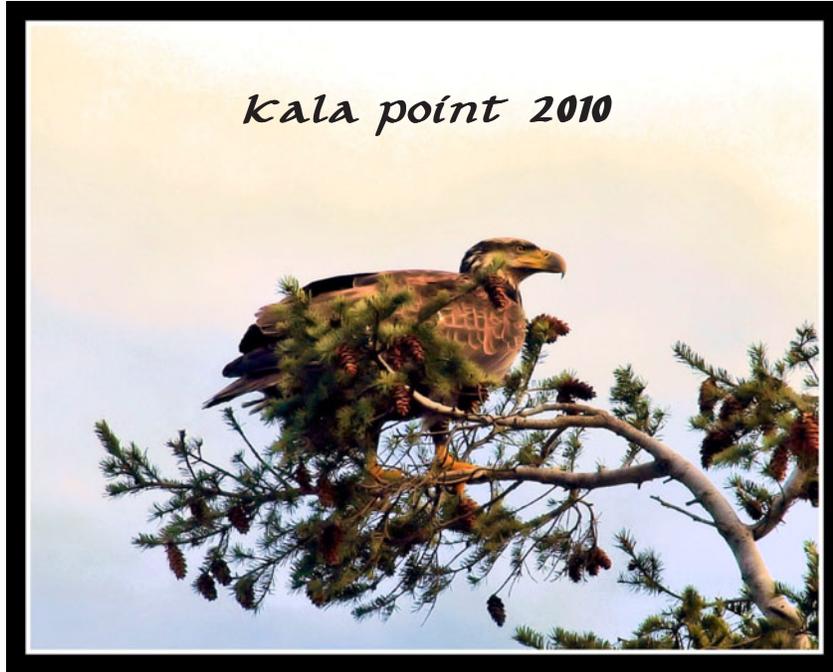
**You may choose your favorite restaurant** in the Uptown Mall for lunch and be ready to depart the mall at 3:00 PM for Port Ludlow.

**The cost of the trip is \$25 per person.** This trip is open to non-members as well as members of the Port Ludlow Garden Club. Mail your check to the Port Ludlow Garden Club, PO Box 65235, Port Ludlow, WA, 98365. Your check reserves your place on the tour. Call Pattie Cole at 437-9261 if you have any questions.

# Kala Point Picture Calendars

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*Front cover photo of Kala Point Baby Eagle courtesy of Doug Lee*

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**If you have been trying to think of that perfect gift, think no more.** Available now is a 13 month calendar with some of your favorite pictures in and around Kala Point! These spectacular and beautiful photos are all taken by Kala Point resident Doug Lee.

**To view photographs of each month** in the 2010 calendar go to [www.ttpnewsletter.com](http://www.ttpnewsletter.com) and click on the "2010 Kala Point Picture Calendar" link at the bottom of the page.

----- Order Form -----

**If you live in Kala Point** you can select to have your calendars hand delivered and left at your front door. This will save you the shipping cost. Just check the box to authorize this special delivery:  *I live in Kala Point. Please hand deliver my order and leave at my front door.*

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**Presbyterian Counseling Center**  
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## Kala Point News & Views

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***send us your ideas***



Are there topics which have not been addressed that you would like discussed?

If so, please contact us at [contact@ttpnewsletter.com](mailto:contact@ttpnewsletter.com).

***medical transportation***

We only have one person in the whole community that wishes to help with medical rides; therefore there is no list to publish. Please use the list in last month's newsletter for available public transportation should you get into a predicament whereby you have no other options.

