

Your Parish/County Organization Here

Inspirations

Remembering Yesterday - Living Today - Imagining the Future



Note From The Editor

Welcome to the March 2020 issue of Inspirations Magazine!

What is Inspirations Magazine?

Inspirations Magazine is a print/online vehicle for information of interest to seniors, caregivers, and anyone interested in the services offered by your organization. Each month there will be sections that can be configured specifically for your parish or county organization. The rest of the magazine will have stories, articles and other information that is of interest to the readers.

This is a sample issue using the basic format for what your organization magazine would look like.

Since our premiere issue, life has changed dramatically. Many of us find ourselves living in a world of disinfectants, chlorine wipes, antiviral sprays, and staying home for a few weeks to hopefully lessen the spread of infection of COVID19.

Here at Inspirations Magazine, we've been thinking back to when there were past threats (seen and unseen) to Americans. One in particular was the polio scare in the 1940s and 50s. It was a time when illness threatened our young people - my mother, remembers this scare very well. When we spoke, she remembered it struck in the summer months and swimming in ponds, lakes were

off-limits and those that did contract the disease were terribly sick and placed in "iron lungs".

Many survived but not without debilitating nerve damage. My mother recalled visiting a school friend when she was in grade school. She remembered vividly seeing the young man laying in the iron lung and being sad and afraid. He did survive - but had to walk with a cane his whole life. The polio scare continued until 1955, when Dr. Jonas Salk developed a polio vaccine.

We seem to be in a similar situation today, only this disease touches us all. It doesn't discriminate and we are quickly discovering just how unimportant the things that divide us really are.

From all of us at Inspirations Magazine, we wish you all the best, stay healthy, look out for our seniors, and pray for the quick recovery of the people of our planet! God Bless Us All!

Interested in more information? Drop an email to:

yourinspirationsmagazine@gmail.com

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Inspirations Magazine

An Independent Magazine for Independent Minded People

Editor-in-Chief, Suzanne DeKeyser James

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The editorial content and views expressed in Inspirations Magazine does not constitute endorsement.

Front Cover Image: Spring is Officially Here!

Remembering Yesterday:

Gardening with Daddy, Part 2



Now We Let It Rest

We let the garden “rest” a few days, I think that meant Daddy needed to rest a few days too. But by the weekend, it was time to pick out the seeds and select the plants.

A Trip to Petrus Feed and Seed!

It was the only place Daddy went for his seeds and plants. We’d drive over and park in the long line of trucks and saunter in. There was no hurrying when you visited the feed and seed store. I loved going in, there was always a haze of dust and the rich syrupy smell of hay and sweet mix in the air. Usually there was the peep of hundreds of baby chickens and the sound of men laughing and talking upon entering the door.

We’d select the seeds, and get a half pound of this seed, a quarter pound of that seed. It was my job to hang onto all the packages of seeds, which I carried in my hands until there were too many to hold, and then I used my t-shirt as a tote. When it came time to select the plants, I was free to explore the aisles of the store.

I looked at the different seed packages, the bundles of twine and rope, and roamed the areas the bottles of animal and livestock medicines were. The mill itself was usually in operation, so mixed in with the regular sounds of business, was the hum and rumble of the seed mill. I never saw that up close but you could sometimes see the corn or other seed coming out the chutes and being poured into large sacks and stitched up with white or red string. The other curious place where I wasn’t allowed to explore, was the area where the live chicks were kept. Since they needed to stay warm going through the incubator rooms was off limits.

Sometimes the plants we wanted were not in yet, so we would pay for everything and head home. The back bed of the truck would have lots plants in peat moss cups—mostly tomatoes plants. On the way home, Daddy and I would talk about when the tomatoes were ripe and how many tomatoes sandwiches we were going to have!



Nothing in the world tasted so wonderful than a tomato sandwich made with a tomato straight from the garden! In fact, today I don’t even buy tomatoes at the grocery store because they don’t taste anything like a tomato; not to mention they are way too expensive!

Bringing home plants from the seed and feed store meant planting all those tomato plants! So while the weather was good and there was still daylight, we’d decide what rows the tomatoes would grow on. All the trays of plants would assemble at the head of the rows and with the top handle of the hoe or rake, Daddy would go down the row and poke a hole in the dirt every so often.

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Continued from page 2 Gardening With Daddy, part 2

Once that was complete, then came the task of dropping the tomato plants into the hole and my job was coming behind and making the plant stand up and tamp the dirt around the plant. At the same time, make a small moat around each plant, because each plant would get a drink of water.

While I was learning how to keep and take care of a garden I was also seeing how much hard work went into keeping up a garden. It was hard and satisfying work!

My Memories

My favorite memories are of working in the garden alongside my father. Today when I'm tying up tomatoes to stakes or hog-wire fencing with jute twine, it reminds me of being in the garden with my father. The smell of bruised tomato leaves and the stained green fingers also remind me of when I was a child moving along the rows pinching 'suckers' from the tomato vines and watching our cats play-hunting among the jungle of eggplant and stands of okra.

My father and I didn't talk much, but then we didn't have to talk about anything. I was just an easy companionship of being close to the earth.



Now days, when I find myself standing in the garden with the tomato plants to be pinched and tied, I am reminded of those "important jobs" he assigned. I have to smile because those jobs were the ones where he didn't have to stoop over or bend down constantly—his back was stiff and his muscles were sore -- just like mine are today!

No matter, he instilled in me the lessons of caring for the soil and the deep satisfaction of raising vegetables for the family. Best of all; eating the first ripe tomato of the summer!



What's Inside the 2020 Catalog

- 23 new varieties, including limited-edition varieties from our seed bank
 - Delicious, easy-to-make recipes submitted by customers, members, and staff
 - Growers' guide, helpful hints, and fun facts
- And all the best sellers and proven varieties for a successful harvest

Let's Grow Together

Be confident in your purchase. Seed Savers Exchange brings you seeds that are open-pollinated and non-GMO.

Doing good—together. When you buy from their seed catalog, you help to keep heirloom seeds where they belong: in our gardens and on our tables.

<https://www.seedsavers.org/catalog>

Catalog may take up to 6 weeks for delivery. Shop online at

www.seedsavers.org

Singing Wheels: Alice & Jerry

School Days & Ditto Sheets

Remember those purple ink worksheets, hot and fresh off the Mimeograph machine? The waxy smell of crayons and Murphy's Oil soap? If you're 50+ years of age, these smells instantly puts you behind a school desk waiting for the 3 o'clock bell! Back to a time when chalkboards were black and chalk sticks were white.



Enter the Alice and Jerry books.

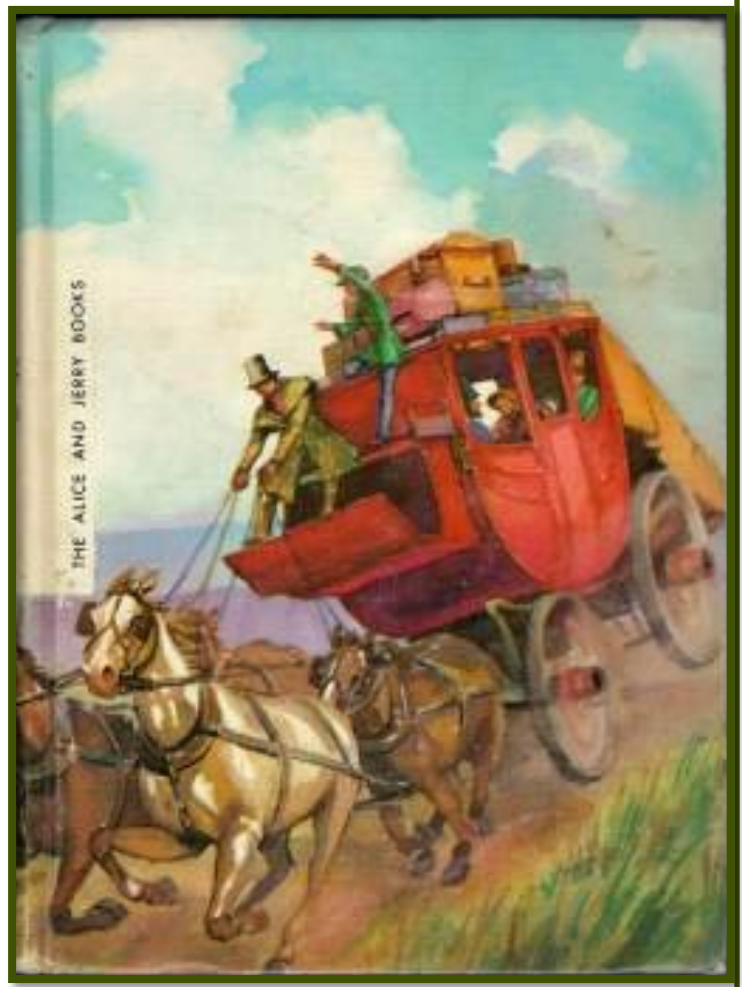
Alice and Jerry was a basic reader educational series published and used in classrooms from the mid-1930s to the 1960s. The "Alice and Jerry" books followed a sister and brother, as well as their dog Jip, through a series of simple events in relatively plain settings. The "Alice and Jerry" series followed patterns similar to the "Dick and Jane" readers. The sentences in the "Alice and Jerry" readers were short, and used repeating words to build reader's strength and familiarity.

The "Alice and Jerry" books were published by Row, Peterson and Company, which later became part of Harper Collins. Nearly all the books were written by Mabel O'Donnell. O'Donnell was a teacher, supervisor and curriculum coordinator for elementary schools in Illinois' East Aurora Public School District 131.

Most of the books were illustrated by Florence and Margaret Hoopes. Both series were widely used in the United States and other English-speaking countries. The books were often sold as a set that a classroom might use for a reading curriculum.

The Alice and Jerry books were discontinued in the late 1960s because they were outdated and phonics were beginning to come into practice. Many classroom teachers held onto these reader series, giving their avid readers additional material to digest.

Do you remember Alice and Jerry books? Ask your friends if they remember Alice and Jerry, Janet and John, and the gang from Hastings Mills!



Hemp or Hype? *Using CBD Oils and Creams for Pain*



It appears that many people with chronic pain issues look for natural applications before reaching for their prescriptions. The side effects of prescription pain medications can be habit-forming and actually have more side effects than the ailment!

The Science

Cannabidiol (CBD) is present in both marijuana and hemp plants. The difference is CBD doesn't cause the "high" feeling often associated with cannabis. That feeling is caused by tetrahydrocannabinol (THC), a different type of cannabinoid.

THE TERMINOLOGY AND WHAT IT MEANS

You'll see the following terms mentioned in the products below. Here's what they mean:

- **CBD isolate:** pure CBD, with no other cannabinoids or THC
- **Broad-spectrum CBD:** contains most cannabinoids, but it generally doesn't include THC
- **Full-spectrum CBD:** contains all of the plant's cannabinoids, including THC

Some people with chronic pain use topical CBD products, in particular CBD oil, to manage their symptoms. CBD oil may reduce:

- pain
- inflammation
- overall discomfort related to a variety of health conditions

CBD can offer an alternative for people who have chronic pain and rely on medications, such as opioids, that can be habit-forming and cause more side effects.

The jury is still out on whether or not there is any benefit to using CBD oil. More research is needed to verify the pain-relieving benefits of CBD oil and other products.

Try It ... It might work!

It works for many and you might be the right candidate for using CBD oil or cream for pain. But you should know while many absolutely swear by it, many creams and oils have little or no effect on most. Why? It could be the amount of CBD used in the product. When looking at CBD creams for pain, look at the actual amount of Cannabidiol used.

- **The higher milligrams** used of CBD the better results. Take a look at the ingredients of these creams and see what you are paying for. If CBD oil is among the first ingredients listed, this might be a better product to try.
- **Word of mouth** is also a good indicator - if you have an friend or co-worker who has used a CBD product and has had good results, see if you can order a sample size from the company. You could be a receptive candidate.
- **Buyer Beware!** Many companies that sell CBD products are not regulated by the Food and Drug Administration (FDA) and you could be ordering something that promises pain relief and end up with nothing.
- **Price.** Shop around and compare prices. Some of these products can sell for anywhere from \$60 to \$125 for an 8 ounce jar.

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Share Facts About COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT
1

Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

FACT
2

For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age with underlying health conditions, such as diabetes, lung disease, or heart disease, are at greater risk of severe illness from COVID-19.

FACT
3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT
4

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

FACT
5

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.



CS 315446-A 03/13/2020

For more information: www.cdc.gov/COVID19

Continued from page 5
Hemp or Hype?

- **What is the carrier oil?** What is the CBD oil suspended in? Coconut, Safflower, Grapeseed, Avocado, or Jojoba - some oils melt in the heat, so store in a dark cool spot.
- **Do not apply on cut or cracked skin.** Depending on the potency of CBD and other ingredients used, a cut or broken skin can be an entry to infection. You might want to do a sensitivity test and apply a small amount of your cream to the inside of your elbow. If you have any redness or rash that develops, **DO NOT** continue to use.
- **Check for drug interactions.** Herbal remedies and prescription drugs can have serious interactions. Be sure to check with your PCP or NP before you try **any** product.

Is CBD Legal?

Here's where you'll need to check the federal and state laws. Hemp-derived CBD products (with less than 0.3 percent THC) are legal on the federal level, but could be illegal under some state laws. Check your state's laws and those of anywhere you travel.



Why Does The Government Consider Hemp To Be Different From Marijuana?

The Difference Many people use the terms “industrial hemp” or “commercial hemp” so it is clear that they are not referring to the “marijuana” variety of cannabis (since “hemp” is sometimes used as a slang term or marijuana). In very basic terms, marijuana is cultivated explicitly for drug production, whereas hemp is grown for fiber, seed and oil. Here is how the two plants differ.

Seed

Although they are both of the complex cannabis genus, the differences between marijuana and hemp are many, and start with the seeds: Marijuana strains have been bred to have elevated THC and low CBD hemp oil, whereas hemp is bred to be just the opposite.

Cultivation

The ways in which marijuana and hemp are cultivated vary greatly as well. Cannabis is a dioecious herb; marijuana growers will remove the male plants from the “grow” area, carefully cultivating only female plants for their flowers. These female plants are generally grown to be “bushy” to promote an abundance of flowers, which are what are harvested for marijuana.

Hemp agriculture is quite different. Male and female plants are grown very close together, and branching is discouraged, resulting in tall, thin plants more suitable for fiber, and allowing for easier wind pollination, which is what is needed to ultimately produce hemp seeds. <http://www.hempoilfacts.com/>



have said to avoid the scene?

A: Hindsight is always 20/20 -- so you probably should not have put the rake anywhere near other people for something like that to happen. Since it did happen, your apology was enough. Her dramatic over-reaction got her attention she craved and made you feel terrible - she got exactly the feeling she wanted. She's forgotten the whole thing and you're still feeling awful -- let it go and from now on, hold onto any new lawn rakes and let the cashier come around and scan it.

Q: My fiancé died last year and I don't know what to do about the large diamond engagement ring since I have begun to date someone else seriously. Also, I have the rings from my marriage that ended in divorce. Is there any way to wear them?

A: If you've already moved on into another relationship, and if you haven't done anything with the rings from another marriage, then you should convert all the diamonds and gold into cash and put it towards an item you do want.

Q: What should be done with place cards when they are on a very elaborately folded napkin?

A: The same thing you would do if a simply folded napkin was on the plate. Remove the place card from the napkin and place it above your plate. That way people on either side of you will be able to glance at it and pretend they know who you are.

Q: At a garden supply store I was in line with a leaf rake and somehow it got caught in the dress hem of the lady in front of me. As she was leaving I placed the rake on the counter so the clerk could scan the price and it snagged the hem of her dress. It did not damage the dress or the lady, but she let out a barrage of foul language that embarrassed everyone. I apologized over and over but she continued long after the rake and her skirt were separated. What could I

Q: It seems everybody is selling something these days. It used to be Tupperware, but now it is china, jewelry and decorations. The hostess assures me I don't have to buy anything, but I feel obligated to buy something I neither want nor need because she has to meet a quota in order to get a prize. I hate having to go to parties that are really sales events. Help!

A: The late actress, Katherine Hepburn said sagely, "Never Assume!" If you hear the phrase, "You're not obligated to buy anything..." Do not assume you are exempt from buying something. If you show up and participate, you're going to end up buying something you don't want or need. Your hostess is passing the obligation on to her friends so she can win a knick-knack she doesn't want or need. Next time, say, "Thanks for inviting me, but I won't be able to attend." You do not need to explain why.

If you have a question,
send them to:
ifyouaskmeinspire@gmail.com

Tele-Medicine: It's Here!

When you're feeling well or you have questions about your health, you schedule an appointment with your primary care physician. If it's after-hours, you may head to an urgent care clinic. Lately, during the height of the COVID19 outbreak, your options have expanded to something called, Telemedicine and Telehealth. Through telemedicine services, you can receive medical advice anytime, anywhere, without leaving the your home.

The basics of telemedicine

Since the 1950s, healthcare providers have been offering remote services. This allows patients to receive healthcare without leaving their home, office, dorm room, hotel, or beyond. Telemedicine first began on landline telephones. With the advancement of technology, telemedicine includes online portals managed by your doctor's office, as well as affordable telemedicine platforms you can use directly without insurance. The telemedicine platform allows you to discuss symptoms, medical issues, and more with a healthcare provider in real-time. You can receive a diagnosis, learn your treatment options, and get a prescription. In cases where it's necessary, healthcare providers can even monitor readings from medical devices remotely to keep an eye on your condition.

There are 3 common types of telemedicine:

- **Interactive medicine:** Also called "live telemedicine," this is when physicians and patients communicate in real time.
- **Remote patient monitoring:** This allows caregivers to monitor patients who use mobile medical equipment to collect data on things like blood pressure, blood sugar levels, etc.

Store and forward: Providers can share a patient's health information with other healthcare professionals or specialists.



The difference between telemedicine and telehealth. The terms telemedicine and telehealth sound the same, but they have a definite difference between them

The **World Health Organization (WHO)** defines telemedicine as "healing from a distance." This gives you the freedom to receive treatment without needing to schedule an appointment with your physician or go to their office for medical services.

HealthIT.gov defines telehealth as "the utilization of electronic information and telecommunications technologies to support and promote long-distance clinical healthcare, patient and professional health education, public health and health administration.



Continued from previous page Telemedicine Is Here!

Telehealth is not a service. It is a way to improve patient care and physician education. Telehealth expands beyond telemedicine to cover non-clinical events like appointment scheduling, continuing medical education, and physician training.

Your PCP/NP can “see” you online through the use of the smartphone using Facetime, or video chat using Facebook or other video conferencing app.

It’s helpful for a variety of other health issues including psychotherapy and other common health issues that can be quickly and appropriately addressed via telemedicine include:



How does telemedicine work?

Telemedicine isn’t appropriate for emergency situations like heart attack or stroke, cuts or lacerations, or broken bones that require x-rays, splints, or casts. Anything that requires immediate, hands-on care should be handled in person. However, telemedicine is very useful for straight-forward issues and follow-up consultations.

Right now, many Primary Care Physicians, (PCPs) and Nurse Practitioners, (NPs) are utilizing telemedicine for their patients that may older patients with compromised immune systems, or have health ongoing issues that require monitoring, but during the stay-home orders, cannot get to their regular appointments.

- Cold and flu
- Insect bites
- Sore throat
- Diarrhea

Here is the list a short list of applications which would help you make video chat between Android and iPhone easy! Be to check if these are free apps to download.

1. Skype
2. Google Hangouts
3. Tango
4. Facebook Messenger
5. Yahoo Messenger

Coming Up!

Next Issue:

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Traditions Make A Comeback!

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