

The Clubhouse *Star*

December 2020

A publication of the Sally and Howard Levin Clubhouse. A program of Jewish Residential Services.



SHLC Programming Changes

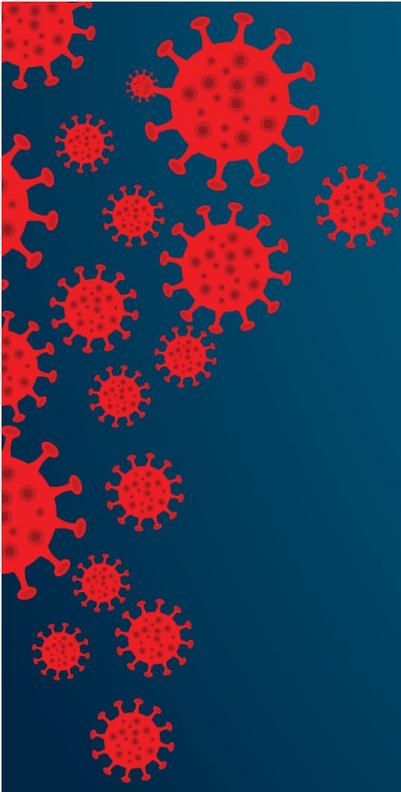
Times	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00 AM					
10:00-11:00 AM	Touch Base/Current Events	Touch Base/Current Events	Touch Base/Current Events	Touch Base/Current Events	Touch Base/Current Events
11:00 AM-12:00 PM	JRS Meeting	Joe Music Workshop	Mike Zoom and Computer Class	Walking	Community Forum
12:00-1:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch
1:00-2:00 PM	F&H Area Meeting*	Virtual Orientation /Action Plan Committee Meeting	Creative Writing*	B.E.E Meeting*	MS Area Meeting*
2:00-3:00 PM	Touch Base	Touch Base	Touch Base	Touch Base/Philosophy	TB/ Kabbalat Shabbat*
3:00-4:00 PM	Mindful Movement with Lainey		Yoga*		Fun Activity*

*Join us virtually via Zoom! [Learn how to zoom here](#)

In order to stay connected while our Clubhouse is closed, we will host recurring touch-base meetings and other programming via zoom for Clubhouse colleagues daily, Monday through Friday! Refer to the schedule above for those touch-bases and other programming times. The colors indicate who is facilitating the group, these are subject to change.

You can join the meeting online via smartphone or computer using this link (<https://zoom.us/j/956983055>) OR by calling via cellphone or landline to this toll free number: 1-301-715-8592 and entering this meeting ID #: 956983055

These meetings and programs are designed to bring colleagues together during a time of increased isolation. We hope to share resources, healthy coping strategies and support, and the opportunity for socialization.



COVID-19 Update



<https://www.alleghenycounty.us/health-department/resources/covid-19/covid-19.aspx>

Allegheny County saw another 887 cases of covid-19 over the past two days, according to a report Monday from the county's Department of Health.

The county reported 519 were added Sunday and another 368 on Monday, pushing the total to 61,075 cases to date.

Of those new cases, 765 were confirmed through 2,864 PCR tests conducted from Dec. 28 through Sunday. Five of the confirmed cases are more than a week old. There were 122 cases listed as probable. Health officials define a probable case as one in which a patient has a positive viral antigen test or covid symptoms with a "high-risk exposure" to someone who has been confirmed to have coronavirus.

While health officials have said weekend numbers are generally lower, there was a slight increase (35 cases) from last week's Sunday-Monday period. Still, the county is far better than it was a month ago. Over the first 11 days of January, Allegheny County is averaging 661 cases per day, whereas the average was 875 in the first 11 days of December.

Updated 1/13/2020

SHLC Mask Safety Guidelines

With the colder weather approaching, we will likely find ourselves indoors more often, and surrounded by more people. Given that we are still experiencing the Coronavirus pandemic, SHLC will be taking the following precautions to all colleagues and staff. We will maintain safety together with dignity and respect.

-If someone is in need of a new mask, is wearing a disheveled one, or one that appears overly used, please *privately* alert them in a confidential manner, and offer a replacement. Replacements can be found at the front desk.

Mask Guidelines

If a colleague, or staff, is having a hard time wearing a mask, we would like to offer the following interventions. The first step is alerting the individual they are not wearing their mask. When talking to an individual not wearing a mask, or reminding them to put it back on, please explain the importance of why we need to continue to practice safety precautions. Make sure it is understood why we are doing this, and why their safety and SHLC safety matters. Please alert them, that if this persists we will have another safety conversation. (document conversation)

If an individual is still having difficulty wearing a mask, please sit down with them, and again explain the importance of wearing a mask. At this point, we will offer solutions to help find out why this may be difficult for someone. For example

- Offer time outside for a mask break

- Offer a new mask that may be more comfortable

- Talk to the individual, and allow them a chance to express what the issue may be.

- Again, please explain the importance of why wearing a mask is essential, for the individual, and the Clubhouse.

- Help the individual find the best way to continue safe practice. Listen and talk collaboratively to find a solution. We are all important pieces to the Clubhouse, so if someone is having difficulty, we need to be empathetic to the situation. If you can, make a checklist, or small plan, with the individual, so they are now knowledgeable about these parameters and can now actively work on it. (document conversation and plan) We want to stress education and understanding.

If an individual needs to be reminded a third time, and has not been able to follow their plan, SHLC will then have to consider the safety of the Clubhouse and colleagues/staff. We admire and appreciate each person that comes through our door, and keeping you all safe is our number one priority. Colleagues/Staff will then revisit the documented conversations with the individual, and politely explain why this is a safety concern, and why it needs to be followed. An inability to adhere to these plans and conversations is a safety concern, and as a result, SHLC will respectfully inform the individual we can no longer take any risks that day.

BARGAIN BIN RECORD REVIEWS

BY: Mike Hogan

One fine Saturday, I went to the local Exchange in search of blues records. I was hoping to find some new blues artists, but they didn't have anything by Melvin Taylor or Tab Benoit as I had hoped. So, I picked out some artists that you may not know. I hope that you approve of my choices.

First up is **Little Charlie and the Nightcats**. On their album, *Captured Live*, the band play the kind of blues and r & b that you can hear in almost any town where the blues are played. It is the kind of likeable, danceable stuff that should appeal to fans of the Fabulous Thunderbirds, Roomful of Blues, or the Nighthawks. At \$3.00, I think it was a good purchase.

My next selection is a classic of the blues genre. **Professor Longhair** was one of the people who defined New Orleans rhythm and blues. He is considered a founder of blues piano and a primary influence on other bluesmen. *Rock and Roll Gumbo* was recorded only a few years before his passing, but shows him in fine form playing the piano and singing. He pounds out a number of New Orleans classics, and some original pieces. I think that any blues collection requires an album of his work.

One of the shortcomings of the music industry is the lack of recordings by blueswomen. I could only find one at the Exchange, but it is a good one. **Susan Tedeschi**, today, leads one of the hottest blues acts in the world, the Tedeschi Trucks Band, but their albums were too expensive for the parameters of this column. Instead, I bought her debut album, *Just Won't Burn*. It was recorded in the suburbs of her hometown of Boston, MA. It shows off her versatility singing and playing in a variety of Blues styles. The CD made a good resume for her current success with the band she co-leads with her husband, Derek Trucks.

Finally, there is **Watermelon Slim and the Workers**. With a name like that, I expected a novelty album. But *The Wheel Man* proved to be legitimate mid western blues. Watermelon Slim proves to be a good singer, and steel guitar player. His band the Workers do yeoman's duty behind him. At \$2.50 it was a good addition to my blues collection.

So there you have it. Even a smattering of blues albums can yield some surprises. I say, gives some less well known blues artists a try. I think that you'll like them.

AS ALWAYS:

KEEP ON ROCKING!

Game night Article by Mike Hodes

One colleague said everyone got involved with the game and questions were hard to answer.

Another Colleague stated I did not know the answer. When read the Answers where read it seemed to do and time flew by fast.

One colleague stated it was fun, and I like the whole thing.

One other colleague stated she thought it was a fun, way for us to get to know each other. It was a good way to pass the time, and it was fun. This colleague would do it again.

I thought it was a good event and well organized and planned out if we have another on it should be on zoom only so we can get more colleagues involved, Have a sign up for zoom and make sure it's on zoom so it can be planned better during the pandemic.

The games we played were

Would you rather
20 questions
Trivia

Growing Up: By Aileen Zurenski

The story OF WHEN I was growing up . I was born in New York City raised in Wayne New Jersey. when I was 8 years old I had my tonsils out. 2 years later I had chicken pox. When I was 16 we moved to Pittsburgh Pennsylvania . I was going to a high school in Cape Cape. I graduated from high school in 1979. After, I went to Barbizon Modeling School for a while then towards the end of 1979 I went to a two-year program at New York University to be a teacher's aide. After I graduated college, I came back to Pittsburgh and found a job in a daycare center to be a teacher's aide.

Announcement by Mike Hodes

The Action Plan committee is speaking to the PCC on February 8 which is a Monday it will be on Zoom. Hope you can join in and support your action team and support your clubhouse colleagues as well. We will be talking about what the action plan committee does and how its improves the clubhouse, and why its worked so well. What the action plan committee brings to the table of the clubhouse .

It Happened in 2020
By Delaine Swearman

In 2020 the world's "most powerful" nations plummeted off the charts of success when confronted with a .1 micron coronavirus. Success became measured by one metric only, the ability to control COVID-19. As nations, and as a world, we were easily overwhelmed by the virus. But on a human level, we have fought hard and sacrificed much in this ongoing battle.

In the beginning, we realized that as a human species we must first focus on our collective survival; everything else could be put on hold. The minimum wage janitor and sanitation worker, whose jobs were once scoffed at, suddenly became "essential," and the movie star became unemployed.

The balance of the planet was thrown out of orbit by a force of global human connectedness, which spread COVID-19 from a single location in China to our entire world. Throughout 2020 the virus defied closed borders, government rules, shutdowns, social distancing, and wearing face masks. It spread not only death and disease, but violence, poverty, hunger, loneliness, isolation, and depression.

Ironically, the interconnectedness that tore us apart has also brought us together. We have bridged digital divides. We have found camaraderie in our shared human experience across the world. We have raced for a vaccine. And as nations big and small, we will only overcome coronavirus together...In 2021, perhaps?

Winter in the city

By Anonymous

Winter in the city is a magical time of the year.

The cool air is refreshing on the skin between my neck and coat.

I enjoy the ambient sound of snow falling around me.

I enjoy watching the journey of each flake as they make their stupendous trip to the ground!

When I walk by the food vendor, the smells seem to be intensified with the cold air.

As I look at up the magnificent skyscrapers, it looks as though thousands of tiny stars are racing towards me.

The slush splashes up on to my boots as I wait for the lights to change.

The exhaust of cars and people's breath are stark reminders of the cold, but I am nice and warm in my coat.

The best part of winter in the city, is seeing the lights when I walk out of work.