

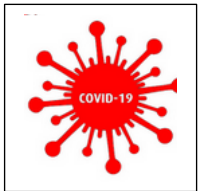


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DID YOU KNOW? – QUARTERLY NEWSLETTER OCT. – DEC. 2022 | ISSUE 3 | VOL 1

A QUARTERLY PUBLICATION OF YOUR RAC HEALTH CARE COMMITTEE

Navigating The Long Haul *by Janet Warren, PhD*



If you have been ill with the COVID-19 virus and/or have received COVID vaccinations without any long-lasting adverse effects, injuries, or health problems you did not have before these two events you are blessed! This means

your invaded immune system was able to manage an exaggerated inflammatory response, multiple blood-clotting, as well as the damage to the protective barriers to the lungs, brain and other organs from when virus was inhaled through your nasal cavity and gained entry to the nervous system, or you survived an adverse response to the COVID-19 vaccine. Unlike seasonal influenza, COVID-19 can become profoundly serious in unpredictable ways if medical treatment is delayed beyond five days. Those who have had a serious case of Covid with or without hospitalization; or have been infected several times, or have had an adverse reaction to a COVID-19 vaccination are more likely to have what is known as Long Haul COVID (LHC). LHC is defined as having one or more of the 56 lingering and debilitating symptoms in varying degrees 28 days after contracting COVID.

The CDC reports that one in five US adults who state they have had COVID-19 in the past report LHC symptoms ranging from fatigue, shortness of breath, muscle aches, chest pain, heart palpitations, cough, changed smell and taste, neuropathy, compromised immune system, blood clots, and damaged lungs, heart and other organs--the list goes on. Those over the age 75 with other health conditions are more at risk. The U.S. government (July 8, 2022) announced there are approximately 23 million Americans, with one million out of work because of LHC, and of those hospitalized, half report LHC symptoms two years later. LHC threatens to amass into a new wave of chronic illness with ramifications for health care and the economy for years.

Did we know what treatments would be effective in the initial stages of the pandemic? The response was contagion control with masking, social distancing, and lockdowns waiting for a vaccine to be developed. The good news is through trial-and-error experience and controlled randomized research, more

is known about what medicines, supplements, and health practices work, how to use them, when to use them and who is most at risk.

You don't want to morph into Long Haul Covid with surfacing symptoms! Continue those practices of using nasal, ear, and oral irrigation; washing hands, healthy plant-based diet; exercise; and safe positioning in crowds to avoid a new phenomenon "Vaxx shedding" defined as experiencing symptoms from those who have been vaccinated. Also, importantly before you get another booster shot, you may want to contact your physician to see if you are already adequately protected with antibodies. There are tests available. Consult the resources and recovery guides listed at the end of the article, to find out the prescribed medications, therapeutic herbal supplements and protocol recently proven in research to protect and heal you from lingering COVID complications or vaccination injury. If you are experiencing any symptoms of ill health that you didn't have before COVID or a vaccination, you need to know how to restore your health, the sooner the better and, if serious, find a physician who keeps up with the latest research and can help you.

When I had Delta COVID in August 2021, I was so sick for so long that death seemed to be the only release. I finally found a doctor who prescribed antibiotics and steroids, since no one would give me other drugs I requested which now are deemed safe and backed by research. I mapped out a plan for recovery using the information from the Front Line Covid-19 Critical Care Alliance (flccc.net) which provides the latest research and recovery protocol to physicians and lay public. I shared this with others. After a year of LHC, my well-informed pulmonologist has helped me to heal the damage done to my lungs from COVID pneumonia, and I continue to follow a program of health renewal. On the on-line version of DID YOU KNOW on racrep.org, there are links to the major resources listed below to arm you with information for the present or future. Contact me if you have questions.

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| flccc.net | medscape.com | truthforhealth.org |
| vaers.hhs.gov | healthline.com | mayoclinic.org |
| covid.cdc.gov | t-detect.com | drjockers.com |
| | hopkinsmedicine.org | |

HEALTH RELATED EVENTS



Sep 22 Fitness Center Open House 10 a,
Sep 22 Neuropathy by Amy Gunter, PT 2p
Oct 4 Falls - Robin Watt, Emg Squad 10a

Oct 6 Flu Clinic by Wellness Center 9a – 3p Aud
Oct 7 Pain Management by Dr. Jim Warren 10a Aud
Dec 2 RAC Meeting-Health Care Committee Program



WELLNESS by Lisa Frank
Director of Resident Services

We are excited to announce that we are starting new presentations with our Therapy Director, Amy Gunter. Her first health presentation, “Neuropathy” will be on September 22nd at 2:00 p.m. Future sessions will be announced soon.

Our annual Flu Shot Clinic is set for Oct. 6, 9:00-3:00. Walgreens will offer the Covid Booster Vaccination the same day. We are also working to schedule a few physicians for health seminars and hours here to see our residents. If you need any Home Health or Outpatient Therapy services, please contact me at 813-642-1236.

WHEN THE LIGHTS WENT OUT

by *Carl Bohnenkamp*



The lightening-induced power failure a few weeks ago prompted me think about preparedness. This was my first Freedom Plaza blackout experience. I was impressed with the ability of the dining staff and others to rapidly shift gears and deal with the new situation. This leads me to ask the question - are we prepared?

We’re now entering peak hurricane season and it’s a good time to take inventory of how prepared you are. I’m a bit of a flashlight fanatic so I’ve got that base covered.

Yes, batteries too. - With advances in LED (light emitting diodes) technology and lithium batteries banishing darkness is much easier and cheaper. Light bulbs with LED/batteries that come on when power goes out are available too. I have been informed that candles are a no-no here, and I can understand why.

Next comes water. - Two cases of bottled drinking water per person is recommended. Those with bathtubs can have lots of water for flushing available if the water supply fails. Five-gallon collapsible water containers hold water for flushing. They’re heavy so fill them in the kitchen sink, and there they shall remain. 2.5-gallon containers were recently offered also.

Refrigerator/freezer - I keep many cold packs in my freezer that I can transfer to the fridge to keep things cold a bit longer. Some meds are shipped with them and they’re free. For those that are able to deal with it, dry ice is available, in the freezer, at Winn Dixie by the exit door.

Backup power - Our emergency generator provides power for limited lighting, one elevator per side, kitchen and others. If you have medical equipment that requires power contact the Wellness Office *NOW*, before there’s a problem. They can provide a solution. The same goes for meds that need refrigeration, if we have an extended blackout. *And above all - be safe!*



TRICKS & TREATS TO HELP YOUR FEET

By *Total Foot & Ankle – Robert Valins D.P.M.*

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Sun City Center

It’s almost time for Halloween and little ghosts and goblins will soon be appearing in your neighborhood. In keeping with the spirit of the season, we’d like to offer our own tricks and treats for taking better care of your feet

- **Try a tea soak**—mix up your own witch’s brew to help eliminate foot odor and reduce the risk of fungal infections. Place two black tea bags in a pint of water and boil for 15 minutes. Remove the bags and pour tea into a large basin you can soak your feet in. Add 2 quarts of water and let cool. Optional: add a few drops of tea tree essential oil. Soak your feet for at least 15 relaxing minutes.

- **Tennis ball massage**—give your feet a treat while you’re sitting and watching tv at the end of the day. Roll your foot on a tennis ball. Not only will this give you a gentle massage that will make your feet feel better, but it will also help stretch tight foot muscles and can decrease foot pain.

- **Moisture booster**—if your feet are dry or you have heel cracks, apply a rich moisturizer at night before bed and then slip on a pair of socks. They will help the cream or lotion get more efficiently absorbed into your feet and keep it off your sheets.

- **Sweaty foot stopper**—use a roll-on antiperspirant on the bottom of your feet each morning.

- **Turn up the heat**—your shoes should feel comfortable from the moment you buy them, but if you end up with a pair of leather shoes that’s pinching a little after you get them home try this: Put the shoes on and aim your blow dryer at the sore spot—far enough away, of course, to prevent burning your feet. After 20-30 seconds the leather should soften up a little. Wear the shoes for an hour or two and hopefully they will adapt to the shape of your feet and be more comfortable.

Of course, a healthy lifestyle and good podiatric care are the best “tricks” and “treats” for your feet. Maintain a healthy weight, exercise regularly, and see your podiatrist promptly if you begin to experience foot or ankle pain or any other unusual symptoms.

(Contributed by Ron Sweet)

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