

SENIORS' NEWS AND VIEWS

a monthly publication in the interests of the senior members of
Immaculate Conception/St. Joseph Parish, New Lebanon, New York

February, 2020

SEE WHAT'S AHEAD

Seniors' event calendar

- Mar. 27 Stations of the Cross, 11:30 am, ICC church, lunch to follow

Other dates to remember:

- | | |
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| Sat/Sun, Feb 15/16 | BP screening after each Mass |
| Wed, Feb 26 | Ash Wednesday; see Sunday bulletin for distribution of ashes |
| Sat, Feb 29 | VITA tax preparation, ICC hall, 10:30am to 1:30pm |
| Sun, Mar 1 | Talk re: The Art of Paper Cutting, Stephentown Historical Society,
Garfield at Staples Rd., 2pm. Contact Bev McClave (518-733-5170) |

Please keep them in your prayers: *Ann Devaney, Chris Devaney, Tom Devaney, Keith Dezieck, Anna Esposito, Ken Keehnle, Linda Keehnle, Louis Kolonics, Jr., Rosalie Kolonics, Jan Kroboth, Pat Leavenworth, Andy Maguire, Pat and Frank Mohos, Mike and Celine Polacinski, Deacon Peter Quinn, Nancy Quinn, Bernie Schmich, Marie Sharkey, Dick Sime, Peg Sime, Al Thorne, Ed and Louise Vars, Linda Walsh, Mary Volpi, and Matt Zema.*

† We remember in love our friends and neighbors, Barbara Dunlevy, Mary Gorman and Carole Roman. †

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NEWS YOU CAN USE

VITA free tax preparation comes to New Lebanon - A volunteer organization that assists taxpayers to prepare their tax returns will provide free services in New Lebanon on Saturday, February 29. The Volunteer Income Tax Assistance (VITA) program will be held at Immaculate Conception Parish Hall, 732 US Rte. 20, New Lebanon, NY 12125. Appointments are available at 10:30 and 11:30 am, and at 12:30 pm. Pre-registration is required by February 24.

Applicants must have a family income of less than \$66,000. for the tax year 2019, and the applicant must bring with him/her, for each person named on the tax return:

- 1) Photo identification for the person or persons if joint filing; 2) W-2, 1099 and other IRS forms as appropriate; 3) Bank account and routing numbers for direct deposit; 4) Social Security card for each person listed on your tax form; 5) Form 1095-A; 6) Childcare documentation; and 7) Unemployment forms.

To register, or for more information, please call Mary at 518-733-0469. The VITA presence in Columbia County is the result of the combined efforts of the Seniors' Ministry of Immaculate Conception/St. Joseph Parish, and the Vita Team at Circles of Mercy in Rensselaer.

2019 Novel Coronavirus (2019-nCoV) Special Information (taken from <https://medlineplus.gov/coronavirusinfections.html>)

The 2019 novel coronavirus (2019-nCoV) is a new type of coronavirus. It causes respiratory illness in people. It was first identified in Wuhan, China. 2019-nCoV can spread from person to person. This usually happens through respiratory droplets - when someone with the virus coughs or sneezes, and you breathe it in. Most often, you need to be close to the person (within 6 feet) for it to spread this way.

It is not clear whether you can get it by touching a surface or object that has the virus on it and then touching your own mouth, nose, or possibly your eyes.

There are some cases of 2019-nCoV in the United States. But at this time, it is NOT spreading in communities in the U.S. The greatest risk of infection is for people who are in China or who have recently traveled to China. People who have been in close contact with someone who is infected are at higher risk. This includes health care workers who care for people with 2019-nCoV. 2019-nCoV infection can range from mild, with no symptoms or minor symptoms, to severe or even deadly. The symptoms usually start between 2 to 14 days after you get infected. They include

- **Fever**
- **Cough**
- **Shortness of breath**

Many of the people who have 2019-nCoV have [pneumonia](#) in both lungs. There is a test for 2019-nCoV. There is no vaccine or specific treatment for 2019-nCoV. Medical care can help to relieve the symptoms.

MORNING PRAYER

You have given me another day, O God, untouched and new.

Forgive the many errors that I made yesterday,

and let me try again, dear God,

to walk a little closer to you.

Still, Lord, you and I both know I can't make it on my own.

Take my hand and hold it tight, for I can't walk alone. Amen (from the Society of the Divine Savior, Milwaukee, WI)



Gut Trigger Foods (Learn more about stomach and intestinal disorders at

[//newsinhealth.nih.gov/2020/02/gut-troubles](https://newsinhealth.nih.gov/2020/02/gut-troubles))

Not all people with gut disorders have problems with the same foods. But some foods that commonly cause gut discomfort include:

- **Dairy products**
- **Caffeine**
- **Carbonated drinks**
- **Sugar, candy, and junk food**
- **Fruit juices**
- **Beans**
- **Cruciferous vegetables, like broccoli and cauliflower**