

Volunteer

Newsletter

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STEP Website

www.stepcorp.org

STEP Centers for Healthy Aging Wellness Resources

bit.ly/STEPcenters

Penn State Extension Master Gardener Program

[https://extension.psu.edu/programs/
master-gardener](https://extension.psu.edu/programs/master-gardener)

Community Arts Center Virtual Tour

<https://r2.dmtrk.net/4MOB-AGOI-4E1QI3L258/cr.aspx>

We miss you all so much, we have decided to make this a "Permanent" part of our newsletter and let you know what your center coordinators are up to.

I can't believe we are in July already. The summer is flying away. Check out some of the things we have been doing to enjoy the warmer weather:



Erin Bissman – Renovo Center - Erin and her family enjoy hiking, kayaking, and biking throughout the warmer months.



Tara Coleman – CCCC Center - We enjoy evening walks around our house and taking care of the garden.



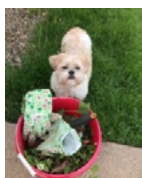
Becky MacIntyre – Mill Hall Center - I love to kayak and ride our dune buggy around our river lot. We have had lots of picnics and river craziness. I love the summer! I'm so glad it's finally here!

Tammy Frye – Lincoln Center – Tammy is enjoying lots of reading and relaxation!

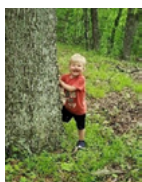
Brenda McDermitt – Jersey Shore Center - My husband and I have our own motorcycles and love to ride. My husband, Den, has a Yamaha 1700 and I have a Yamaha 1100. We have traveled to different states and have seen many great sites, but we enjoy short rides around the Susquehanna Valley, too. Hope to see you out there soon!!!



Adam Derck – Meck Center - Adam celebrated his son's first birthday last week and has been enjoying working out, cutting grass and spending as much time as possible outside with his son, Asher, and his wife Amanda



Jessica Vance – Riverwalk Center - Jess has been extremely busy packing and working in her yard with her little helper – Rocky



Kathryn Stevenson – Loyalsock Center - The weather is finally nice now! My family has been spending a lot of time outside grilling, going for walks in the woods, gardening, and making sure we keep the baby pool filled for Daniel.



Helen Grosso – Volunteer Liaison - My Favorite Summer activities are spending time with the grandkids. We hike at Ricketts Glen and enjoy picking berries. Soon it will be time to pick the blueberries.

Things are starting to get back to normal (a little bit anyways). We have all been working very hard to get our centers cleaned and sanitized and opened for everyone to enjoy!!!

“Every day may not be good, but there is something good in every day.”

- unknown



Simple Gardening Tips and Tricks

Tips and tricks from Paul James, host of **Gardening by the Yard**:

1. To remove the salt deposits that form on clay pots, combine equal parts white vinegar, rubbing alcohol and water in a spray bottle. Apply the mixture to the pot and scrub with a plastic brush. Let the pot dry before you plant anything in it.
2. To prevent accumulating dirt under your fingernails while you work in the garden, draw your fingernails across a bar of soap and you will effectively seal the undersides of your nails so dirt cannot collect beneath them. After you have finished in the garden, use a nailbrush to remove the soap and your nails will be sparkling clean.
3. To prevent the line on your string trimmer from jamming or breaking, treat with a spray vegetable oil before installing it in the trimmer.
4. Turn a long-handled tool into a measuring stick! Lay a long-handled garden tool on the ground, and next to it place a tape measure. Using a permanent marker, write inch and foot marks on the handle. When you need to space plants a certain distance apart (from just an inch to several feet) you will already have a measuring device in your hand.
5. To turn a clay pot into a hose guide, just stab a roughly one-foot length of steel reinforcing bar into the ground at the corner of a bed and slip two clay pots over it: one facing down, the other facing up. The guides will prevent damage to your plants as you drag the hose along the bed.

6. The next time you boil or steam vegetables, don't pour the water down the drain, use it to water potted patio plants, and you'll be amazed at how the plants respond to the "vegetable soup."

7. Use leftover tea and coffee grounds to acidify the soil of acid-loving plants such as azaleas, rhododendrons, camellias, gardenias and even blueberries. A light sprinkling of about one-quarter of an inch applied once a month will keep the pH of the soil on the acidic side.

8. Use chamomile tea to control damping-off fungus, which often attacks young seedlings quite suddenly. Just add a spot of tea to the soil around the base of seedlings once a week or use it as a foliar spray.

9. The quickest way in the world to dry herbs: just lay a sheet of newspaper on the seat of your car, arrange the herbs in a single layer, then roll up the windows and close the doors. Your herbs will be quickly dried to perfection. What's more, your car will smell great.



HEALTHY HABITS



WE ARE GREEN !!!

There are plenty of ways to make the most of our “green” summer while keeping each other safe and healthy.

Safety First! - The green phase does not signal a return to a complete relaxing of the social distancing and hygiene rules. We are still not to the point of life as we knew it before the pandemic. The fact is - no social interactions or activities are ever 100% free of risk in terms of COVID-19.

Keep wearing your mask! - There is increasing evidence masks not only protect others but also the wearer. According to the Center for Disease Control (CDC), as well as the PA Department of Health (PA DOH) guidelines, masks should always be worn when in public, especially when the physical distancing of 6 feet is difficult.

Enjoy the outdoors! - The risk of coronavirus transmission is lowest outdoors. Spending time in nature has been shown to reduce stress and improve both mental and physical health. If you go out for a walk, you do not need to wear a mask. It is, however, always a good idea to carry one with you in case you meet someone. Always stay 6 feet apart.

Swimming is great summertime fun! - Water-related activities are excellent ways to get physically active while taking advantage of the sunny hot weather. COVID-19 is not found in water (fresh, salt or chlorinated water), and cannot be spread by water. **Keep in mind COVID-19 is mainly transmitted through close contact.** The water can't harm you, but crowds can. If you are swimming with a lot of people, keep the 6-foot rule and put your mask on when you are out of the water.

Have a picnic! - While the virus is not food-borne and cannot be transmitted through food, you can further minimize the risks by using

disposable dishes and utensils. Of course, always wash your hands before cooking, serving, and eating food and keep the number of people handling food to a minimum. Clean and disinfect commonly touched surfaces and any shared items. Whenever possible, sit outside at tables spaced at least 6 feet apart from other people. Get outside and do some gardening – pursue a new hobby like photography, playing a guitar or scrapbooking. Who knows, you may even find a way to turn your hobby into a small business and make extra money.

These are just a few fun things to do this summer! I'm sure you have a lot more ideas and plans for the warmer weather. Stay safe and have a great summer!!!!

Acceptable Masks for Public Use

1



Homemade

Scarf, handkerchief, or other cotton material face covering. Exhalation and droplet ejection can be reduced.

2



Medical

Loose fitting medical masks, also referred to as surgical masks, provide barrier protection against droplets including large respiratory particles.

3



N95 Respirator

Tight fitting, reduces wearer's exposure to particles including small particle aerosols and large droplets.