

## Pollen: Fall's way of saying "Gotcha!"

*Autumn allergens typically begin to bloom — and release their pesky pollen — around August.*

Fall is a lovely time of year, but it can also bring sneezing, stuffy noses, watery eyes and coughing for many older adults. These symptoms are often caused by seasonal allergies, also called hay fever, when the body reacts to pollen, mold or other tiny particles in the air.

Some people have allergies only during certain seasons, while others notice symptoms throughout the year. Indoor triggers can include dust mites, mold, pet dander and pests. In the fall, weed pollen is one of the most common outdoor triggers.

### Symptoms to watch for

- Stuffy or congested nose
- Sneezing
- Runny nose
- Itchy, watery eyes
- Postnasal drip, throat clearing or a cough that comes and goes

### Why allergies can flare in the fall

Weed pollen is a major fall trigger. Ragweed is especially common and can release large amounts of pollen into the air. It often starts in late August and may continue through much of the fall. Other weeds, such as lamb's quarter,

mugwort, nettle, sagebrush and tumbleweed, can also cause symptoms.

Pollen travels easily on the wind and can land on clothing, hair, shoes, pets and cars. Mold can also grow in damp leaves and yard debris. Even a short walk, porch visit or trip to the mailbox can bring allergens inside.

### Easy ways to reduce symptoms

- **Keep windows closed on high-pollen days.** Use air conditioning or heat if available.
- **Wash up after being outside.** Wash your hands and face, and change clothes if you have been doing yardwork or sitting outdoors.
- **Ask for help with heavy outdoor chores.** Raking leaves, mowing and pulling weeds can stir up pollen and mold.
- **Wear a mask for yardwork.** A mask may help reduce how much pollen you breathe in.
- **Check the pollen forecast.** Try to plan errands or outdoor time when pollen counts are lower.

### Medication reminders

Over-the-counter allergy medicines may help, including nasal sprays and non-drowsy antihistamines. If you take several medicines, have heart problems, high blood pressure, glaucoma, prostate concerns or trouble with dizziness, it is a good idea to ask your doctor or

pharmacist which allergy medicine is safest for you.

### When to call your doctor

Call your doctor if allergy symptoms are not improving, are affecting your sleep or daily activities, or if you are unsure whether your symptoms are allergies, a cold, asthma or another condition. An allergist can sometimes test for specific triggers and may suggest additional treatment options.

Get medical advice promptly if you have shortness of breath, wheezing, chest tightness,

fever, severe sinus pain, or symptoms that feel new or unusual for you.

### A helpful takeaway

Fall allergies can be frustrating, but small steps can make a big difference. Keeping pollen out of your home, washing up after outdoor time, using medicines safely and asking for help when needed can make autumn more comfortable.

### Apple Festival on September 30

Carrie, the activities director in the Assisted Living Building, is inviting you all to a celebration of apples. Join her in the cafeteria from 2:30p-3:30p for a tasty start to the fall season!

### YOUR SASH TEAM

#### Amy Koski

SASH Coordinator

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Tuesday-Friday 8:00-3:00

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#### Nicky Orwiler, RN

SASH Wellness Nurse

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## Quarterly Luncheon September 11<sup>th</sup>!

It's time for our next quarterly luncheon! September's theme will be surf n' turf. Lunch will be held outside in front of the Independent Living Building, weather permitting. All residents and community SASH participants are welcome to join free of charge! SASH will provide grilled shrimp, bbq pulled chicken and pineapple upside down cupcakes. You can bring a side dish if you like but it isn't required.

I look forward to another afternoon of great food and company, see you there!

| Days                    | Event                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Time                   |
|-------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|
| Tuesdays                | <b>Tai Chi for Arthritis and Fall Prevention and 10 minute Seated Strength-</b> Join us in learning the Tai Chi Institute for Health's Tai Chi for Arthritis and Fall Prevention, taught by Amy. Improve balance, strength and confidence with this easy to learn gentle flow (we take it one small step at a time!)                                                                                                                                                              | 10 am                  |
| Fridays<br>(except 9/4) | <b>10 minute Seated Strength and 15 minute Seated Yoga-</b> Gradually increase your flexibility and strength with light, seated weight lifting followed by a relaxing yoga flow.                                                                                                                                                                                                                                                                                                  | 11am<br>and<br>11:15am |
| Thursday<br>9/10        | <b>Quarterly Luncheon-</b> It's time for our Summer Surf n Turf Luncheon. SASH will be serving grilled shrimp, bbq pulled chicken, dessert (to be determined), and Valley Village will also be providing fruit salad. This is a <b>free</b> event for all residents of the Independent Building and community SASH participants. As always, you are welcome to contribute a side or dessert to share but it is not required. See you soon! (and yes, Amy's parents will be there) | 12p-1p                 |
| Thursdays<br>9/3 & 9/24 | <b>Activities with Dawn-</b> Meet Dawn in the 2 <sup>nd</sup> floor community room, activities to be determined (but typically BINGO unless otherwise noted on the calendar or newsletter)!                                                                                                                                                                                                                                                                                       | 3:15pm                 |
| Wednesday<br>9/9 & 9/23 | <b>Moover Shopping Trip-</b> Please call the Moover to register if you would like to join the group (802)460-7433. Ask to talk to a dispatcher and let them know you would like to sign up for the Townshend Shopper and they will make sure you have all the information you need!                                                                                                                                                                                               | 10:30am                |
| Thursday<br>9/24        | <b>Foodbank Drop Off-</b> Truck usually arrives between 10a-11a. If you are interested in receiving a commodity box, call <b>1-800-214-4648</b> to apply. <b>Fresh produce and other food from the VeggieVanGo is available to all residents regardless of qualification for commodity boxes!</b>                                                                                                                                                                                 | Around<br>10:30/11am   |
| Wednesday<br>9/30       | <b>Apple Festival-</b> Carrie will be hosting a celebration of all things apple in the cafeteria of the Assisted Living Building and she is inviting residents from the Independent Living Building. Join her for a tasty fall afternoon!                                                                                                                                                                                                                                         | 2:30pm                 |
| Thursday<br>9/17        | <b>Kona Ice Truck-</b> It's nearing the end of summer, but there's still a chance for one more frozen treat. Free for all residents so make sure you come out and grab yours. Do you have guests visiting? Bring them too!                                                                                                                                                                                                                                                        | 1p-3pm                 |

# AUTUMN WORD SCRAMBLE



1. THSVRAE \_\_\_\_\_
2. PNUPKIM \_\_\_\_\_
3. LSEVEA \_\_\_\_\_
4. AOCNR \_\_\_\_\_
5. HRDIEYA \_\_\_\_\_
6. OFNBREI \_\_\_\_\_
7. INCOAOCRUP \_\_\_\_\_
8. SWTRAEE \_\_\_\_\_
9. HORADRC \_\_\_\_\_
10. OIANNNMC \_\_\_\_\_
11. CAOERWSRC \_\_\_\_\_
12. TTLIGWHI \_\_\_\_\_
13. ALPEP \_\_\_\_\_
14. IURRQSEL \_\_\_\_\_
15. IFGOLEA \_\_\_\_\_