



SENIOR CROSSROADS
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March / April 2024





ANNUAL MEMBERSHIP MEETING

*You are cordially invited
to attend
NorCal Armenian Senior Services
Annual Membership Meeting*



*Saturday, April 20, 2024 at 10:00 a.m.
NorCal Office
1818 Gilbreth Road, Suite 132, Burlingame
650) 697-7474*

Tuesday, April 9, 2024

10 am ~ 3 pm



Coffee, Tea & Snack

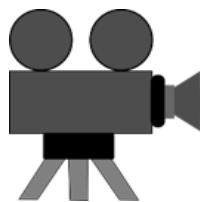
Sponsored by:

Mr. Joseph Bezdjian and Family

(In Memory of

Mrs. Araxie Bezdjian)

Presentation:



Musical and Movie Trivia by:

Hasmig Cingoz and Ani Nayman



Lunch.....Fun & Games Bingo and more fun

RSVP: Please call NorCal office

650-697-7474

Happy

Birthday



Lillian Mardikian ~ March 5

Lucine Dkramangi ~ March 10

Manoug Mekhjian ~ March 22

Edward Rose ~ March 27

Nevart Apkarian ~ March 29



Anahid Issahakian ~ April 10

Edward Manougian ~ April 11

Vartanoush Mardirossian ~ April 12

Rose Hovagimian ~ April 13

Paskerian Diane ~ April 21

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Cold Dry Air Requires a Little Extra Skin Care



Bitterly cold temperature and high winds can be particularly harsh on your skin. Here are some simple tips to keep your skin soft and supple as we get through this final stretch of winter:

1. Use a humidifier

A humidifier adds moisture to the air, soothing itchy winter skin and preventing dryness. Make sure to use filtered or distilled water rather than tap water, and replace it daily so that bacteria doesn't have a chance to grow.

2. Consider a new moisturizer

Many people find a moisturizer that they love and stick with it day in and day out. The issue with this approach is that your skin changes as the environment around it changes. With **colder weather**, your dry skin may require a denser moisturizer. When selecting a product for your winter routine, take a close look at the label and look for ingredients which are well-suited for dry skin. Hyaluronic acid, lactic acid and glycerin have all been proven to hydrate and refresh. Regardless of your preferred product, your moisturizer should contain SPF 15 to protect against incidental sun exposure.

3. Mind your water temperature

While your natural instinct may be to take steamy hot showers when the weather is cold, doing so robs the skin of necessary moisture. Instead, opt for warm showers and use a gentle, moisturizing soap or body wash.

4. Apply moisturizer when skin is wet

The best time to use cream or lotion is when your skin is still damp (like right after you've washed your face or taken a shower). This helps to trap the moisture before it evaporates and is especially important during the winter because the season's dry air speeds up the process.



netmeds.com
India Ki Pharmacy

5 Natural Moisturizers For Soft, Supple Skin

Oats
Mix 1 tsp oats powder with water and apply it as a pack to combat dryness and to prevent allergic reactions

Coconut Oil
The goodness of virgin coconut oil penetrates deep into the skin pores, moisturizers and clears dirt

Honey
Organic, natural honey is your best bet to heal inflammation and restore hydration

Olive Oil
Rub olive oil on facial skin regularly to prevent skin diseases in winter and to look ravishing

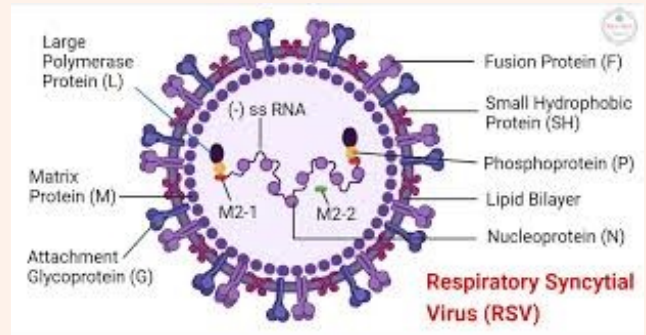
Ghee
A dab of ghee not only soothes chapped lips but also gives it a natural shine

What is RSV (Respiratory Syncytial Virus)?

RSV is a virus in the Orthopneumovirus family. In most healthy people, it infects the “upper respiratory tract,” which means the nose, throat, and upper airways. This basically causes cold symptoms (although some people may have no noticeable symptoms), and most people recover within 1-2 weeks.

However, in people who are very young, very old, or medically vulnerable, RSV can worsen and cause more severe illness, such as pneumonia or even death.

Adults with lung conditions, such as asthma or chronic obstructive pulmonary disease (COPD), are also at higher risk for severe illness from RSV.



How is RSV transmitted?

RSV is thought to spread the way many colds are: through a combination of droplets, direct contact, and airborne transmission.

So you could catch RSV by being near someone who is coughing or sneezing. Or you could catch it by touching a person or surface infected with RSV, and then touching your own nose, eyes, or mouth.

Per the CDC, people with RSV are usually contagious for 3-8 days; people with weakened immune systems may be able to transmit the virus for even longer.

What are the symptoms of RSV?

In adults, RSV causes cold symptoms, such as nasal congestion, cough, and sometimes low-grade fever.

It can also cause some wheezing and shortness of breath. This is most common in older adults who have a pre-existing lung condition, such as asthma or COPD, but can happen to anyone.

RSV can also cause a worsening of a chronic heart condition such as heart failure.

In some more vulnerable adults, RSV can worsen into a pneumonia. The symptoms of pneumonia include cough, shortness of breath, and weakness. Fever is also common (although it is harder to generate fever as the immune system gets older).

How is RSV diagnosed and treated?

RSV can be detected in the emergency room or the hospital with a special PCR test.

In 2023, two RSV vaccines became available for older adults aged 60 or older. The CDC’s official recommendation is that older adults may receive a single dose of RSV vaccine.

This basically means that the CDC is saying the vaccine is available, it’s approved, and “talk to your doctor to see if it’s a good idea for you.”



Bay Area Community Calendar 2024

- ◆ Tuesday, March 5 ~ NorCal Hye Days, RSVP (650) 697-7474
- ◆ Sunday, March 31 ~ Easter
- ◆ Tuesday, April 9 ~ NorCal Hye Days, RSVP (650) 697-7474
- ◆ Tuesday, May 7 ~ NorCal Hye Days, RSVP (650) 697-7474
- ◆ Tuesday, June 4 ~ NorCal Hye Days, RSVP (650) 697-7474

★ If you wish to be a sponsor or be a speaker for the “Hye Days” ★
★ program 2024 please call the NorCal Office (650) 697-7474 ★
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