



The Golden Gazette

JANUARY 2022

Treasure of the Hills Senior Center

Volume XXXII

Number 1



PRESIDENT'S MESSAGE

by Carolyn White

Happy New Year Everyone!

I am so excited to see what this new year will bring. We have a new building, new year, new hopes and a semi-new board. As your new president I want to welcome everyone back and look forward to a new and wonderful year.

We have so many new and continuing things in the works: Super Bowl party, Senior Expo, cards, bunco, bingo, hopefully the Spring Fling, and many more.

We are also doing our first Soup Day on Jan. 19th and it will be free to members. Our first Breakfast Day will be Jan. 29th.

For those of you that haven't been able to get here, we are still filling out our **New Reaffirmation Forms**. This is necessary so please work with us. Because of COVID restrictions, there are still a few changes in place. If you haven't gotten vaccinated yet, masks will be required. Please let the office know if you have received your booster so we can keep current in the case of contact tracing.

In closing, I look forward to this new year and being your President, and I welcome any ideas for our "new" center.

Stay tuned for more exciting news!

Don't forget to sign in and out when you are at the Center.

VP NOTES

by Denny Clauson

Happy Holidays to everyone. Things aren't perfect yet with COVID, but it's much better than a year ago. Hopefully everyone is staying safe and enjoying family and friends.

I am so excited about activities gearing back up at TOTH. Our center is so important to the physical and mental wellbeing of all members. We had some activities like online bridge during COVID shutdown and the building repairs, but nothing beats getting back together in person.

I look forward to continuing to get back to normal in 2022. As your "newbie" VP I will help in any way possible to see this happen.

Stay healthy and safe!



VOLUNTEER OF THE YEAR

We will be nominating a new volunteer for years 2020-2021. If you would like to nominate someone that you feel qualifies for this period send it via email to Mary Riordon at msriordon@yahoo.com or bring it in to the office. If you send it by email, please mark it on the subject line for Mary, per her request. The voting will only be from January 1st to 20th, it was decided that the normal "one man, one woman" doesn't have to apply – it could be an individual or a group of people or the "norm." So please be sure to get your votes in.

FROM THE DIRECTOR

by Lisa Leirvaag

HAPPY NEW YEAR!

“2021 is not a year on which I shall look back with undiluted pleasure.”

I hope Queen Elizabeth II will forgive this misquotation. Her “annus horribilis” was 1992, when a fire broke out in Windsor Castle causing extensive damage. It took 5 years to fully repair and restore the castle.

Well, Treasure of the Hills is not Windsor Castle. It only took about 6 months to renovate the center. But while Windsor Castle was restored to its former splendor, our center became a more modern and spacious place. I believe everybody has been anxious to fully utilize it again, but COVID keeps interfering. Since most of our members have been vaccinated and many have received their booster shot as well, the Board of Directors has agreed to have Soup Day and Breakfast in January, followed by other arrangements like Valentine’s Day lunch and possibly a Superbowl Party. Look for sign-up sheets on the bulletin board!

Ever the optimist, I feel that 2022 could turn out to be an “annus mirabilis.”

On a totally different and final note - many members have admired the festive poinsettias. Thank you, Barbara Johnson, for donating the beautiful plants.



TOTH BOARD NOTES

by Donna Craig

A Super Bowl Get-together was discussed as a possible Special Event. If you are interested in watching the Super Bowl at the Center, please sign up in the office. If there is enough interest, we can put something together.

Quorum alternatives were discussed to ensure that our membership meetings are productive. Discussion tabled until the January board of directors’ meeting.

A decision was made to reopen the kitchen starting in January with limited parameters. There will be no “pot luck” or self-serve meals – all meals will be dished out and served from the kitchen under controlled circumstances.

With the opening of the kitchen – Soup Day will resume on January 19th and will be complimentary for all attending as a welcome back to normal! Signing up in advance will still be required.

Saturday Breakfast will be held on January 29th. Look for a sign-up sheet in the office.

An update was given on the Center’s database and internet.

Three Policies & Procedures were updated to reflect changes made to the Bylaws.

The Volunteer of the Year was discussed. It will be combined for 2020/2021 and given the unusual circumstances – it was agreed that the normal “one man, one woman” doesn’t have to apply. You can nominate an individual, a group of people, or the normal as in the past. If you would like to nominate someone, please write a small statement with their name(s) and drop off to Lisa at the office.

The monitoring of booster shots was discussed. We are asking our membership to voluntarily update their vaccine information when in the Center.

An “In Memoriam” section will be added to the monthly Gazette to keep everyone up to date when one of our members (past or current) passes on. If we receive service information on a current member, that information will still be shared via blast.

And lastly, don’t forget to pay your dues for 2022 – it looks like it is going to be a great year at Treasure of the Hills!

SIT & FIT

by Pat Fiero

Hey folks, if you made a New Years resolution to get healthy in 2022, you might want to check out Sit & Fit. The program is designed for seniors and not very fast paced. We work on stretching, strength, and balance...Poor balance is the cause of many falls, and falls lead to more serious problems. You will also find that you have more energy after a session. Put Monday, Wednesday and Friday at 9:00 on your calendar and join us for 40-50 minutes of fun and fitness.

PS You don't have to come all three days. Maybe Monday and Friday and stay for Bingo at 10:00!

COVID-19 UPDATE

by Frank Mignoli

COVID-19 Cases and Vaccinations

Since November 8th, we are monitoring a new parameter for measuring COVID-19 risk called Community Transmission Rate (CTR). The parameter determines the average number of new COVID-19 cases in the last 7 days divided by the total population divided by 100,000.

The reason for the change was the measurement of the number of people being hospitalized by COVID-19 did not reflect the status. While hospitalized COVID-19 patients decreased, cases increased. The reason for a reduction in hospitalizations from COVID-19 is vaccinations. More and more people who were vaccinated are getting the COVID-19 virus. However, because of being previously vaccinated, the severity of the symptoms from COVID-19 and hospitalizations are both reduced. The new method was developed at the University of Texas.

Based on the newest parameter, Travis County on December 16th was reporting a CTR value of less than 77 which is in Stage 4, which means the range of the 7-day average of new COVID-19 cases is between 51 and 100. However, recently there were a couple of days it was over 100 and in Stage 5. Williamson County was reporting CTR values over 100 in Stage 5 from December 5 thru December 15th. Then on December 16th it dropped down to 77.

Here are the risk definitions for Stages 3, 4, and 5 (the highest risk category):

- **Stage 3:** *Participate in indoor private gatherings with precautions, and in outdoor gatherings without precautions. High-risk individuals may dine with precautions, while low risk individuals may dine without precautions.*
- **Stage 4:** *Fully vaccinated individuals should wear a mask when participating in indoor gatherings, traveling, and dining or shopping, and should wear a mask for outdoor gatherings, if they are unable to socially distance. Partially or unvaccinated individuals should avoid gatherings, travel, dining, and shopping unless essential. Wear a mask when conducting essential activities.*
- **Stage 5:** *Masks are recommended both for high risk and low risk individuals both indoors and outdoors. Traveling should be avoided.*

If you measure the other parameter that pertains to hospitalizations the Stage of Risk is reported as one or two stages less than the Cases parameter.

The impact of the new variant, **Omicron**, seems to be minimal from a hospitalization and death standpoint, while cases have risen.

(COVID-19 Update continued)

As of December 16th, one (1) year since the first vaccination was administered, total vaccinations for Texas and the two nearest counties show the following::

	Texas	Travis Co.	Williamson Co.
One Dose administered	19,011,500	962,260	426,170
Fully Vaccinated	16,260,260	836,170	374,600

The above fully vaccinated shots do not include booster shots. Both the Pfizer vaccine booster shot and the third (½ dose) of Moderna are now in use and are recommended for use by the elderly and those that are taking medication for a weakened immune system.

I hate to be pessimistic, ***but it's my opinion*** that the term Herd Immunity appears not to be applicable to this pandemic. The probable reason is that the vaccine is less effective with time and variants to the original virus occur making the vaccinations even less effective. Those that have been vaccinated are still getting COVID-19. Fortunately their symptoms are less severe than those who have not been vaccinated, showing that the vaccines work. Also there are medications that if taken at the onset help prevent hospitalizations and death.

So it looks like we will have to live with this virus at least for the near future.

Booster Shots

The CDC recommends the following:

- People who received a primary mRNA COVID-19 vaccine series and are 65 years and older, 50–64 years with underlying medical conditions, or 18 years and older who live in long-term care settings **should** receive a booster shot at least 6 months after completing the primary series (which may include an additional primary dose in persons with moderate to severe immune compromise).
- Any of the COVID-19 vaccines authorized in the United States may be taken.

Interesting Comparison

During the 2019-2020 flu season, which ran from Oct 1st 2019 to April 4th 2020, there were 39 – 56 million illnesses, 410,000 to 740,000 hospitalizations and 24,000 to 62,000 deaths. Meanwhile for COVID-19 between October 1st 2020 and April 4th 2021 there were approximately 23.8 million cases and 345,000 deaths. As you can see the COVID-19 virus is much more deadly. The deaths to date are over 800,000 which shows it is not seasonal.



JANUARY BIRTHDAYS

Jen Finn	05
Barbara Johnson	05
Marilyn Hill	07
Dottie Cowan	08
Janice Wohlwend	09
Doris Stone	10
Linda Rettinger	11
Dennis Domanski	12
Diana Hollon	13
Nella Easley	14
Lisa Leirvaag	17
Zane Lowenstein	17
Vickie Nann	17
Harvey Koerner	18
Toni Maxwell	19
Connie Lane	21
Ken Birdwell	23
Jerry Thomas	23
Dodie Domanski	25
Dick Planck	29
Mary Newman	30
Pat Jones	31
Ann Mignoli	31



JANUARY ANNIVERSARIES

Rita and Ron Neff	09
Mary Kate and Woodie Woodruff	23

NEW MEMBER
Mingchen Keller



Oops!

We missed welcoming new member Anna Lee (who joined on September 30) and returning member Helen McGarrah (who rejoined on October 22). We're sorry about that!

FROM THE EDITOR

by Barbara Duprey

It's a new year, an almost new editor, and the first issue where everybody will be getting a full-color copy.

Besides the color, the most obvious change is to the page that shows who has what responsibilities at Treasure of the Hills. This used to be the last page, and had to leave space for the mailing information. Now it has moved to the inside back and has room for the names to be larger and easier to read. The telephone numbers have all moved down to the bottom of that page in a mini-directory that I hope will make it easier for everybody if they need to get in touch.

The back page is now the calendar, to make it easier to keep handy for reference. This is a very busy place, and although most things are on a regular schedule, there are changes from time to time. We also want to highlight any notable events, like the reappearance of Soup Day and Breakfast Day this month.

You'll also notice that instead of 'holes' where the content doesn't really fill the space, there are other items such as puzzles that are freely available. Please let me know what you think about this, and if there's something in particular you'd like to see on a space-available basis. Email bduprey@austin.rr.com with any feedback.

A hug for you, my friend



**Trudy New
Ruby Banks**

BOARD OF DIRECTORS

President: Carolyn White
Vice President: Denny Clauson
Treasurer: Dick Planck
Secretary: Beverly Ball
Directors:
Frank Mignoli
Pat Thomas
Philip MacDonald
Floresa Williams
MarEllen Basalyga
J C Henderson

COMMITTEES

Finance: Dick Planck
Nominating: Pat Thomas
Hospitality: MarEllen Basalyga
Special Events & Resource Dev.:
Denny Clauson
Publicity & Public Awareness:
Phyllis Walker

MANAGING DIRECTOR

Lisa Leirvaag
toth.director.tx@gmail.com

GOLDEN GAZETTE

Editor: Barbara Duprey
bduprey@austin.rr.com

OPERATIONS

Building Maintenance:
Carolyn White
Kitchen Mgr: Lisa Leirvaag
Supplies: Carolyn White
Membership: Jeanne Allison,
Donna Crag
Receptionists: Mary Riordon
Memorials: Jan Clark
Sunshine: Jan Clark
Setup: Carolyn White
Memorial Garden:
Lisa Leirvaag
Communications:
Lisa Leirvaag
Historian: Ruby Banks,
Gail Brennen

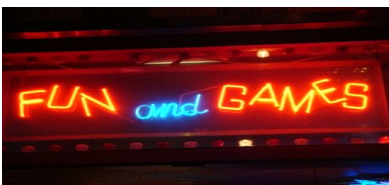
Please Remember:

Sign in and out
Sign up for classes

Dues for 2022 by 2/17/2022
Gazette Deadline —
17th of each month

ACTIVITIES

Breakfast:
Salad/Soup: Frank Mignoli
Golf: Frank Mignoli
Sit & Fit:
Rich Stone, Pat Fiero
Crafts/Jewelry Making *:
Mary Riordon



GAMES

Bingo
Monday: Barbara Duprey
Friday: Joe Gleaton
Bunco *: Carolyn White
Canasta *: Bobbie McKissick
Cribbage: Stan DeRocher
Mahjong: Georgia White
Pinochle: Jeanne Allison
Poker: Jerry Rubin
Tables Choice *:
Bobbie McKissick

BRIDGE

Duplicate Bridge *
Monday: Frank Mignoli
1st & 3rd Tuesday:
Sheila Perkins
Friday: Ken Birdwell
3rd Friday: Charlene Palmer
Saturday: Carolyn Patrick
Rubber Bridge *
Tuesday: Ed Williams,
Beverly Ball
Thursday: Karen Krestensen

* Signup Required

**Contact information for these
members is available —
call 512-331-6000.**

January 2022

SUN	MON	TUE	WED	THU	FRI	SAT
* Signup Required # Signup Required & Pay in Advance						1
2	3 9 ⁰⁰ Sit & Fit 1 ⁰⁰ Cribbage 1 ⁰⁰ Bingo	4 9 ⁰⁰ Canasta 9 ³⁰ DupBrdg* 9 ⁴⁵ RbrBrdg* 1 ⁰⁰ ExecCmte 1 ³⁰ Poker	5 9 ⁰⁰ Sit & Fit 9 ³⁰ Tables Choice 1 ³⁰ Bunco*	6 9 ⁴⁵ RbrBrdg* 10 ³⁰ Mahjong 2 ⁰⁰ Pinochle	7 9 ⁰⁰ Sit & Fit 10 ³⁰ Bingo 1 ⁰⁰ DupBrdg*	8
9	10 9 ⁰⁰ Sit & Fit 10 ⁰⁰ BOD 1 ⁰⁰ Cribbage 1 ⁰⁰ Bingo	11 9 ⁰⁰ Canasta 9 ⁴⁵ RbrBrdg* 1 ³⁰ Poker	12 9 ⁰⁰ Sit & Fit 9 ³⁰ Tables Choice*	13 9 ⁴⁵ RbrBrdg* 10 ³⁰ Mahjong 2 ⁰⁰ Pinochle	14 9 ⁰⁰ Sit & Fit 10 ³⁰ Bingo 1 ⁰⁰ DupBrdg*	15
16	17 9 ⁰⁰ Sit & Fit 1 ⁰⁰ Cribbage 1 ⁰⁰ Bingo	18 9 ⁰⁰ Canasta 9 ³⁰ DupBrdg* 9 ⁴⁵ RbrBrdg* 1 ³⁰ Poker	19 12 ⁰⁰ SOUP DAY* 9 ⁰⁰ Sit & Fit 9 ³⁰ Tables Choice* 10 ⁰⁰ Jewelry Making* 1 ³⁰ Bunco*	20 9 ⁴⁵ RbrBrdg* 10 ³⁰ Mahjong 2 ⁰⁰ Pinochle	21 9 ⁰⁰ Sit & Fit 10 ³⁰ Bingo 9 ⁴⁵ DupBrdg* 1 ⁰⁰ DupBrdg*	22
23 /30	24 /31 9 ⁰⁰ Sit & Fit 1 ⁰⁰ Cribbage 1 ⁰⁰ Bingo	25 9 ⁰⁰ Canasta 9 ⁴⁵ RbrBrdg* 1 ³⁰ Poker	26 9 ⁰⁰ Sit & Fit 9 ³⁰ Tables Choice*	27 9 ⁴⁵ RbrBrdg* 10 ³⁰ Mahjong 2 ⁰⁰ Pinochle	28 9 ⁰⁰ Sit & Fit 10 ³⁰ Bingo 1 ⁰⁰ DupBrdg*	29 9 ⁰⁰ BREAK-FAST DAY #

HAPPY NEW YEAR

Treasure of the Hills Senior Center

408 Ridgewood Drive, Cedar Park, TX 78613

Phone: 512-331-6000

Open Monday-Friday 9am-3pm

www.toth-seniors.com