



**"Spotted this cute little guy on Linda's Echinacea (Cone Flower). Been lots of Monarch's as well. Parkwood is like many small parks put together, makes a great Park! Enjoy the rest of the summer!"  
Dan & Linda H.**

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Hello Parkwood. Last month we talked about a grab and go bag this month we're going to prepare our food and water supply for our house. First water you should have a gallon per person per day. So if you are 2 weeks ready you need 28 gallons for two of you plus your pets. Most of us have supplies in can goods and some tools. Here's things we should all get, battery-operated NOAA radio, whistle, extra batteries, flash light, roll of plastic and duck tape, pocket knife/ multi tool, prescription drugs, copy of important documents, heavy duty garbage bags, bleach, things for your pet ( food, leashes, blankets) first aid kit, hygiene items, clothing and bedding, toilet paper most of this can be stored under your bed. Remember in a disaster eat the food in your refrigerator first, then your freezer. I always have frozen water in my freezer it will help to keep things cool and then you can drink it. We do not know if there will be any cellular service but it's good to have a charging cord as well as your phone. Two way radios are cheap and may be the only way to communicate. Most of this stuff is common sense, just remember to rotate your water, food and medicine. Be safe out there.

Goose

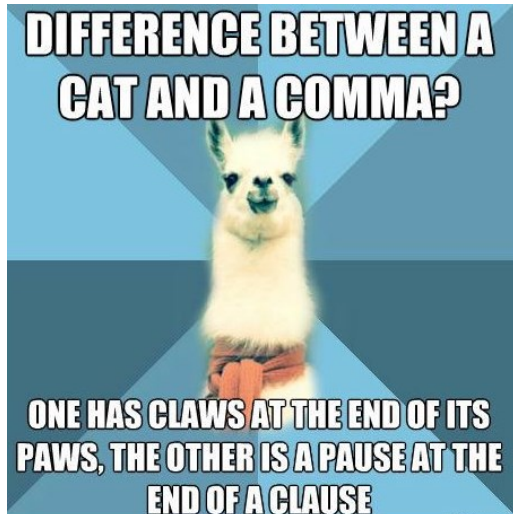
# **P.E.R.T.**

## **Parkwood Emergency Response Team**

Another shot from Dan & Linda's yard

**Anyone interested in some  
friendly Bocce Ball competition?  
Looking to form up a couple  
teams for play!**

**Contact info at the office.**



**OPEN MIC NIGHT!!  
STILL A LOT OF FUN !  
SEPTEMBER 14TH—6 PM**

## On Sustainability

### How do trees absorb carbon?

They do this by taking in CO<sub>2</sub>, mixing it with water, and making sugar and O<sub>2</sub>.

### Is it more important to protect old forests or plant new ones?

All forests are important from the point of view of storing carbon. Old forests are unrivaled in their ability to absorb carbon. And they have a lot of irrecoverable carbon. So protecting old forests from logging and burning is critical. For the long haul, it is also important to plant trees and protect young forests so that they can become middle aged. Acre for acre, a middle-aged forest actually has the greatest carbon sequestration capacity. **What is sequestration?**

It is the process that happens when trees take in carbon through photosynthesis.

*These details are taken out of an article in the  
Spring 2022 Nature Conservancy Magazine*

**Jennifer Brodie  
Be Well!**



## September Song

By Jane Nicholas and Ida Domazlicky



It's hard to believe that summer is almost over. Where did it go? September is a good month to take stock of what our yards are providing for our winged friends and to add to it if we can. In your own yard, think about where the birds like to hang out. Where did they nest this year? Where do you see the most bees? What plants are drawing in butterflies? What can we do to help those that stay the winter?

We've had an abundance of butterflies this year, much to my delight. In the six years I've lived here I've missed the variety of moths and butterflies, we had in Missouri, but this year, for some reason, there have been many more than in previous years. A long cloudy spring is not normally conducive to lots of butterflies, but I'm very happy to see them out and about. I've noticed in my own yard, the yarrow is loved by both butterflies and bees. It will go to seed before long and will give them something to snack on this winter, plus the stems provide winter homes for some insects. I will wait to cut them until spring for that reason. I left a bit of lavender this year because the bees, butterflies and even hummingbirds were still coming to visit. I saw lots of my favorite butterflies, Skippers, that remind me of little fighter jets, on the blooms this year. Some of the lavender bushes are now putting out smaller stems of flowers that will last through the fall. My newish honeysuckle vine is blooming for a second time. Hummingbirds love the flowers. While not considered edible to humans, many birds, like finches enjoy the berries. Western Trumpet Honeysuckle, the native variety (*Lonicera ciliosa*) is easier to control and I recently found out that it has healthier fruit for birds than non-native species.

There are many other shrubs and flowers that will serve birds, bees and butterflies by providing shelter from cold winds and giving them something to munch or sip on. You can discover many at your favorite nursery, or just by paying attention to gatherings of pollinators on your daily walk or outside your window. Here are a few: native Viburnum, (*Viburnum edula* aka: Highbush Cranberry or Mooseberry) with delicate white spring flowers and bright red fruit in fall/winter; Blue Mist a manageable shrub (*Caryopteris X clandonensis*) aka: Heavenly Blue, provides pretty fall blooms for pollinators; Anemone is loved by butterflies and blooms late; and Tiger Lilies bloom through September at least and help nourish our Anna's Hummingbirds. If you don't feel like taking on a planting project, it's easy to add color and food with a few potted plants. Hellebore does great in pots, blooms late winter through late summer, and gives a much needed boost to all our nectar loving friends when most other plants are still dormant. Heather is another plant that blooms in the off season and is much appreciated on those warm winter days when bees venture out. I've seen the hummingbirds stopping by for a sip from the tiny pink blossoms as well. It's drought tolerant once established.

As September comes and fall creeps up on us, we might think about whether our yards provide natural bird food and shelter in fall and winter as well as in spring and summer. This is easy to answer with just a stroll around the yard or a wistful gaze out the window as we drink our morning coffee or tea. As we reach for a cozy afghan, we can remember the beauty we've soaked up this summer and all the pollinators we've helped thrive, and ponder what we can do to help them over the winter so they will be strong and happy come next spring.

On a personal note, I recently got hearing aids and can now hear the sweet songs of birds that I was missing so much.

*"This is such a nice place. We sure do like it here."*

## ANTIBIOTICS: 50% + of Us Misuse Them

More than half of American adults who take antibiotics don't take them as prescribed.

This misuse is partially to blame for the growing problem of “superbugs” - new bacteria in America and around the world that do not respond to today's vast arsenal of medicines

### Two Critical things to Know

1. If you cut short the antibiotic treatment (for example if you don't finish 100% of your medicine), or if you take less medicine than prescribed - you could be setting yourself up for a recurrence of the *same* bacteria or a *more potent* strain. (We're talking hospitalization here!)

This is because taking a *little* kills only the most sensitive bacteria in your system - which allows the strongest, drug resistant bacteria to multiply and wreak havoc.

2. Antibiotics cannot kill viruses – never have, never will. Antibiotics *only* kill bacteria. So do *not* ask your doctor for an antibiotic when you have virus!

### How to get up after a fall: prevent added injury with safe techniques

According to the [CDC](#), more than 1 in 4 people age 65 and older fall each year. And, falling once doubles the chances of falling again.

To combat this, we can proactively learn safe techniques for how to get up from a fall.

Knowing what to do if a fall does occur and practicing ahead of time will give you confidence that they'll be able to help themselves and minimize injuries.

#### Safety warning: always assess injuries before moving

Seniors should only consider getting up if they're not injured or dizzy from the fall.

They should also feel that they have enough strength to get up on their own.

If you find that your older adult has been injured in a fall, don't move them – that could make their injuries worse. Instead, call 911, keep them as warm and comfortable as possible, and wait for emergency responders to arrive.

#### Step-by-step guide for how to get up from a fall safely

**Important:** Seniors with serious health conditions or limited mobility should always consult their doctor or physical therapist for advice on what to do in case of a fall in order to prevent further injury.

**How to get up from a fall when there are no injuries**

Stay calm and still. Don't move for a few minutes because moving too quickly can cause more harm.

Figure out if you're injured. Slowly move hands and feet, arms and legs to check for pain.

If there are no injuries, slowly roll onto your side, starting the movement with your head and moving down your body toward your feet. Take a moment to rest.

Slowly push up into a crawling position and crawl slowly on hands and knees toward a sturdy chair or piece of furniture. Don't rush and rest as needed. Place your hands on the seat of the chair, one at a time. Supporting yourself with the chair, bring your strongest leg up to a 90 degree angle by putting that foot flat on the ground. The other leg stays in kneeling position. Slowly push up to standing using both arms and legs.

Slowly turn around and lower yourself onto the chair. Sit and catch your breath for a few minutes before doing anything else.

#### How to call for help when there are injuries

Stay calm and rest for a few moments. Figure out what parts of your body are injured.

If you have one, use an emergency medical alert device or mobile phone to call 911 or a family member for help. Tell them about your injuries. If there's a pillow nearby, put it under your head. If there's a blanket or some clothing nearby, use it to keep yourself warm while you wait for help.

If you don't have a medical alert device or a phone nearby, start yelling for help. If you can't yell, grab something nearby and use it to bang on the floor or on nearby furniture to make noise and attract attention.