Hello Everyone, this is not our normal newsletter that goes out, moving forward we want to go back to sending them out on a monthly basis. So with that being said this one will be short and sweet.

**Monthly Activities**

The 10th will be – Game day 12:30 to 2:00  
The 30th will be – CAT team meeting 11:00 to 12:30

The office will be closed Monday October 14th in observance of Columbus day. And will resume Tuesday the 15th.

A quick reminder that there are no more transportation tickets at the office to pass out to the consumers for Trumbull Transit. You will be responsible for your own fare to and from the office. If you are a senior and filled out the
Ridership Application Form from the Senior Levy, then you call the correct transportation company for your ride.

**Remember:**

For all transportation users. Anyone that is over 60 will use one of 4 providers now. USA All American Taxi (330) 395-3226, Comfort Care-a-van (330) 744-4145, Garwin (330) 534-1335, or Country Neighbor (440) 437-6311 in the northern tier of the county. These rides will be free to all riders that are over 60. Any out of county ride will be done by Comfort Care-a-Van and may need additional permission. Be sure all over 60 riders have filled out the age verification form with a valid ID picture attached. If you need any assistance, call the office at (330) 372-3325 and we can assist you.

**Four Things You Might Not Know About Fall Allergies**

(ARA) As most allergy sufferers will tell you, allergy symptoms can always be bothersome, turning any time of year into sneezing season. A runny nose, itchy eyes and scratchy throat can arise as the days get shorter and the leaves begin to change.

The fall can be especially difficult for people who are sensitive to mold and ragweed pollen. But these seasonal elements aren’t the only triggers that can make symptoms worse this time of year. There are also a few lesser known triggers. Here are four things you might not know about fall
allergies, courtesy of the American College of Allergy, Asthma and Immunology:

* **Hay Fever** - Hay fever, a term from a bygone era, actually has nothing to do with hay. Instead, it’s a general term used to describe the symptoms of late summer allergies. Ragweed is a common cause of hay fever, which is also known as allergic rhinitis. The plant usually begins to pollenate in mid-August and may continue to be a problem until a hard freeze, depending on where you live. See an allergist for prescription medications to control symptoms or to see if allergy shots may be your best option.

* **Lingering Warm Weather** while most people enjoy Indian summer, unseasonably warm temperatures can make rhinitis symptoms last longer. Mold spores can also be released when humidity is high, or the weather is dry and windy. Be sure to begin taking medications before your symptoms start. Track your allergy symptoms with MyNasalAllergyJournal.org and visit with your allergist to find relief.

* **Pesky Leaves** - Some folks might find it difficult to keep up with raking leaves throughout the autumn. But for allergy sufferers, raking presents its own problem. It can stir agitating pollen and mold into the air, causing allergy and asthma symptoms. Those with allergies should wear an NIOSH rated N95mask when raking leaves, mowing the lawn and gardening.

* **School Allergens** - It’s not only seasonal pollen and mold that triggers allergies this time of year. Kids are often exposed to classroom irritants and allergy triggers. These
can include chalk dust and classroom pets. Students with food allergies may also be exposed to allergens in the lunch room. Kids with exercise-induced bronchoconstriction (EIB) may experience attacks during recess or gym class. Help your child understand what can trigger their allergies and asthma, and how they can avoid symptoms. Be sure to notify teachers and the school nurse of any emergency medications, such as quick relief inhalers and epinephrine.

No matter the season, it’s important for those who think they may be suffering from allergies or asthma to see a board-certified allergist. An allergist can help you develop a treatment plan, which can include both medication and avoidance techniques.

Having your allergies properly identified and treated will help you and your family enjoy the season. To find an allergist and learn more about allergies and asthma, visit www.AllergyandAsthmaRelief.org.

**Remember if there is anything that you would be interested in trying, putting in the newsletter or having at the center. Please don’t hesitate in calling in and talking with us, we are always here to listen to your ideas!!**
Football Terms
Word Search

WIDERECEIVER RETURN
QUARTERBACK FIELD DEF.
PTIGHTEND GUARDS P S
ARRICKABENILD FZ ZP
NFIELDGOALTACKLE
SOFFENSIVELINE H X C
FAIRCATCHESINZLATI
NOITELPOMCNICHNR
KCASPDLUAJRLOIDAL
EYRHEZRNUEGRCOPT
VNUCTACOZTFNFKOEE
IFDAESLRNJKFHEFIA
RUOZFDFEEOREURLNM
DMZTOOABTCOKBDRTS
XBFLSWNNSANCACDEFE
RLDAKQENRG CICLEX
EFULLBACKGGKKEYUO

BACKFIELD	FIELD GOAL	INTERCEPTION	RUSHING
CENTER	FULLBACK	KICKOFF	SACK
CORNERBACK	FULLBACK	LINEBACKER	SAFETY
DOWN	FULLBACK	OFFENSIVE LINE	SNAP
DRIVE	FULLBACK	PUNT	SPECIAL TEAMS
END ZONE	FULLBACK	QUARTERBACK	TACKLE
EXTRA POINT	FULLBACK	RED ZONE	TIGHT END
FAIR CATCH	FULLBACK	RETURN	WIDE RECEIVER