

# Canton Woods Newsletter

## January 2020

### Canton Woods Staff

Ruth Troy: Director

Joan Ferstler: Assistant Director

Phone (315) 638-4536

[www.baldwinsville.org](http://www.baldwinsville.org)

### Neighborhood Advisor

Nancy Sullivan

### B'ville Express

Gina Carroll

### Canton Woods Activity Group Board

#### Members

President: Ed Barlow

Vice President: Kathy Hogan

Secretary: Avis Neupert

Treasurer: Arlene Lockette

### December 2019

CWSAG November Raffle Winner was  
Jane Venette!

**HIICAP Representative (Health  
Insurance Information and Counseling  
Assistance Program provided by  
Onondaga County)**

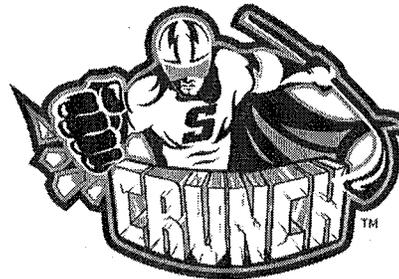
Available at Canton Woods 10:00am  
Monday January 6th.

**National Grid Consumer Advocate** will  
be available by calling our Neighborhood  
advisor, Nancy Sullivan. If you have questions  
about your National Grid account, Mary Beth  
can help!

### Weather Closings:

1. **Canton Woods is Closed only when the Village of Baldwinsville is Closed.**
2. If Syracuse Schools are Closed. There is No PEACE Lunch.
3. Meals on Wheels is Closed if the Baldwinsville and/or Liverpool Schools are Closed.

B'ville Express will NOT pick up riders if the Baldwinsville Schools are closed. It will be the responsibility of the rider to cancel any appointments for that day.



**CW to host the Syracuse Crunch  
Monday, January 6<sup>th</sup> at 2:00p  
See flyer in this newsletter!**

**HAPPY  
NEW YEAR**

## Smartphone, iPad, Tablet or Laptop

**Computer Assistance offered by Nadine Kerr, B'ville Family & Consumer Science Teacher.**

Nadine will return to Canton Woods on **Monday, January 6<sup>th</sup>**

**From 3:00-4:30pm.** If you need help figuring out how to use the calendar, email or going online she is very familiar with Apple devices, but can help with any other devices as well. Bring your devices and questions (it's a good idea to write them down) and Nadine will try to help you!

Please call in advance to schedule a 20 minute appointment. 315-638-4536.

## Make & Take Card Making

### Workshop:

**Friday, January 17<sup>th</sup> from 1:30-4:00pm.**

Pat "Sky" Howard & Ann Wilburn are offering a workshop that includes packages of greeting card supplies to purchase (for approximately \$2.00). A completed, beautifully decorated greeting card or two of your own creation will be all yours at the end of the workshop!

## Massage Therapy at Canton Woods!

Rachel Renzi licensed Massage Therapist is available **Wednesdays, January 8<sup>th</sup> & 22<sup>nd</sup> from 2:30 - 4:00pm.** 10 minute massages are available for \$1.00 per minute (she will do 5 minute massages for \$5.00) payable to her. Please sign up for your time slot at the front desk or call 315-638-4536.

### Benefits of Chair Massage:

- Reduced pain and stiffness in joints and muscles
- Increased and improved circulation
- Physical and emotional support

To be comfortable while in the chair be sure to wear something that doesn't restrict movement, but be sure not to wear anything too loose either. The only other rule is to breathe and relax.

## Pitch

**Upcoming Pitch Games: Dates for January** are Monday the 13<sup>th</sup> and Tuesday January 28<sup>th</sup>.

**Tentative February Dates:** Monday, February 3rd and Tuesday, February 25<sup>th</sup>.

## 2020 Newsletter Renewal Time

We are now taking renewals for the 2020 newsletter. If you live in the Towns of Lysander or Van Buren, your cost is \$4.00 for mail delivery. All others who wish to have the newsletter delivered to your home the cost is \$5.00. Please fill out the form and mail it with your payment to the Center or stop by and drop it off. Make Checks payable to Canton Woods Senior Center. Please pay promptly to avoid interruption in your newsletter service. NOTE: Please make a note on your calendar when you pay for the newsletter, to remind yourself that the 2020 subscription is paid. This reminder will be printed several months.

**ALSO: if you live outside of the Towns of Lysander or Van Buren, your \$25.00 annual user fee is due by January 1, 2020. The fee does NOT include the newsletter subscription. Non-residents also need to pay \$5.00 for your newsletter subscription.**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

### Residency:

Town of Lysander \_\_\_\_\_

Town of Van Buren \_\_\_\_\_

Village of Baldwinsville Yes or No

***(This is the last month this reminder will be in the newsletter. Anyone not renewed by the end of January, will***

*not receive the February 2020 newsletter. You can renew at the center at any time.)*

**Neighborhood Advisor/ Outreach Worker: (Monday –Friday 10:30am-4:30pm)**

As the New Year begins, I want to take the opportunity to wish everyone a year of health and happiness. I am still available to assist with HEAP applications. This program will help lower your heating expenses during our long cold central New York winter. You can reach me at the center anytime between 10:30 and 4:30 Monday through Friday. There is some documentation that is required: 1) Social Security benefits statement 2) a current National Grid statement, or heating bill 3) proof of rent or mortgage payment amount 4) driver's license 5) proof of any other income you may have from pensions, investment, etc. Those of you who receive SNAP and have been getting it for the past year do not have to apply as you automatically qualify. If you have any questions, don't hesitate to call me at 315-638-4536. I am always happy to help and consider it a privilege to serve our area seniors.  
*Nancy Outreach/Neighborhood Advisor*

*B'ville Express* January 2020

**DO YOU NEED A RIDE TO A DOCTORS APPOINTMENT?** The B'ville Express can help!! The B'ville Express provides free rides for seniors to medical appointments, pharmacy, bank and Canton Woods Senior Center. Seniors 60 and older that reside in the Town of Van Buren or Town of Lysander can register for the B'ville Express by calling Gina @ 315-638-4536

**HELP!! VOLUNTEERS NEEDED!!**

The B'ville Express has a need for volunteer drivers to transport seniors in our community to their appointments, helping them to remain independent. Without transportation, many of our senior friends are unable to access these essential services.

Volunteer drivers will register with the B'ville Express program by calling Gina @315-638-4536.

**PLEASE HELP YOUR SENIOR NEIGHBORS AND VOLUNTEER TODAY!!**

*Happy New Year!! Gina*

*The Neighborhood Advisor Program and B'ville Express are funded by the Onondaga County Department of Adult and Long Term Care Services.*

**MOW:**

Happy New Year!  
We would like to once again Give Thanks to everyone for the donations and gifts throughout the years! If you know anyone that needs our service please call 315-638-2171. We still have a few Syracuse coupon books for sale. During the month of January, we have a collection box for canned or box items for our food drive at the Baldwinsville Library or at the collection box at our office. Also, on January 11<sup>th</sup>, we will receive \$2.00 for every ticket you purchase through the Syracuse Crunch using the promo code Bville. May 2<sup>nd</sup> is our fashion show and June 21<sup>st</sup> is a Father's Day waffle day breakfast. Watch for more details!

**Donna & Sarah**

## Sunshine Lady

Janet Wojnovich is the **Sunshine Lady** for Canton Woods. Janet would like to hear from you if you know of someone who isn't feeling well, had a hospital stay, or has had a family member pass away. Please call **Janet at 315-638-2957** or **Please let the Staff or Office Volunteers know too!!**

Get Well Wishes/ Thinking of You were sent to: Ernie Pratt, Diane Allen, Carol Northrup, Shirley Rode, & Leslie Kassel.

Sympathy Cards were sent to family of Jane Venette and Ernie Pratt. Also, to Betty Blair and Tom Holodak for the passing of family members.

Please remember our Canton Woods folks who are in our area care facilities: David Appleman, Dick Blackburn, Eileen Butera, Edgar Chapellier, Bev Collins, Ron Turnbull, Jack Virkler, Cora Weller, Diane Allen.

## PEACE LUNCH

**Reminder:** Please sign up for PEACE lunches at least one day in advance of the day you want lunch OR call before 8:15 a.m. that morning. You can leave a message on our machine and we will add you to the list. Lunch is served at 12:00 p.m. (please be here by 11:45am) on Monday, Wednesday, and Friday at Canton Woods for a small donation. Thanks for your cooperation. **The Monthly Menu is available at the reception desk.**

## Food Bank of CNY

The Food Bank of CNY can help you receive Food Stamps/ SNAP. Please call (315) 437-1899 ext. 224 to set up an appointment or contact Nancy, CW's Outreach Worker (315) 638-4536.

## Food Sense

**Food Sense order deadline is Monday, January 13<sup>th</sup> before 10:30am.**

Food Sense pick-up date is Wednesday, January 22nd, starting at 11:00am. We need all orders picked up promptly.

**FOOD SENSE: January Package**

**Cost: \$20.50**

3.5 Chicken Drumsticks, 1lb Meatballs, 1lb Italian Sausage, 1lb Pollock Fillets, 20.6 Pizza Supreme, 13oz Cheese Ravioli, 8oz Mozzarella, 24oz Spaghetti Sauce, 1lb Frozen Pineapple, 15oz Diced Tomatoes, 2 Fresh Produce.

## January Specials:

4lbs Chicken Wings for \$10.50

2lbs Stuffed Pork Chops for \$8.00

3lbs Breaded Shrimp for \$12.75

21oz Steak Sandwiches for \$6.50

Protein Box for \$12.00 includes: 1.7lb Pork Tenderloin, 2lbs Chicken Tenders, 12oz Salisbury Steak, 1lb Breaded Fish Sticks, 1lb Ground Turkey.

2lbs Mozzarella Sticks for \$6.00

4.5 Macaroni & Beef for \$10.00

Please pick up promptly around 11:00am, but before **12:30pm.**

## Ice Cream!

Thank you for all the Byrne Dairy Receipts. Please keep them coming. **Note: We can't use gas receipts!**

## January Birthdays:

1/1 Nunzio Lipari, Helen Kiteveles,

1/2 Aileen Ecker

1/3 George Gay

1/5 Barbara Kidd

1/6 Trish Spaulding

1/8 Gary Rose

1/9 Norma Kidd, Milford Breland, Laurie Marsh, Barb Wiggins

1/10 Carolyn Dreher, Claudia Pitts

1/13 Sylvia White

1/14 Arlene Sessions, Nancy Buswell

1/16 Sushila Shah

1/17 David Stone, Edward Wilburn

1/18 Peg Wrona, Gary Rink, Georgia Sanderson

1/19 Donna Metz

1/22 Judy Laurange

1/26 Mary Jean Schaffer

1/27 Ann McVene

1/28 Mary Jean Howard, Robert Chadwick, Millie Flett

1/29 Richard Beausejour

1/30 Margaret Bard

**Please Note:** Our birthday list is by request only. If your birthday is not on the list and you would like it to be or if someone should not be on our list, please call the center, (315) 638-4536.

### **Birthday Breakfast**

**Canal Side Café & Bistro** is offering each senior on Canton Woods birthday list \$5.00 off a breakfast **on his or her birthday!** Be prepared to show identification and tell how old you are! This is an awesome opportunity to celebrate your birthday and support a wonderful local eatery. **Thank You Canal Side Café & Bistro** for your continued support of our seniors!

### **Tournament Information:**

**Please call ahead and have your name put on the list for a tournament by 12:30pm. Numbers will be drawn at 12:30 and play will immediately follow. Please arrive at least 15 minutes before any scheduled game or drawing numbers time. Please call CW if you have a conflict and will be a LITTLE late!**

### **Tournament Winners**

#### **8 Ball**

11-8

1<sup>st</sup> Place: Dave Au & Don Varn  
2<sup>nd</sup> Place: Frank Lushia & Bill Mills

#### **9-Ball**

11-15

1<sup>st</sup> Place: Jim Wyman  
2<sup>nd</sup> Place: Dave Au

### **Corn Bag Toss T'ment**

11-1

1<sup>st</sup> Place: Katy Hogan & Dave Au  
2<sup>nd</sup> Place: Ed Barlow & Marshall Dubuc

### **Shuffleboard T'ment**

### **Wii Bowling T'ment**

11-18

1<sup>st</sup> Place: Kathy Hogan & Bill Mills  
2<sup>nd</sup> Place: Cliff Reynolds & Ron Pratt

### **Darts T'ment**

11-22

1<sup>st</sup> Place: Ed Barlow & Bill Mills  
2<sup>nd</sup> Place: Charlie Zambito & Ron Pratt

### **Party Bridge**

11-13

1<sup>st</sup> Place: Pat Farneth  
2<sup>nd</sup> Place: Dorothy Sonnenberg

### **Bridge Tournament**

12-11-19

N-S

1<sup>st</sup> Place: Patty Hunt & Grover Boose  
2<sup>nd</sup> Place: Shirley Singer & Marie Sturge

E-W

1<sup>st</sup> Place: Pat Farneth & Judy McVity  
2<sup>nd</sup> Place: Marty Ferrell & Dorothy Sonnenberg

### **Wii Bowling**

The Wii Bowling Tournament is tons of fun!! Please consult the calendar for dates. Please join our current group of bowlers for a great afternoon of fun with 3 lanes of bowling. Prior experience with Wii Bowling is appreciated.

### **Crafty Corner**

Another successful craft fair is in the books. Since this was my first craft fair, I didn't know what to expect, but I was pleasantly pleased. I've learned quite a few things and will be more prepared for next year. Most of the reviews that we got from people were extremely positive and there were a couple questions that I will address right now.

It was suggested that we have food to sell. Due to Health Department regulations, any food items sold would need to be prepared at the center. I will be looking into this to see if perhaps maybe a few cookies, or fudge and

simpler items might be able to be packaged and sold for the Craft Fair.

Another concern was the lack of publicity.

Many felt that the craft fair was not publicized enough. We had to compete with the high school craft fair, the cookie walk, and the Plowshares craft fair in Syracuse.

Below is a list of how the Craft Fair was publicized.

Flyers were handed out to members of the group to post in various places around town.

Several times the dates, times, and location of the Craft Fair were posted on Baldwinsville Facebook pages and on municipal websites.

There were articles several times in the Canton Woods Senior Center newsletter.

There were notices written up for the Messenger and they appeared several times. Posters were posted at the center.

A sign was placed in front of the building so passing traffic could see.

A snowflake sign was posted on the building.

Lawn signs were not posted throughout the village due to code restrictions. It is inappropriate to place a sign on public property. Signs can only be placed on the front yards of private citizens.

That being said, I do agree that there could be more publicity and will work to improve on that.

I have learned I have some very wonderful and dedicated workers for the Craft Fair. I am so appreciative of these ladies who spent most of two days helping set up, organize, count money, and give advice, and take down the show.

Profits for the show totaled \$860.30.

We ran out of mittens! Next year we will be sure to include pot holders, draft dodgers, and maybe candles as requested.

If anyone would like to make and donate items for the Craft Fair, please contact Canton Woods. See you next year!

Edwina

Craft Coordinator

**Art Group** dates for December are Tuesday, January 7<sup>th</sup> and Tuesday, January 21<sup>st</sup> at 2:00pm. This group is facilitated by retired B'Ville Art Teacher, Mike Conway.

The group welcomes beginner and intermediate "students" and will focus on drawing and painting. Please bring your sketch book and art supplies. New participants welcome!

### **Zumba Gold!**

Wednesdays at 9:30am. Zumba Gold lets you move to the beat at your own speed. Please check our calendar for upcoming dates.

### **Kripalu "Chair Optional" Yoga lead by Yvonne Martin Certified Kripalu Yoga Teacher**

Classes held Monday mornings at 10:30am. Please check our calendar for upcoming dates. *New flyer in this newsletter!*

### **Tai Chi Classes**

Classes are held Tuesdays and Thursdays at 8:00 a.m. Charges are payable to instructor. Please check the calendar for dates.

### **C. W. Exercise Classes**

This aerobics class is a workout for seniors every Tuesday and Thursday morning at 9:15a.m. Charges are payable to instructor.

### **Falls Prevention Class**

Classes are on Tuesdays and Thursdays at 10:00 a.m. **FREE!** The instructor is a licensed physical therapist. DVD exercise for the winter.

### **UNO:** Mondays at 10:00 am.

Please encourage your friends to come and play!

**Scrabble:** Mondays at 1:00pm! Have fun playing this classic game.

### **Blood Pressure Screening**

The Center offers blood pressure screening from 9:30 a.m. -10:30 a.m. on Friday. Please look at the calendar for the exact dates and times.

### **AARP Defensive Driving Class**

*We plan to resume classes in the Spring.*

### **Free Legal Services**

Legal services are available at Canton Woods on several Tuesdays in the calendar year. The next available appointments will be February 4<sup>th</sup>, 2020. Call the center to make an appointment (315) 638-4536. You must be a resident of Onondaga County and at least 60 years old to participate in this program.

### **Sharing Memories Writing Program!**

**Every Wednesday** at 1:00pm. The writing group is facilitated by Tina Trainham. Tina has all the supplies you need, so just come with your memories.

### **January 2020 Library News**

Please "Check out" our new arrivals in the Library!!

#### **Small Print:**

Minute to Midnight (D. Baldacci)  
Blue Moon (L. Child)  
Twisted Twenty-Six (J. Evanovich)  
Guardians (J. Grisham)

#### **Audio Books:**

Simple Genius (D. Baldacci)  
Tough Customer (S. Brown)  
Red Rabbit (T. Clancy)  
Valley of Silence (N. Roberts)

### **Book Club News**

The snowy cold weather took a toll on the members... we had three people to discuss the book *Sold* on a Monday by Kristine McMorris..

It certainly was not an in-depth book that required a lot of philosophical discussion. During the depression, a news reporter anxious for a good story submits a picture that advertises children for sale. Little does he know the ramifications of his article? Add into the mix a female co-worker who aspires to be a journalist. The photo prompts an adoption and an investigation in to the fate of the children. The novel's plot revolves around this investigation and the twists and turns of the children and their biological mother. The story was an easy but not a fast read due to the many details. The story does have a happy ending... children are reunited with a biological mother, and two journalists find love. This story would have made a good Hallmark or Lifetime movie for TV.

Next meeting is January 21<sup>st</sup> at 2:00pm.

The January book is *Miracle Creek* by Angie Kim.

Your facilitator, *Edwina Hay*

Edwina will be cruising the Caribbean so you can complain about her selection...haha

### **PRESIDENT'S CORNER**

Hope everyone had a happy and safe Christmas season. Please check our newsletter for upcoming events and regular scheduled events because they change from time to time. If the weather is bad, please drive safely and/or stay home. We do not want to see anyone getting hurt driving or walking in the snow. Also, if you would like to make a donation to the seniors, please make your check payable to CWSAG. We also, need your returnable bottles.

Your President, *Ed Barlow*

CWSAG is now selling cans of Pepsi, Diet Pepsi and bottles of Water for \$1.00. See Ed or the receptionist to purchase.

**NOTICE:** Whenever CWSAG has a meeting; we are hoping that seniors attend these meetings. For this reason, the Rec Room is closed during this time. This is happening only 6 times a year for about 20 minutes. Thank you for your cooperation and attendance.

### **Business Meeting**

The Canton Woods SAG Business Meeting will be held on February 7<sup>th</sup>, 2020 at 11:30 a.m.

### **News from the VP**

#### **Happy 2020**

Well we made it through another Christmas and welcome to another New Year. I hope everyone had a great Christmas.

Our Wii Bowling on December 16, we had company. Two of our Sherriff's Officer's came and bowled with us, and what a great time they had. Stay safe in January.

Your VP *Kathy*

### **Memorial Giving**

Canton Woods is giving you the opportunity to donate directly to the Center through Memorial Giving:

Enclosed is my gift of \$ \_\_\_\_\_

In memory of \_\_\_\_\_

Your name \_\_\_\_\_

Your address \_\_\_\_\_

Make checks payable to CWSAG Memorial Fund.

Send to: Canton Woods Senior Center  
76 Canton St Baldwinsville NY 13027

Note: Donations to *Canton Woods Senior Activity Group* can be made at any time.



**Canton Woods Senior  
Activity Group  
Raffle/Auction  
For January  
\$30 NYS Scratch Off  
Lottery Tickets  
Tickets 3/\$1.00**

### *Don't Forget*

### **Bottle & Can Fund Drive**

Your nickels will add up to help your Center. There are now two ways to contribute! The Senior Activity Group has an ongoing bottle and can collection program. Any bottles or cans placed in the bottle and can collection boxes at the center are returned for the deposit. The funds benefit you through your Senior Activity Group.

In addition to the collection program at the center, you and your family members may now return bottles and cans to McBride's Bottle and Can Return, 80 Smokey Hollow Rd. Let the clerk know you are donating your returns to Canton Woods Senior Center. They will credit the amounts to Canton Woods Senior Center account.

Thank you for participating in these fund raisings efforts.

### **Assistant Director:**

#### **Happy 2020!!**

I added UNO on to the calendar for January on Monday mornings. It won't work unless you come into play!!! So talk to your friends and come in to play an easy and FUN game of cards. Please watch the weather, and stay home if it is too bad.

We will be happy to see you again when there is no snow or ice and the sun is out!!

Thanks *Joanie*

### Director's Note:

It's a New Year and Winter!! I have enclosed in this newsletter a flyer on Healthy Habits to Help Prevent Flu! Please read and follow the suggestions on the flyer. The Flu is here in central New York, let's help to keep it out of Canton Woods. Thank you for your cooperation! Winter weather is often difficult to manage, so please use your best judgement. Read the closing information on the 1<sup>st</sup> page of the newsletter! Happy New Year to all!!

*Ruth*

### *Senior Words of Wisdom!*

No matter how you feel, get up, dress up and show up.

If we all threw our problems in a pile and saw everyone else's, we'd grab our back.

Envy is a waste of time. You already have all you need.

### **Cocoa Snowballs**

3 ½ cups icing sugar  
¾ cup of cocoa powder  
1 1/3 cup condensed milk  
1 tsp vanilla  
1 cup chopped walnuts  
Extra icing sugar for garnish

In a mixing bowl combine sugar & cocoa powder.  
Add condensed milk & vanilla – mix well  
Stir in walnuts  
Cover and refrigerate in a bowl 30 minutes  
Shape into balls, roll in icing sugar  
Chill in the refrigerator for 2 hours

### ***Nice Thought***

"I wonder if the snow loves the trees  
and fields that it kisses them so  
gently?

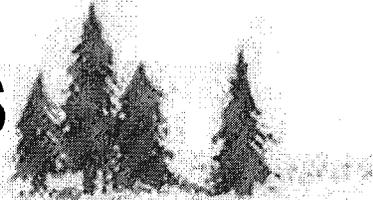
And then it covers them up snug, you  
know, with a white quilt; and perhaps  
it says, "Go to sleep darlings, till the  
summer comes again."

Louis Carroll

(borrowed from the OCM BOCES  
Adult Ed email)



# CANTON WOODS



## Kripalu Chair Yoga with Yvonne



*Instructor: Yvonne Martin, RYT 500*  
*Certified Kripalu Yoga Teacher*  
*Owner: YLMYoga, LLC*  
e-mail: [martins@twcny.rr.com](mailto:martins@twcny.rr.com)  
cell: 315-484-9183  
facebook: Yvonne Dicaire Martin

## WINTER 2020

### SIX-WEEK series

**MONDAYS - Feb 3, 10, 24, Mar 2, 9, 16**

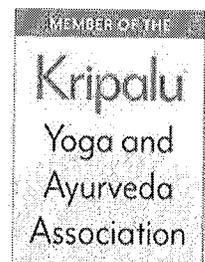
**60 minute classes: 10:30 - 11:30am**

Series fee - \$55

(1st timers - \$45)

Register with Yvonne ([martins@twcny.rr.com](mailto:martins@twcny.rr.com); 315-484-9183)  
or at the front desk with Avis by Jan 27th

- ॐ Discover Kripalu Yoga, a gentle, mindful, Hatha Yoga practice that emphasizes compassionate self-acceptance and mind-body awareness.
- ॐ Are you seeking relief from daily aches and pains? Yoga may be the answer. Yvonne will guide you through breathing exercises to de-stress; slow stretches to improve range of motion; postures to help make your body strong and balanced; and meditation techniques to relax the mind and sharpen mental focus.
- ॐ **New to Yoga? Come give it a try.**  
**Absolutely no experience necessary.**  
**1st timers, 1st class always FREE.**  
**Everyone welcome!**





## Canton Woods Hosts the Syracuse Crunch!!

Several Syracuse Crunch Hockey Players will be at  
Canton Woods Senior Center,

76 Canton St. Baldwinsville, N. Y. on  
Monday, January 6, 2020 at 2:00pm.

Our own Canton Woods Seniors will be challenging The Crunch  
to a billiards tournament. Please stop by to support your  
seniors and to visit with a

**Syracuse Crunch Hockey Player!**

# Healthy Habits to Help Prevent Flu

*The single best way to prevent seasonal flu is to get vaccinated each year.*

The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season.

1. **Avoid close contact.**  
Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
2. **Stay home when you are sick.**  
If possible, stay home when you are sick. This will help prevent spreading your illness to others.
3. **Cover your mouth and nose.**  
Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu and other serious respiratory illnesses, like respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS), are spread by cough, sneezing, or unclean hands.
4. **Clean your hands.**  
Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
5. **Avoid touching your eyes, nose or mouth.**  
Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
6. **Practice other good health habits.**  
Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.