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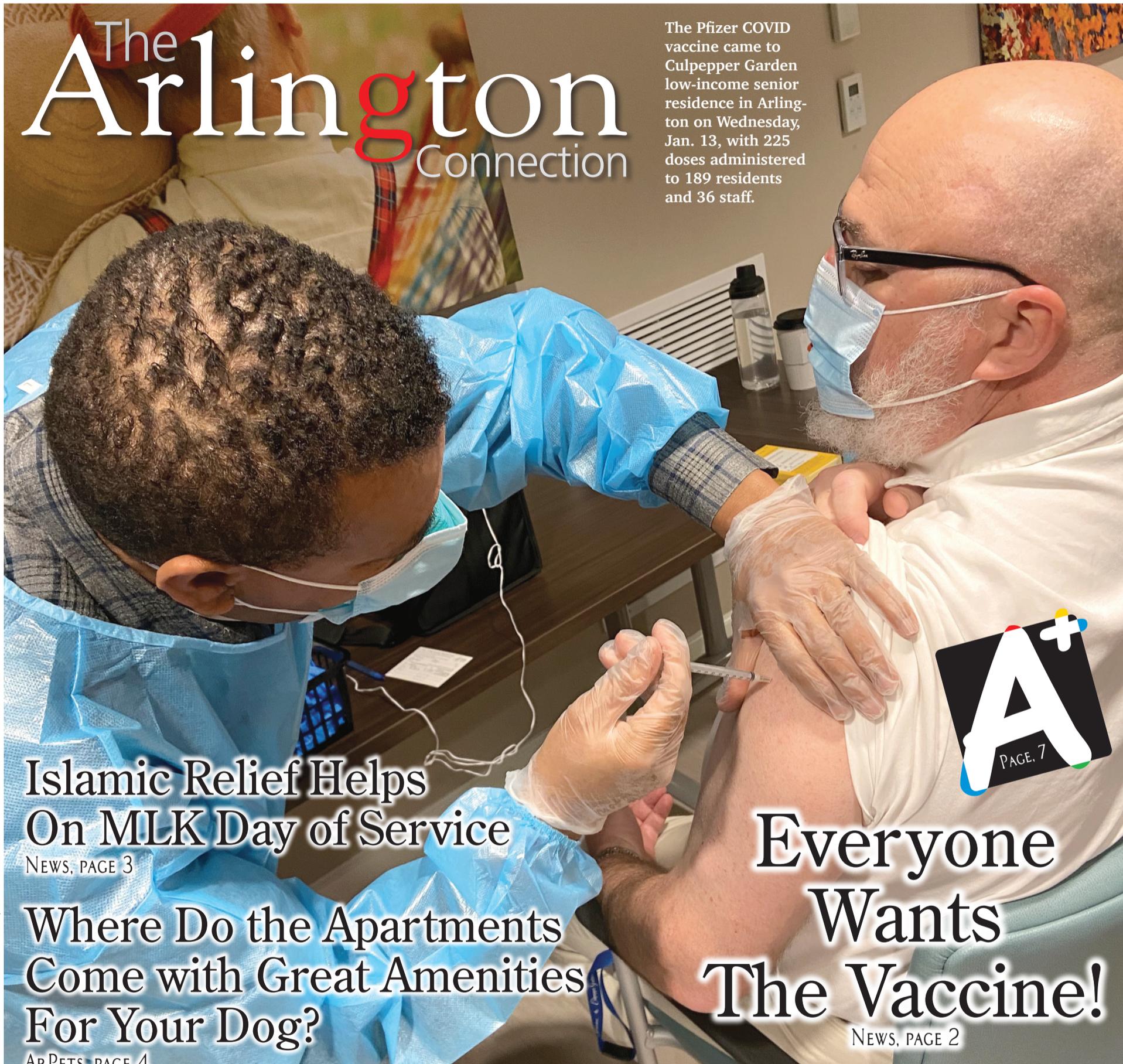
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The Arlington Connection

The Pfizer COVID vaccine came to Culpepper Garden low-income senior residence in Arlington on Wednesday, Jan. 13, with 225 doses administered to 189 residents and 36 staff.



**Islamic Relief Helps
On MLK Day of Service**

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**Where Do the Apartments
Come with Great Amenities
For Your Dog?**

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**Tune in For OperaNova's
Performance for Seniors**

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**Everyone
Wants
The Vaccine!**

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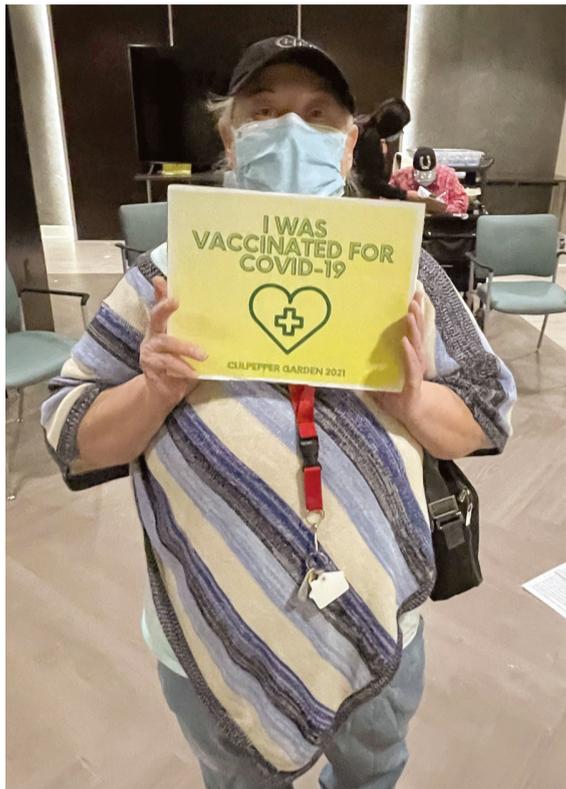
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PHOTO CONTRIBUTED

From One Side of COVID to the Other



The Pfizer COVID vaccine came to Culpepper Garden low-income senior residence on Wednesday, Jan. 13. It was a long day with 225 doses administered to 189 residents and 36 staff in five minute appointments during the first of three clinics. The additional clinics will be held in the next three weeks to administer second doses and give the first shot to those who may have missed the first clinic. Evelyn Congioure, a Culpepper Garden resident, rests for a few minutes after the vaccine to be certain there are no side effects while Paul Tiimpane, the Property Operations Director, receives his first dose of the vaccine.



PHOTO BY SHIRLEY RUHE

Cars fill every parking spot in front of the Urgent Care Center at Lee Harrison Shopping Center on Friday, Jan. 15. Each car has a large number on the windshield indicating its spot in line for coronavirus testing.

PHOTOS CONTRIBUTED

Vaccine Shortage Limits Arlington's COVID-19 Vaccine Distribution

Arlington County Board Chair Matt de Ferranti said today that the County's ability to inoculate those eligible to receive the COVID-19 vaccine is limited by the availability of vaccine supply.

"Today Arlington will be inoculating 900 Arlington County teachers, after inoculating 900 on Saturday," de Ferranti said. "We have the capacity to do at least 2,000 doses per day or 14,000 per week, and we can do more if we were assured a greater supply. The County Manager and our Public Health Director have informed me that currently, we are being promised only 1,400 doses this week of the first-dose vaccine."

"Arlington has the infrastructure, staff, and preparation in place to continue to deliver the vaccine at the scale of these

two events, and we are ready to use considerable additional staff from our Fire Department to scale immediately to do more vaccines. Supply of vaccine is the only limitation on our ability to put shots in arms," de Ferranti said. "While we are aware that the uncertainty of federal distribution to the states seems to be affecting our local supply, we seek a commitment from the Virginia Department of Health that more doses will be allocated to Arlington. We are ready to expand our weekly throughput immediately to 10,000 doses per week, but we need assurance from VDH on delivery of first vaccines and greater clarity about the arrival of second doses."

Visit the County website for more information on COVID-19 testing. <https://www.arlingtonva.us/covid-19/>

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18	19	20	21	22	23	24
25	26	27	28	29	30	31

**Let us know
about an
upcoming event**

connectionnewspapers.com/Calendar

Islamic Relief Joins MLK Day of Service



A group of volunteers gathers around the tables outside the Bangladesh Islamic Center ready to serve chicken biryani and relief packages to the community.

PHOTOS BY SHIRLEY RUHE
ARLINGTON CONNECTION



“Brother, over here.” A group of Muslim men file out of the mosque on S. Nelson Street, grab their shoes in the rack outside the door and head to the table piled high with lunches. Islamic Relief is conducting a day of service in honor of Martin Luther King Jr. on Monday, Jan. 18 at the Bangladesh Islamic Center. Mohammed Qayem, who organized the effort, says the mosque is only open for half an hour in the morning and evening for prayers.



Mohammed Qayem holds a bag full of shampoo, body wash, toothbrush and washcloth as well as other sanitary supplies. He says they have 200 to distribute today as well as 50 donated meals with chicken biryani, lamb kabobs and falafel.



Muslim men file out of the mosque at the Bangladesh Islamic Center to pick up a hot lunch and a kit of sanitary supplies provided by Islamic Relief USA. Syed Hassan, spokesman for the organization, says they have participated in Martin Luther King’s birthday events for at least six years. “This day is about serving others, showing compassion, and doing your part to mitigate injustices, large or small.”



Arlington Apartment Buildings That Cater to Your Canine

BY: JOAN BRADY
ARLINGTON CONNECTION

A dog park on the roof? Yappy hours? These Arlington buildings sure know how to make your canine feel at home.

Listed in alphabetical order:

2001 Clarendon (Courthouse)
2001 Clarendon Blvd.
844-869-0316

When the pandemic is truly in the rear view mirror, 2001 Clarendon organized patio and sidewalk “yappy hours” will return where people and pets can enjoy socializing over appetizers and drinks at local restaurants. September’s last-day-of-the-season “doggie paddles” when dog residents can enjoy a dip in the rooftop pool will return as well. And the building’s canine residents will once again enjoy post-walk dog biscuits in the lobby.

Acadia at Metropolitan Park (Aurora Highlands)
575 12th Road South
703-995-2505

The pandemic has not kept the Acadia at Metropolitan Park from honoring a dog-of-the-month with a portrait and write-up prominently displayed next to a bowl of dog treats in the lobby.

Avalon Arlington North (Waverly Hills)
2105 N. Glebe Road
703-215-9589

Avalon communities appear to delight in catering to the four-legged canine crowd. Avalon Arlington North boasts a private dog park with a pet waste station along with additional pet waste stations surrounding the community, in case your pup prefers street entertainment for his/her walks. The Avalon also has a “doggie swim” event to close out the season and every year there is a Halloween Pet Costume contest.

In addition, pre-pandemic, the Avalon hosted two pet adoption days featuring rescues from the Lost Dog and Cat Rescue Foundation (LDCRF), with food catered



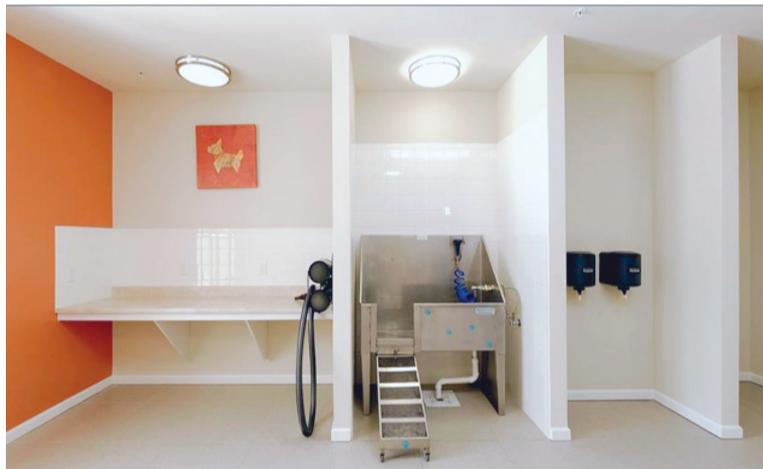
PHOTO BY JOAN BRADY

Four-legged Tashi Sussna-Heyman loves the view from the rooftop dog park at Origin.



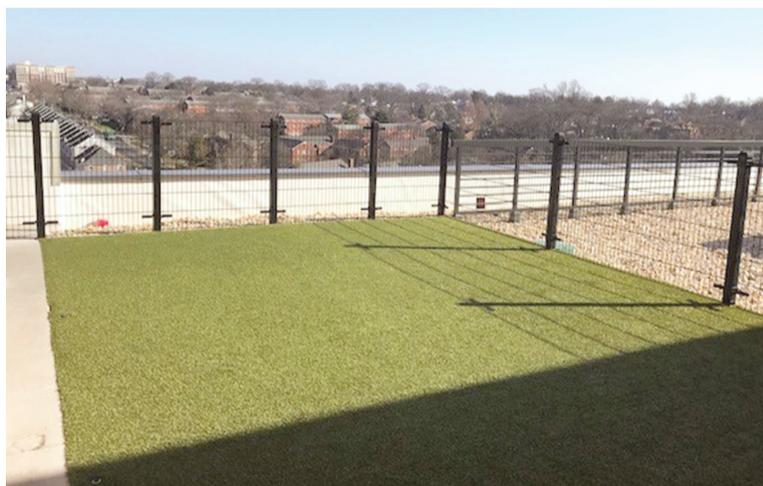
SUBMITTED BY AVALON

Avalon Arlington North’s cheerful pet spa is the perfect place for a bath after a romp in the park.



SUBMITTED BY ACADIA AT METROPOLITAN PARK

Meet Tucker, Acadia at Metropolitan Park’s January dog-of-the-month.



SUBMITTED BY CENTRO ARLINGTON

Centro Arlington’s rooftop dog park makes it easy to exercise your pet without having to go too far.

by the Lost Dog Cafe. Best of all, several pups were adopted.

Centro Arlington (Barcroft)
950 S George Mason Drive
571-205-7539

Centro boasts a large roof-top dog park as well as a pet spa for convenient pet bathing and fluffing.

Origin (Ballston)
700 N Randolph Street
571-444-5600

Origin’s spacious rooftop dog park is conveniently adjacent to the building pet spa.

The Reserve at Clarendon Centre (Clarendon)
3000 N. Washington Blvd.
703-248-6282

The Reserve celebrates the end of the summer with an “annual dog swim” so your dog can enjoy the pool that two-legged residents appreciate throughout the summer season.

Zoso Flats (Clarendon)
1025 N Fillmore Street
703-822-4124

At Zoso flats, you and your canine will have easy access to the “dog walk” located in the back of the building with convenient pet waste stations. And, when the pandemic is over, your pup will find dog biscuits have returned to the lobby for a post walk treat.

If you know of an apartment building in Arlington that offers awesome pet amenities, send email to: joan@joanbradyphotography.com.

ArPets is a weekly feature for highlighting the well-loved pets of Arlington as well as animals who are available for adoption. If you or your dog, cat, iguana, bunny, rat or any other pet, has an interesting pet story to tell, send email to: joan@joanbradyphotography.com.

Joan is an award-winning Connection Newspapers columnist and local photographer specializing in pets, children and families and contemporary business portraits.

BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before the event.

LIONS CLUB CITRUS SALE
The Northwest Arlington Lions Club is holding a citrus sale online Jan. 14 to March 31. They will be selling honeybells, citrus and pecans direct to you. Order online at www.nwarlionscitrus.fwffb.net. Order maple products at www.purinton-maple.com; Maple Promo Code - “nwarlions” at checkout. Phone: 703-528-1130/Text 703-772-3784.

nwarlionscitrus.fwffb.net. Order maple products at www.purinton-maple.com; Maple Promo Code - “nwarlions” at checkout. Phone: 703-528-1130/Text 703-772-3784.

FRIDAY/JAN. 22
Edible Landscaping. 10 – 11:30 a.m. Online. Can’t decide whether to plant “pretty” plants or things you can eat? Limited SEE BULLETIN, PAGE 5

Opera NOVA Reaches Out to Seniors

BY SHIRLEY RUHE
ARLINGTON CONNECTION

Put away your jigsaw puzzles, turn off the TV and tune in to an Opera NOVA performance targeted to seniors which will launch on Jan 28. Miriam Miller, Executive Director of Opera NOVA, says “Several years ago we wanted to be the first opera company in the nation to create productions for the ever-growing, expanding senior population.”

The opera was founded in 1962 but in 2013, “We detected a great imbalance between the County-wide attention given its children and that being given its seniors.” By 2015 Opera NOVA had performed *Così fan tutte* in Gunston Theatre, “filling the 300 seats with an enthusiastic audience.”

Miller says with the increased isolation imposed by the coronavirus, it is even more important to reach out to seniors. She says it has been shown that that ar-



PHOTO CONTRIBUTED

Kristi Spicer will perform at Opera NOVA's 30-minute virtual concert targeted at seniors to help combat the seclusion imposed by COVID.

tistic input can improve cognitive functioning and enhance quality of life. “It is as important as exercise.”

As a result Opera NOVA has recorded a 30-minute presenta-

tion targeted to seniors as part of their six-concert series. The series began with a holiday concert in December and will continue with the concert for seniors in January

followed by a concert honoring Black History month in February. It will be available on the Opera NOVA YouTube channel with the link available that day.

<https://youtube.com/channel/UCQq2XuccwPMTtIG2uIauxLw>

Miller says the concert was recorded by their technician who is a student at American University and was able to borrow the necessary cameras. But his student visa ran out in the middle of the production and it was necessary for him to return to Peru.

“He is cleaning it up for production while he is there.”

Many of the performers had their concerts and performances cancelled for months due to COVID, and they are excited to be back to work again. Miller says the concerts are free but they will accept donations to assist with paying the performers.

The program begins with *La Danza* performed by Opera NOVA's artistic Director, José Sacin. He explains, “This delightful piece cer-

tainly ranks high among Rossini's best compositions. ‘Mamma Mia, Mamma Mia, I am a King. I am a Lord! Dancing is the world's greatest pleasure! The most beautiful delight.’”

The program also includes: “What good could the moon be?” from *Street Scene* - Kristi Spicer

“Una voce poco fa” from the *Barber of Seville* - Amanda Fink in her debut with Opera NOVA.

“Dicitencello Vuie” - José Sacin
“La ci darem la mano” from *Don Giovanni* - Fink & Sacin

“Abendsegen” also known as “the Children's Prayer” from *Hansel and Gretel* - Spicer & Fink

Tasha Tran, a volunteer in charge of social media outreach said, “Opera NOVA is trying to move from in-person concerts to virtual outreach, and I knew I could help with that. I wanted to volunteer for a cause combatting COVID. Miriam wanted to show the concerts can combat the loneliness of being isolated and to spread the joy of opera.”

BULLETIN BOARD

FROM PAGE 4

time and/or space constraints? Want to put more “fun” in your gardening fundamentals? Then come learn the art of edible landscaping that mixes ornamentals, herbs, greens, and vegetables. Extension Master Gardener Alyssa Ford Morel will present easy techniques and inspiration for turning your yard into a delightful and delicious oasis! Free. RSVP at <https://mgnv.org/events/> to receive link to participate.

Saturday/Feb. 6,
Seeds: Selecting and Starting. 10 – 11:30 a.m. Online. Jumpstart your vegetable garden. Get the scoop on seed selection – hybrid vs. heirloom, which seeds to start indoors and what is required to get them growing. Join Extension Master Gardeners Jasmin DeCoursey and Pam Newton to learn how to make your own starter pots, create simple lighting systems and practice winter sowing by starting seeds outdoors in milk-jug greenhouses. Germination is complex, but seed starting is reassuringly simple! Free. RSVP at <https://mgnv.org/events/> to receive link to participate.

FRIDAY/FEB. 12
Home for the Heart Virtual Breakfast. 9 a.m. Home for the Heart will give you a behind the scenes look into the breadth of programs A-SPAN provides to clients. You'll hear stories of hope and after just a few moments of your time, you will leave the breakfast inspired and more committed than ever to support your neighbors in need. Free to attend. Visit the website: <https://interland3.donorperfect.net/weblink/weblink.aspx?name=E12354&id=2>

DONATIONS
The Arlington Food Assistance Center seeks local gardeners and farmers willing to grow and donate fresh produce to the AFAC food pantry for local families in need as part of the Plot Against Hunger program. Each week, approximately 2,400 client families visit AFAC to pick up supplemental groceries and fresh fruits and vegetables are in high demand. AFAC will provide free vegetable seeds to those who pledge to donate produce from community or personal gardens. Visit <https://afac.org/plot-against-hunger> or contact puwen.lee@afac.org or 703-845-8486. Seeds are available now at AFAC, 2708 S. Nelson St., during regular business hours: Monday-Friday 8:30 a.m.-4:30 p.m. and Saturdays 8:30 a.m.-1 p.m. Produce can also be donated at AFAC at the hours listed above or at:

- ❖ Arlington Courthouse Farmer's Market, Saturdays 8 a.m.-noon (look for the AFAC cooler near the Master Gardener information table).
- ❖ Rock Springs UCC Church, 5010 Little Falls Road, Sundays 9 a.m.-noon only. (Look for the donation bin on the Rock Spring Drive side of the church).

Pet Food Bank. AWLA is establishing a Pet Food Bank to serve qualifying residents of Arlington County and the City of Falls Church. In consideration of the effect financial obstacles have on a pet owner's ability to afford pet care, the AWLA Pet Food Bank program's goal is to keep family pets out of shelters. If you are an Arlington County or City of Falls Church resident and are in need of assistance in feeding your pet, follow this link and fill

SEE BULLETIN, PAGE 7

"FLOURISHING AFTER 55"

Office of 55+ Programs
Department of Parks and Recreation
3829 N. Stafford St., Arlington, VA 22207
703-228-4747
Contact: Judy Massabny, jmassa@arlingtonva.us
55+ Programs are virtual. A 55+ Membership is required to attend (\$20 annual fee). Learn more at parks.arlingtonva.us, search 55+ member. To join or register, go to registration. arlingtonva.us or call 703-228-4747.

Virtual Programs
Saturday Night Supper Club, online get-together, Jan. 23, 5-6:30 p.m. Registration # 912801-21.

Winter Concert by the Quarantine Music Busters, interactive ensemble of classical music, Sunday, Jan. 24, 3-4:30 pm. Registration # 912802-09.

Needle crafters meet online to share projects and ideas, Monday, Jan. 25, 10-11:30 a.m. Registration # 912703-08.

Monday morning coffee meetup with 55+ club members, Jan. 25, 10-11 a.m. Registration # 912801-17.

Ask an Extension Agent about seasonal landscape and garden issues, Monday, Jan. 25, 1-2:30 p.m. Send questions with photos of plants ahead of time to mgarlalex@gmail.com. Registration # 912401-04.

Art activity for early birds, Monday, Jan. 25, 7-8 a.m. Paint and draw using materials found at home. Registration # 912301-08.

Continuum of care options presented by professionals from Arlington Neighborhood Village, Synergy Home Care, The Jefferson, Goodwin House and Capital Caring, Tuesday, Jan. 26, 1:30-3 p.m. Registration # 912500-13.

Genealogy 101, share information and research tools, Tuesday, Jan 26, 11:30 a.m. – 1 p.m. Registration # 912400-16.

New poetry group forming to share creative energy, Wednesday, Jan. 27, 2-3 p.m. Registration # 912300-07.

Do you need a medical alert system? Learn about different systems and new technological advances, Wednesday, Jan. 27, 1-2 p.m. Registration # 912500-08.

Encore Learning's Spring Preview of courses being offered between March and May 2021, Thursday, Jan. 28, 9:30-11:30 a.m. Zoom link: <https://us02web.zoom.us/j/85231610450>.

Healthy cooking demonstration by Virginia Cooperative Extension Master Food Volunteers, Thursday, Jan. 28, 11 a.m. – noon. Registration # 912501-04.

American Labor Museum, virtual tour ending with roundtable discussion, Thursday, Jan. 28, 1-2:30 p.m. Registration # 912400-15.

History discussion focuses on cultural, economic, artistic and political issues, Thursday, Jan. 28, 1-2:30 p.m. Registration # 912402-17.

How to attract birds to a garden, Thursday, Jan. 28, 1-2 p.m. Meet Ranger Cliff Fairweather, Long Branch Nature Center. Registration # 912401-02.

Painting lesson, Thursday, Jan. 28, 10-11:30 a.m. Supply list and picture to paint provided at registration, # 912301-16.

Announcements

Announcements

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-Werner Heisenberg

NOW THRU

MARCH 29 (MONDAYS)

Yoga for Gardeners I. 9:30-10:30 a.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. (Adults) This class features a gentle introduction to the Vinyasa method, which helps participants increase the strength, flexibility and endurance necessary for gardening. \$129 per person for 11 sessions. Class held indoors. Register online at www.fairfaxcounty.gov/parks/parktaks (code 6E6.JNLA) or call Green Spring Gardens at 703-642-5173.

SATURDAYS THRU MARCH

Virtual Pure Barre. 1:30-2:30 p.m. Virtual via Zoom. Pure Barre has again partnered with the National Landing BID to bring free virtual classes to the community. Visit the website: <https://nationallanding.org/do/virtual-pure-barre-intro-classes>

THURSDAYS THRU MARCH 11

Happy Hour Yoga. 5:30-6:30 p.m. Virtual via WebEx. The National Landing BID has partnered with Erin Sonn, owner of eat.YOGA. drink, to bring unique yoga experiences to you virtually. This free, hour-long class will have a different theme and playlist each week and requires registration. Visit the website: <https://nationallanding.org/do/happy-hour-yoga>

JAN. 22 TO FEB. 7

Alexandria Restaurant Week To-Go. More than 60 restaurants in Alexandria will offer a \$49 take-out, delivery or curbside pick-up dinner for two during Alexandria Restaurant Week To-Go. New this winter, more than half of these restaurants will offer a \$25 takeout dinner for one in addition to the \$49 for two deal. This expanded offering was created in response to popular demand from single diners during Alexandria's first Restaurant Week To-Go in August 2020. New Alexandria Restaurant Week participants include Aldo's Italian Kitchen, an Italian eatery on Eisenhower Ave.; Barkhaus, Alexandria's new dog bar; Carlyle neighborhood eatery Pasara Thai and The Alexandria hotel's new restaurant King & Rye. Restaurants offering to-go deals for one and two people include Los Cuates, Rus Uz, Sonoma Cellar, Village Brauhaus and more. View the menu flip-book and make reservations at www.AlexandriaRestaurantWeek.com or 703-838-5005.

SATURDAY/JAN. 23

Garden Talk -- Easy Houseplants to Grow. 10-11 a.m. At Green Spring Gardens, 4603 Green Spring Road, Alexandria. You don't have to wait for spring to satisfy that itch to garden. Take your passion for gardening indoors this winter with some help from the folks at Green Spring Gardens. Come to the "Garden Talk-Easy Houseplants to Grow" program and Extension Master Gardeners will show you how you can enjoy beautiful flowering plants and foliage plants inside your home. Get the know-how to be successful gardening indoors when it is too cold to be digging in the soil outside. The cost is \$10 per person. Call 703-642-5173; or visit Green Spring Gardens.

Helping Children Navigate Anxiety

Sharing feelings, listening without judgement during current political turmoil.

By MARILYN CAMPBELL
THE CONNECTION

As communities cope with the shock of daunting images of the recent riot at the U.S. Capitol, the mental health toll children and teens can be significant but go unnoticed, say local therapists. Some children turn inward, withdraw and refuse to discuss their feelings. A child's response to these intense situations will vary based on age.

"This is because they are at different stages of development and how they process and understand the world around them," said Marla Zometsky, therapist and Wellness, Health Promotion & Prevention Manager at the Fairfax-Falls Church Community Services Board (CSB). "Children may not know how or be able to express their feelings. Some may have trouble sleeping, be irritable, or be more frightened in general. Middle school children may have trouble focusing, be preoccupied with the events, or withdrawal more. Teenagers may feel overwhelmed by the intensity of their emotions."

Parents and caretakers can begin to help their children by starting a dialogue, listening without interrupting and validating a child's feelings. "As with any challenge or unsettling event, it is important to gauge how a child, adolescent or young adult understands the situation," said Zometsky. "They may believe they are in direct harm or at risk. Knowing what a child or youth believes or thinks about a situation helps parents and caregivers know how to respond and to provide correct, reliable and age-appropriate information."

From anxiety to depression, children absorb the reactions of their parents, which might include stress, anxiety, depression, anger, frustration and other emotions. "Parents sharing their feelings with their children is

positive, as it normalizes that we all have emotions which need to be expressed," said Laura Finkelstein, Ph.D., Marymount University's Assistant Vice President of Student Health and Well-Being. "However, parents ideally share feelings in a boundaried way, without children feeling like they have to take care of their parents."

The mental health of middle and high school might be impacted by what they might see on television, hear at school or learn from peers regarding the political climate, added Finkelstein. "[It] impacts most of us, and children are no exception," she said.

In fact therapists have seen a significant spike in cases of anxiety and depression in children and teens since the beginning of COVID-19 and during the recent political instability, says Maryland-based

therapist Courtney Hart, LCSW-C. Hart, who specializes in treating adolescents who struggle with anxiety and depression, said "If parents or caretakers are concerned ... I think one of the best things that they could do is have their child meet with a mental health professional," she said.

Among the signs that seeking help from a therapist might be prudent are a lack of interest in activities that they normally enjoy or expressing emotions that are normally out of character such as anger, irritability or sadness, advises Hart.

"Children and teens are going through an unprecedented time and they are isolated from most of their social interactions," she said. "They are at home with parents even though developmentally tweens and teens are starting to separate from their parents and look to peers for acceptance. They are dealing with huge losses of a typical childhood. A child or teen in individual or group counseling will find a safe place to process those feelings and develop healthy coping skills."

"As with any challenge or unsettling event, it is important to gauge how a child, adolescent or young adult understands the situation."

— Marla Zometsky, Therapist and Wellness, Health Promotion & Prevention Manager at the Fairfax-Falls Church Community Services Board (CSB).

BULLETIN BOARD

FROM PAGE 5
out a pre-registration form. Visit goo.gl/forms/s2FuFdaYWdZm4tPw2.

ONGOING

Online Salary Negotiation Workshop. AAUW (American Association of University Women)

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Cancer and Covid ...



By KENNETH B. LOURIE

... don't exactly go together like milk and cookies. Rather they go together like snow and ice. One or the other is bad enough, but together they become even worse. And unfortunately I have one, and am constantly worried/mindful of the other. Moreover, since covid is kind of a pulmonary issue, those of us who have cancer in the lungs, where we're already compromised, need to contract a virus like this like Washington, DC needs a "wintry mix" in the forecast.

In the course of my ongoing papillary thyroid cancer protocol, recently I spoke with an oncology pharmacist (who knew?). When he asked me, during our regular monthly phone call if I was experiencing any new symptoms, I was honest and said "Yes, shortness of breath." He noted my response and subsequently completed our call, as per usual. Not 10 minutes later, he called back. He had just spoken with my oncologist who he advised said that I should go to Urgent Care immediately. "Excuse me? What do I tell the doctor? Will my oncologist have spoken to them/expressed his concern/coordinated my care?" "No," I was told. "Just tell them your symptoms." Having had a negative covid test the week before Christmas, and have pretty much been at home ever since, I didn't believe I had the virus. But considering how little I know about such matters, I went with the medical flow and made an Urgent Care appointment for 2 pm that same day.

What I learned later that day after three hours in Urgent Care after an examination, lab work and chest X-Ray was the true reason why my oncologist wanted me not to wait for care: bloods clots which could lead to a pulmonary embolism (clots moving through the bloodstream and ending up in the lungs) where they could burst, so to speak, and cause a sudden death. So the concern wasn't covid, it was more sinister: immediate death if left unresolved. Little did I know, thankfully. Otherwise, I might have been a bit more anxious.

Luckily, my lab work was normal, my chest X-Ray was clear, and I had no corroborating symptoms: my legs weren't swollen and I had no chest pain. Nothing was mentioned about covid. Even though that was my presumption for the urgency, apparently, that was not my oncologist's concern. By 5 pm, with no new symptoms to report, I was released on my own recognizance. If I experienced any shortness of breath, I was encouraged to call. I was prescribed an inhaler - like those used by asthmatics, with the proper medicine and advised not to hesitate using it should the need arise. I was given approximately 30 doses, I was told.

I then went to the pharmacy to pick up my parting gift. After a 30 minute or so wait, my name was called and I went up the window to collect my goodies. Now I was free to go. Within 45 minutes I was home. No fuss, no muss, as it turned out. My follow up appointment with my oncologist is next Tuesday (as I write this on Sunday) which also happens is my next scheduled video visit, previously scheduled to discuss the results of the previous week's CT Scan and brain/abdomen MRI which amazingly, miraculously continue to show shrinkage of the thyroid tumors located in my lungs (you know, my pre-existing comorbidity). And of course this comorbidity is the reason I'm extremely cautious and occasionally even proactive because to not would be incredibly stupid and irresponsible.

Now, if I could only figure out how to lock and load this inhaler, I might actually be able reduce the stress and discomfort when I become short of breath. But knowing now that my symptoms were not covid-related, nor as I learned later that day, blood-clot-oriented, I can breathe easier before, during and after I'm short of breath, if you know what I mean?

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.



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