

On this very rainy Friday in Stillwaters Estates I thought I would pull together a bit of this and that for the blog:

## Flu Shots:



It's Flu shot time of year and with so many local places to get one (besides your doctor) we have no excuses. I got mine!

Local sites: Safeway Pharmacy, Rite-Aid and Walmart.

Did you know?

- There are different types of shots available each season. A standard shot and a high-dose shot for people 65 and older.
- The flu shots tend to be less effective for older folks when compared with the general population (hence the high dose shot). At the same time, the majority of people who die from the flu are over 65, so getting your flu shot is the best bet.
- Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine.

Want to know more about flu shots, click [HERE](#).



## Lights Out:

It's that time of year to also make sure you are prepared for storms and other emergencies. Have your flashlight and extra batteries handy, extra food in the

cupboard and an alternative for staying warm if the electricity goes out (layered clothing, blankets). Click [HERE](#) for more information from FEMA on being prepared.

We are having two sessions of Map Your Neighborhood Review next week and we will do more talking about how to prepare yourself for a variety of emergencies. This includes preparing a bedside pack for nighttime emergencies, preparing your house for emergencies (flashlights, food, water), how to use a fire extinguisher, how to turn off electricity at the electrical panel, and how to let your neighbors know if you are OK or need help.

The first session is Wednesday, November 18th, at 2:00 p.m. and the second session is Saturday, November 21st at 2:00 p.m. Both will be held here in The Gathering Place. This session is intended as a review for those who attended last year or as an introduction for new residents.

## Holidays:

Just around the corner and coming on 

fast! Living in Stillwaters at the holidays means red ribbon-wrapped light poles, festive Christmas lights and the Williams family Christmas dinner for residents. This year's dinner will be on Sunday, December 13th. Be sure to note this one on the calendar as it will be yummy.

Stillwater's Gazebo all decked out

## Quote of the Week:

Look for the best, prepare for the worst, and take what comes. – Anonymous

## Happenings this week:

**Saturday, November 14th:** Baked potato bar, 5:30-7:30 p.m., Community Events Building, Southwest Washington Fairgrounds, \$7, includes salad, dessert and drink, silent auction, proceeds to go toward fairgrounds improvements, sponsored by Southwest Washington Fair Association, (360) 262-3887 or (360) 520-4960. NOTE: Mr. Blogger and I attended this event last year and it was a great event – good food, good entertainment and a good cause.

**Saturday, November 14th:** A **Veteran's Dinner** will be held this Saturday night, starting at 6, at the *Centralia/Chehalis Elks, located at 1732 S. Gold, in Centralia*. The dinner is free for all Veterans (\$10 for family members). Please RSVP by calling 360-269-4696.



**Weather:** Rain, rain, rain! Yep, that's it. Enjoy the week ahead.