

# Country Village News

November 2023

250 Theodore Drive, Coram, NY 11727

## Happy Birthday



22 Joseph Clifford  
28 Elaine Pacifico  
Joan Farrell

Agnes Ingoglia  
Anne Silvestro



## Happy Anniversary



01 Betty and Victor Jinete  
19 Cheryl and Joseph Clifford (36 years)



For each person, the word family may represent something a little different. Families come in all shapes and sizes, and they consist of many kinds of people who all love, support, and uplift each other. Being a part of a family isn't always easy, but it can be one of the most rewarding parts of life. The commitment we make to each other to work through the hard times, so we can enjoy the good ones. It comes from the love that binds us. That's what makes a family.

As the aroma of the Thanksgiving meal wafts through our homes, it's easy to gather around the table, clasping hands and bowing our heads in gratitude for the bountiful meal. We look

forward to Thanksgiving, I know I do, for all our favorite foods. Many of us sit around the table saying what we are thankful for and what we pray for.

The essence of Thanksgiving prayers transcends the dates of holidays and knows no season; it's a timeless practice that can enrich our lives and the lives of those around us every single day. When we give praise and thanksgiving, we deepen our joy. As you count your blessings, you can recall God's goodness. Let us cultivate a year-round attitude of gratitude and experience the blessings of giving thanks to God on a daily basis.

# FAMILY

Isn't always about the people in you life  
who are blood relations.

It's about the people in your life who  
want you to be in theirs.

It's about the people in your life who accept  
you for who you are, support you in the things  
you choose to do and no matter what are there  
for you. It's the people in your life who love you,  
respect you and who you can depend on

Now That's FAMILY.

*[www.TruthFollower.com](http://www.TruthFollower.com)*





**DECEMBER 9, 2023**

**3:00 PM**

**ALL ARE WELCOME**

**SIGN UP BY NOVEMBER 28<sup>th</sup>**

**BRING YOUR OWN DRINKS**



**PAYMENT OF \$8.00 IS DUE BY  
December 1<sup>st</sup>**



**HERO'S AND SALADS**

**CONTACT PAUL BORZELL TO PROVIDE PAYMENT**

**631-698-7185**

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## **Touchstone Management**

Brian Arellano – President  
Jackie Licurse – Management Representative  
Austin Cleary – Assistant Property Manager

16 Sawgrass Dr, Suite 1, Bellport, NY 11713 (631) 448-7919  
Monday thru Friday 9:00 am – 4:00 pm  
Email: [info@tpm.team](mailto:info@tpm.team)

## **Country Village Website**

<https://country-village.net>  
**Password:** TheoDrive250

Webmaster: Roland Diehl (631)433-2198

## **Country Village Board Members**

President:	Phyllis Benanti	(631) 790-3238
Vice-President:	Greg Williams	(631) 220-8862
Finances	Ellen Forestieri	(631) 226-0714
Secretary	Linda Bily	(631)721-5280
Director	Carl Schroder	(570)955-9999

## **Country Village Newsletter Committee**

Editor:	Doreen McCrystal	(917) 270-0426
Co-Editor:	Sandy Bakofen	(631) 745-6152
	Debbie Buscaglia	(631) 559-9480
	Marie Palagonia	(516) 301-6780
Treasurer:	Francine Leiboff	(631) 846-1070

## **Country Village Entertainment Committee**

Jackie Bromberg	(631) 320-3086
Francine Davino	(631) 696-4750
Sandy Bakofen	(631) 745-6152

# Country Village News

## **MEMO FROM THE EDITOR: Doreen McCrystal**

I wanted to take this opportunity to let you know the reason why the newsletter is late. In September, I had cervical spine surgery on my neck, and my recovery is moving along slowly, which is expected. Due to my neck, I am limited in the time I can sit at the computer. I will try my hardest to get the December newsletter out quicker. I would appreciate your understanding.

I appreciate the advertisers for their understanding, and for the community, please keep on supporting them.

### **Enjoy Our Community**

Times of events are located on the back calendar page of the newsletter.

- Monday – Mexican Train Domino's, and Bunco 2<sup>nd</sup> Monday of each month
- Tuesday -
- Wednesday – Knitting Group, Ladies Game Day, Bingo
- Thursday – Men's Club, Chair Yoga and evening Mahjongg
- Friday - 3<sup>rd</sup> Friday of the month Left Right Center (unless there is an event on Saturday)

### **HEALTH And WELLNESS**

The Health and Wellness section is a little long, it is about **Sepsis**. I personally did really didn't understand fully what Sepsis is and after reading this article I'm surely aware that it's something not to fool around with.

I have a good friend whose husband was going through this serious decease for months he sadly passed away recently. It's important to read the article if you'er are not aware of the symptoms or how it destroys your body.

Thank you, Fran Weber, for the idea.

### **The CVE Board's Corner**

The Board will be providing a monthly summary of items that have taken place and are in the works instead of a quarterly report.

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**\*\*\*BINGO\*\*\***

***The bingo group is looking for someone who is interested in calling the numbers once a month. If you are interested, please reach out to Charlotte Worthington, 631-880-3628.***

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## Country Village News Con't

### Upcoming events:

- Veterans Day Celebration Saturday November 11<sup>th</sup> join the Entertainment Committee at the clubhouse 11:00am
- Tree Decoration & Lighting of Menorah, December 15, 2023, at 7:00pm
- Audiology presentation and free hearing screening December 5<sup>th</sup>, 1:00 pm. Signup sheet in clubhouse.
- Army vs Navy Game December 9<sup>th</sup> 3:00pm. Sign up November 28<sup>th</sup>, the sheet will be in the club house and payment of \$8.00 will be collected on December 1<sup>st</sup>.

### BUNCO

2<sup>nd</sup> Monday (November 13<sup>th</sup>) of the month at 7:00pm, please arrive at 6:45. We need 12 people to have a game, but we always would love more. If you cannot make the game, **PLEASE** call **Linda Bily** (631)721-5280 and Barbara Limberg 631-334-8654

### Get to Know Your Neighbors Section

Our featured neighbors this month is a duo, Marie & Bill Lynch there a dynamic pair. they are quite the dynamic duo.

(If you would like to be featured in the newsletter, send me an email, [cvenews@yahoo.com](mailto:cvenews@yahoo.com), or write it up and drop it off in my bin by my garage door. I know we would love to hear about you, it's so interesting.)

### Donations

The holidays are coming up fast and the families in our area are in need of food. Let's make their Thanksgiving a special one, please donate today. If you can provide canned potatoes, green beans, corn, carottes, sweet potatoes and boxes of stuffing mix it would be fabulous. I'm not sure how we can donate turkeys for these people or even if they take them.

Please leave it up at the club house on the table in the lobby.

### Supporting Our Advertisers

The newsletter would not be possible without our advertisers. When you do patronize our advertisers, please remember to tell them you are from Country Village Estates. They have been loyal to us so let's reciprocate our patronage. If anyone has information regarding someone who is interested in advertising with us, please reach out to me, Doreen McCrystal, [cvenews@yahoo.com](mailto:cvenews@yahoo.com).

# THE CVE BOARD'S CORNER

## FOR NOVEMBER 2023

There will be two board members present in the clubhouse to answer any questions or concerns you may have on  
**November 4th from 9-10am.**

Below are events that have happened and what was discussed at our most recent Board meeting.

- **FRIENDLY REMINDER** to all homeowners, HOA monthly fee is due on the FIRST of the month.
- **INSURANCE ISSUES**...Please check that your homeowner insurance policy states it is an HO3 dwelling NOT a Condo. We are NOT considered to be a Condo.
- **DRIVING ISSUES:** To avoid any accidents please be aware of your speed when driving around Theodore Drive and that you follow the one way signs.
- **PUMP STATION** Regarding the pumps... they will be installed on Monday Nov 7th, delayed again by the painters who need to put a coating on the inside well of the pumps..Benson Contracting will be here on Nov. 3 to test the bypass Machine in anticipation of the installation on Monday, Nov. 7th. Thanks for your patience. The gates will be kept open from 8am to 5pm while this work is ongoing.
- **VALVE REPAIR** – almost completed for this year. Final repair to take place on October 26th.
- **POWERWASHING SIDEWALKS** – began 10/4 completed 10/6. We were very satisfied with the results.
- **FLOWER BOXES DELIVERED** – and Installation began around October 16 by Dave Hallock workers. Ellen has been the board member leading the project. If you have any questions regarding the flower boxes call Ellen Ruth Forestieri 631-226-0714
- **MEMORIAL PLAQUES** – court captains will be distributing forms if any homeowner wishes to memorialize a bench. The plaques will have black plate with gold lettering and straight lines around the text. We currently have five plaques ordered and paid for. We are hoping to have all the forms in by November 15th.
- **SIGNAGE**, homeowners have variety of types of numbers, location of numbers, or no numbers at all. Board to discuss uniformity if necessary and if CVE should incur the cost of purchase and installation. We are looking into replacing the signage for entrance/exit to CVE and in front of each building. Further discussion will be held when photos, descriptions, and pricing are available. Also looking into better signage to help prevent cars from going the wrong way.

# THE CVE BOARD'S CORNER FOR NOVEMBER 2023 cont.

- **MAILBOXES** - homeowners have been getting wet mail from rain seepage into the mailboxes. We are checking into the cost of mailboxes as the post office no longer replaces mailboxes.
- **LANDSCAPING and SNOW REMOVAL**– MSG wanted to raise price significantly so after conferring and hearing what homeowners had to say about the landscapers this year, the board has decided NOT to renew their contract. We have signed a contract with Brookhaven Irrigation Company for snow removal and Perfect Lawn Care, for Landscaping. We were able to save a significant amount of money with these new contracts. We received high recommendations regarding their services from other communities.
- **ALTERNATIVE EARTH CARE** will have their contract renewed for fertilization, as well as all other type of care to the trees, and shrubs.
- **NEW HOMES** – Dymond Industries is waiting for approval on last resubmission of site plan. Once approved by Suffolk County, they should be able to break ground to start building fourteen new homes, on the 3.9 acres of land we have.
- **FIRE EXTINGUISHER TRAINING** – was held on October 3. Well attended and very informative.
- **COURTYARD CAPTAINS MEETING** – Court captains met on Oct. 10th. and we're assigned to distribute new Homeowner Information Sheet to all in their courtyards. we have so far had an excellent response, so that homeowners files can be up to date with emergency contacts.
- **BROOKHAVEN TOWN COUNCIL MEETING** – was held on October 18 to discuss public storage building extension on Middle Country Road. We had negotiations with administrators of public storage ongoing for over a year and they agreed to purchase privacy trees for the back of buildings facing public storage. The privacy trees are evergreen, giant arborvitae, which are deer resistant and grow to at least 60' height. Planting of these will occur on November 3rd.
- **CEMENT WORK FOR POOL, SIDEWALKS, STAIRCASES HANDICAP CURB ACCESS**  
ON October 17th work was started on repairs to sidewalks, staircases and creating handicap curbs for easier access to Theodore Drive. The pool cement would be totally replaced as it had a blue violation from Suffolk County Dept of Health. The wood expanders were considered a trip hazard. The coping around the pool had many cracks and was coming apart. All should be completed by the end of the month. The pool stairs will also have a striped line put on the stairs for safety issues, on Nov. 1st.
- **Up and coming events**
- **Nov 7** There will be a discussion on Legal forms at 1 pm - refreshments provided by Burner Law Group.
- **Dec 5** Audiology Screening 1 pm



## **Around the Neighborhood**

I'm sure everyone has seen the beautiful flowers at Unit 141, Cathy & Ed Tomaioli. There are the largest inpatients I've ever seen, beautiful. They have an outstanding green thumb.





## **Men's Club Fishing Trip**

The gentlemen of the Men's Club took a fishing trip this past summer. They said they caught fish, but nothing special to talk about. Tony Christian shows us his catch, look at that smile, that's what it's all about. They had a great day on the water and enjoying themselves. With some beer in hand, it turned out beautiful.

In the picture, left to right: Karl Weber, Victor Jinette, John Gurnick, Joe Cundari, & Tony Christian.



## BOCCE

### Bocce End of season playoff's September:

1<sup>st</sup> place, 1<sup>st</sup> row Bob Ciolino, Sally Hogeman & Carl Schroder

2<sup>nd</sup> place bottom row last two, Rosalie and Joe Marmo.

Everyone had a wonderful time this season, new faces, new teams and so many laughs.







## GEORGE KURTH

1941 - 2023

George was a very nice, interesting, and funny man. He was bocce partners with Lillo DiMaria, they were opposites, Lillo very serious and George well not so much. I enjoyed playing next to George, he was easily distracted, great conversationalist, which was always in our team's favor.



We all will miss you dearly George.





# HALLOWEEN PARTY

Well, the entertainment committee did it again, the Halloween Party was a success. The decorations were fabulous, thank you to all of you who helped. Everyone seemed to have a fabulous time. So many great costumes and a great music from our DJ.











# GET TO KNOW YOUR NEIGHBORS

GO RAIBH CEAD MILE MAITH AGAT  
Gaelic for 'A Thousand Thanks to You'.

Our Country Village neighbor, Marie Lynch, traveled alone at 15 years old from Co Tyrone, Ireland, to New York in America. She continues to express her gratitude to her adopted land for welcoming her all those years ago. What a heroic young girl she was in 1960 to make this voyage on her own, not wholly knowing her fate. Marie trusted that her future would have opportunities and adventures.

Marie dreamed of coming to America as a young girl for years. She enjoyed watching American TV, and in school, when the teacher would pull down that big world map, Marie was fixated on America. Marie repeatedly asked permission from her father to come to America. Her persistence won out when her father approved, thinking his girl would go and visit and return home shortly. But Marie stayed and made America her new home.

Marie's first memory of America was when she was flying over New York on an evening flight and looked out the plane window and saw the city of lights. Lights as she had never seen before living the country life on the farm.

Once she arrived in New York, Marie lived with her Aunt Nora, who owned a hair salon. Marie attended school at night to earn her diploma, went to hairdressing school, and worked in her aunt's salon during the day.

Marie often thinks of her Irish Catholic heritage and feels blessed to be able to return to Ireland for yearly family visits.

Marie was born Marie McCracken in Northern Ireland in a small town called Co Tyrone on January 28, 1945. She was the oldest of nine children; her family comprised four girls and five boys. Marie fondly remembers the working farm in Cooks Town, where they grew up. She recalls that life on the farm was hard work and filled with lots of family love. Her farm chores were milking the cows and feeding the hens, all done before walking to school at St. Michael's. Marie particularly remembers two frequent, significant happenings in her home. A weekly prayer of the rosary in dedication to the Blessed Mother; the whole family did this on Friday nights. Marie laughs, thinking back if you were in the McCracken home on a Friday night, you also were on your knees.

Secondly was the family's love of Irish dancing. There was much dancing in the home, and that talent and skill continue today as Marie's daughter, Debbie, owns an Irish dancing school in Centereach called Mulvihill Lynch. Marie's granddaughters dance and one of them is a 5x world champion. The school has often performed here in Country Village for our St. Patrick celebrations. We have always enjoyed the dancing and welcome them back each year.

Marie met William Charles Lynch in 1970. Bill was born in St. Clair Hospital in NYC on May 30, 1942, on Memorial Day. Bill has two brothers and one sister. Bill grew up in Inwood, New York (upper Manhattan), and lived there until he married Marie.

Growing up, Bill was passionate about sports, especially softball and ice hockey. Bill had a good friend, Tom, whose father worked as a ticket master in Madison Square Garden, who provided complimentary tickets to the boys for all the sports games. Bill never missed a game. Bill always watched his favorite team, the New York Rangers.



# GET TO KNOW YOUR NEIGHBORS Cont.

Bill met Marie at the NYC Battery Pub. While Marie and Bill were talking, Marie realized she knew of Bill; she was his mom's hairdresser. Safe Enough! So, when Bill asked Marie for breakfast that morning, she said yes, and so did her girlfriends. That's not quite what Bill had in mind. After that breakfast, Bill asked Marie out for the following Saturday night. Great! No, not so much. Bill canceled his first date with Marie. Why? Because he got free tickets to a Ranger game, after that game, Bill happened to run into Marie at an Irish dinner. I'm not sure how he did it, but Bill managed to win Marie, and they married on February 5, 1971.

Remember Bill's love of sports—a true Ranger fan. In 1973, a critical Ranger game was not in New York and not being televised on our New York television stations. Bill took Marie, eight months pregnant, from Inwood, NY, to Connecticut to watch the game in a pub during the gas shortage. Bill still never missed a game.

In 1974, Bill and Marie moved to Centereach, where they raised three daughters. Marie continued her career as a hairdresser and eventually opened her own business servicing salon needs in nursing homes. Marie did this for twenty years until she retired in 2011.

Bill had a long career in law enforcement. Bill entered the academy in 1968. Bill was an undercover detective in (CCAU) Career Criminal Apprehension Unit in NYC, 30th precinct. Bill loves telling the story of a very memorable arrest. Bill was working undercover as a NYC bum. He arrived at work unshaven, wearing a blonde wig, dirty sweatpants, red sneakers on the wrong feet, and a long trench coat. He was a city bum leaning against a parked car, begging for change. Bill was on a stakeout.

Along comes a young, dressed soldier in uniform. Bill had to watch without interfering as someone pushed this young soldier into a store opening and was robbed. Bill felt helpless but couldn't blow his cover. After the perpetrator left without harming the young soldier, Bill approached the shaken soldier and showed him his badge, divulging that he was undercover. Bill then helped the soldier regain his composure and called in the robbery. The robber was arrested and sent to jail. Bill recalls when respect for authority made it easier for an officer to uphold peace and justice. Bill has many memories of the camaraderie of his fellow officers and the pride in keeping his neighbor safe. Bill retired in 1988.

Bill and Marie moved to Country Village in November 2021 and love living in our community. They share many hobbies and interests, but their favorite is spending time with family.

After 51 years of marriage, I asked Marie what she likes/loves about Bill. She said Bill was such a good father, a good provider, and that he spoiled her, but most of all, he let her do all the talking. I asked Bill what he likes/loves about Marie; he thought for a moment and said simply, Everything.



# HEALTH & WELLNESS

## SEPSIS

**(I didn't know much about this subject until recently, worth the extra pages)**

Sepsis occurs when your immune system has a dangerous reaction to an infection. It causes extensive inflammation throughout your body that can lead to tissue damage, organ failure and even death. Many kinds of infections can trigger sepsis, which is a medical emergency. The quicker you receive treatment, the better your outcome will be.

Sepsis is a life-threatening medical emergency caused by your body's overwhelming response to an infection. Without urgent treatment, it can lead to tissue damage, organ failure and death.

Sepsis is your body's extreme reaction to an infection. When you have an infection, your immune system works to try to fight it. But sometimes your immune system stops fighting the infection and starts damaging your normal tissues and organs, leading to widespread inflammation throughout your body.

### **What are the three stages of sepsis?**

At the same time, an abnormal chain reaction in your clotting system can cause blood clots to form in your blood vessels. This reduces blood flow to the different organs of your body and can cause significant damage or even failure.

Healthcare providers used to organize sepsis into three stages: sepsis, severe sepsis and septic shock. Now, they identify the condition on a more fluid scale. This scale ranges from infection and bacteremia (bacteria in your bloodstream) to sepsis and septic shock, which can lead to dysfunction of multiple organs and even death.

### **Who does sepsis affect?**

Sepsis can affect anyone, but people with any kind of infection, especially bacteremia, are at a particularly high risk.

Other people who are at a high risk include:

- People older than 65 years old, newborns and infants, and pregnant people.
- People with medical conditions such as diabetes, obesity, cancer and kidney disease.
- People with weakened immune systems.
- People who are in the hospital for other medical reasons.
- People with severe injuries, such as large burns or wounds.
- People with catheters, IVs or breathing tubes.

More than 1.7 million people in the United States receive a diagnosis of sepsis each year. There are differences in sepsis rates among different demographic groups. Sepsis is more common among older adults, with incidence increasing with each year after the age of 65 years old.

Sepsis can affect many different areas of your body, so there are many possible symptoms.

# HEALTH & WELLNESS Cont.

If an infection such as blood poisoning (septicemia) triggered your condition, you may develop a sepsis rash on your skin. The rash makes your skin appear red and discolored. You may see small, dark-red spots on your skin.

Other common sepsis symptoms include:

- Urinary issues, such as reduced urination or an urge to urinate.
- Low energy/weakness.
- Fast heart rate.
- Low blood pressure.
- Fever or hypothermia (very low body temperature).
- Shaking or chills.
- Warm or clammy/sweaty skin.
- Confusion or agitation.
- Hyperventilation (rapid breathing) or shortness of breath.
- Extreme pain or discomfort.

Bacterial infections are one of the most common causes of sepsis. Fungal, parasitic and viral infections are also potential sepsis causes. You can get sepsis when an infection triggers a chain reaction throughout your body causing organ dysfunction.

The infection leading to sepsis can start in many different parts of the body. Common sites and types of infections that can lead to sepsis include:

- Infections involving your lungs, such as pneumonia.
- Urinary tract infections are especially likely if you have a catheter.
- Infection of your appendix (appendicitis).
- Bowel problems.
- Infection in your abdominal cavity (peritonitis).
- Gallbladder or liver infections.
- Infections of your brain or spinal cord.
- Bacteria can enter your skin through wounds, inflammation or openings made with catheters and IVs.
- Conditions such as cellulitis (inflammation of your skin's connective tissue).

Sepsis itself isn't contagious — you can't spread it to other people. But you can spread the infections that can cause sepsis.

## **How is sepsis diagnosed?**

It's very important to quickly identify people with infections that may go on to develop sepsis. There are no strict criteria to diagnose sepsis. That's why providers use a combination of findings — from a physical exam, lab tests, X-rays and other tests — to identify the infection (blood cultures) and diagnose sepsis.

Providers may sometimes suspect sepsis at bedside using the set of sepsis criteria — a tool called quick sequential organ failure assessment (qSOFA). You may have sepsis if you have confirmed or probable infection and at least two of the following criteria:

# HEALTH & WELLNESS Cont.

- Low blood pressure: Systolic blood pressure (the top number) reading of less than 100 mmHg (millimeters of mercury).
- High respiratory rate: Respiratory rate faster than 22 breaths per minute.
- Glasgow coma scale: A score of 15 or less on the Glasgow coma scale, which determines your level of consciousness.

Providers will request a number of additional tests to identify your infection and any organ damage or dysfunction.

These tests may include:

- Blood tests: Complete blood count (CBC), blood cultures, tests to check for abnormal liver and kidney function, clotting problems and electrolyte abnormalities.
- Blood oxygen level: A test to evaluate the level of oxygen in your blood.
- Urine tests: Urinalysis and urine culture.
- Imaging tests: X-rays or CT scans.

Sepsis treatment needs to begin immediately. The most important concern in sepsis protocol is a quick diagnosis and prompt treatment.

If your provider diagnoses you with sepsis, they'll usually place you in the intensive care unit (ICU) of the hospital for special treatment. You may receive the following treatment for sepsis:

- Antibiotics: You'll receive antibiotics if you have a bacterial infection.
- IV (intravenous) fluids: You'll need fluids to maintain blood flow to your organs and prevent your blood pressure from dropping too low.
- Vasopressor medications: Vasopressors tighten blood vessels. In some cases, you may need them to reach an adequate blood pressure.
- Appropriate supportive care: If organ failures occur, you'll need other sepsis treatments such as dialysis for kidney failure or mechanical ventilation for respiratory failure.
- Surgery: You may need surgery to remove damaged tissue.

Steps you can take to prevent sepsis include:

- Practicing good hygiene, including handwashing.
- Keeping cuts and other wounds clean, and keeping them covered until healed.
- Keeping up to date on recommended vaccines.
- Getting routine medical care for chronic conditions.
- Getting medical attention immediately if you suspect an infection.

With quick diagnosis and treatment, many people with mild sepsis survive. Without treatment, most people with more serious stages of sepsis will die. Even with treatment, 30% to 40% of people with septic shock, the most severe stage of sepsis, will die.

Septic shock can cause death in as little as 12 hours.

Many people die in the months and years after surviving sepsis. But researchers don't know if the increased risk of death is due to previously having sepsis or having an underlying health condition. Because of this and other factors, research studies show varying rates of life expectancy after sepsis. These rates range widely but typically show that more than half of all sepsis survivors will die within five years.



# HEALTH & WELLNESS Cont.

With prompt treatment, many people with sepsis recover completely and return to leading normal lives. But others may experience long-term effects. You may develop complications such as:

- Insomnia.
- Nightmares or hallucinations.
- Panic attacks.
- Joint and muscle pain.
- Decreased cognitive functioning (learning, remembering, concentrating and making decisions).
- Organ failure.

You're also at a higher risk of developing sepsis again. So, make sure to have any new infections treated immediately.

If you survive sepsis, you'll more than likely need rehabilitation before returning home. Your body has been through a lot. Healthcare providers will help you restore your health, and you'll slowly learn how to take care of yourself again. Even just sitting up and standing at first may be difficult, depending on your condition. You'll work with a provider to get your body up and moving and practice getting yourself to the bathroom and bathing yourself. Once you've regained your strength and restored your mobility, you'll be able to go home.

You'll need to give your body, mind and soul time to recover. When you get home, you may experience some unpleasant symptoms.

Physical effects may include:

- Fatigue and weakness.
- Shortness of breath.
- Body aches and pains.
- Trouble moving around and sleeping.
- Lack of appetite and/or weight loss.
- Dry, itchy skin.
- Brittle nails.
- Hair loss.

Mental and emotional effects may include:

- Wanting to be alone.
- Flashbacks.
- Poor concentration.
- Anxiety and/or depression.
- Frustration and anger.
- Confusion.

Your healthcare provider will help you develop a plan to continue in your recovery. At first, you'll work on small, achievable goals such as bathing and dressing. You'll work to rebuild your physical strength, but it'll also be important to take care of your mental health. Talk to your family, friends and healthcare providers about how you're feeling. It'll take some time, but eventually, you should start to feel like yourself again.