



Cloverfields Chronicle

Cloverfields Community Yard Sale

We are looking for community members interested in participating in a community yard sale at the field by the horseshoe pits/pool on Saturday October 8th (rain date will be October 15th) from 7:00 am - 12:00 pm. A 16 foot area will be available for each participant to display their items. However, you will need to bring your own tables, chairs, etc.

There will be a small fee of \$5.00 per family to cover advertising cost in the Bay Times and the Star Democrat and for posting signs around the area. We will also place ads in the free newspapers.

This will be a great way to do your fall cleaning and to sell those unwanted items. It is also a great way to meet new people in the community and local area. Our yard sale in June was very successful and we had plenty of people come through and purchase terrific items.

To participate in the yard sale and reserve your spaces please call Terry Finney on 410-643-6322. If no one answers, please leave a message. If you have questions or comments, I will call you back as soon as possible.

The day of the event please show up around 6:30 am to start setting set your area. I will collect the money the day of the event.

MARK YOUR CALENDARS

1. October 8th - Community Yard Sale
2. October 23rd - Hollween Parade

Call Terry Finney if you are interested in reserving a spot. Same as last time \$5 per slot. Held in field by the pool.

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CLUB HOUSE UPDATE

At the General Membership meeting held on Sunday, September 18, 2011, it was voted on and passed to remove and replace the Cloverfields Clubhouse.

In the next few weeks we will be working on the following items:

- getting the floor plans finalized for new the clubhouse
- getting the permit to demolish the old clubhouse
- applying for the permits
- applying for the loan

FYI: No construction on the OLD clubhouse will be started until ALL the permits and the loan are acquired.

The purposed 2012 budget was voted in, along with the 2012 Board members.

Pets on Beach/Marina Area Rule/Regulations

Pets allowed in designated area from 7:00 pm - 7:00 am. Pets must be on a leash. Clean-up is mandatory. Failure to comply with this rule will result in the loss of members privileges.

The Halloween Parade

Lots of fun and prizes \$ 3.00 per child

October 23rd @ 2:00 pm

Guess the weight of the great pumpkin?

Guess how many jelly beans?

Musical Cake walk? (please bring baked goods for this)

Costumes judging contest. So let's see your best one!

Age groups are as followed:

0-2

3-5

6-9

10 and up... all welcome...♥

The Prettiest

The Ugliest

The Most Original

The Scariest

Best in Show (best costume here)

Questions Call Courtney @ 410-643-7739/Meredith @ 410-643-5852.

REDUCED TO ... \$431,000

Was offered at \$885,000

"Bring all offers"

Monthly payment \$2,850

100% FINANCING ... Low Interest ... 20 Yrs ... Fixed

3,100 sq ft +/- Mfg./Warehouse/Office

Chesapeake Bay Business Park

411 Log Canoe Circle, Kent Island, Stevensville, MD 21666



Kaplanges Building



Full Kitchen

Mfg./Whse



Office

Office

Directions: Cross Bay Bridge (Rt 50 east) to 1st exit Rt 8 North, turn left, Continue 1/2 mile to Schooner Pkwy turn left to stop sign Log Canoe Circle turn right go 150 yds to bldg. on right.

CALL Jimmy Kaplanges anytime, to see MODEL...

Cell: 410-490-0006

www.GP66.com/building

email: JK@GP66.com

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**CPOA
PURPOSED BUDGET for 2012
INCOME & EXPENSES**

MEMBER ASSESSMENT	\$ 150,400
LATE CHARGES	\$ 4,600
PRIOR YEAR FEES	\$ 1,000
VEHICLE STICKERS	\$ 500
ADVERTISING	\$ 2,000
CLUBHOUSE RENTAL	\$ -
INTEREST	\$ 1,500
POOL INCOME	\$ 5,600
TOTAL INCOME	\$165,600.00

**BUDGET WAS APPROVED AT THE GENERAL
MEMBERSHIP MEETING
HELD ON SUNDAY, SEPTEMBER 18, 2011.**

EXPENSES		POOL MAINTENANCE CONTRACT	\$ 5,500
ELECTRIC	\$ 4,000	POOL MANAGER	\$ 5,200
INSURANCE	\$ 6,500	ELECTRIC	\$ 4,500
ACCOUNTING	\$ 2,800	TRAINING	\$ 300
LEGAL	\$ 5,200	ATTENDANT WAGES	\$ 8,000
SECURITY	\$ 6,000	BATHHOUSE MAINTENANCE/REPAIRS	\$ 1,150
POSTAGE	\$ 5,600	POOL EQUIPMENT	\$ 700
PRINTING & SUPPLIES	\$ 7,000	LIFEGUARD WAGES	\$ 21,000
TELEPHONE	\$ 1,850	PAYROLL TAXES	\$ 7,500
WATER & SEWAGE	\$ 4,500	POOL MAINTENANCE	\$ 2,500
WASTE DISPOSAL	\$ 4,000	POOL OPERATIONS	\$ 56,350
OFFICE EQUIPMENT	\$ 1,200	CLUBHOUSE RENOVATIONS	\$ 5,250
OTHER	\$ 1,000	CAPITAL IMPROVEMENTS	\$ 6,000
GENERAL & ADMINISTRATIVE	\$ 49,650	MOSQUITO CONTROL	\$ 2,700
CLUBHOUSE MAINTENANCE	\$ 5,250		\$ 13,950
BEACH MAINTENANCE	\$ 3,500		
BEACH LIFEGUARD WAGES	\$ 5,500	<i>TOTAL EXPENSES</i>	\$ 165,600
COMMUNITY ACTIVITIES	\$ 2,000		
YOUTH ACTIVITIES	\$ 1,000	<i>SURPLUS (DEFICIT)</i>	\$ -
CRIME PREVENTION (cell) & Beach Guards	\$ 4,500		
GROUNDS MAINTENANCE	\$ 6,300		
PLAYGROUND	\$ 2,000		
	\$ 30,050		
Pool/Clubhouse- INTEREST	\$ 3,600		
Pool/Clubhouse- PRINCIPLE	\$ 12,000		
<i>Total Pool/Clubhouse MORTGAGE</i>	\$ 15,600		
		MARINA FUND	
		RAMP & SLIP FEES	\$ 22,000
		INTEREST	\$ 150
		<i>TOTAL INCOME</i>	\$ 22,150
		MAINTENANCE	\$ 5,000
		ELECTRIC	\$ 1,500
		JETTY	\$ 12,000
		<i>MARINA EXPENSE</i>	\$ 18,500
		<i>Spook Shook</i>	\$ 6,000

If you would like to receive the CPOA Bi-Monthly
Newsletter by e-mail please forward your address to:

TFinney@atlanticbb.net

The emails addresses will only be used for CPOA notices.
Hard copies of the newsletter will also be mailed to you.



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Thank you so much for a "Great" time at our Community Crab Feast

"The Door Prizes were out of this World"

It's the Pitt's - \$25.00

L and L Liquors- wine, beer, hard liquor, great door prizes (6-8 items) over \$100.00 value

Country Peddler - necklace and bracelet gift bag value at \$30.00

Chick-Fil-a - 20 freebies, waffle fries, yogurt, soft drinks, ice cream, etc.

Big Bats - \$25.00 gift card

Pa Pa John's - four (4) One topping pizzas

Dominions- One(1) Large Pizza any toppings

Harris Crab House - \$35.00 gift card and a roll crab paper

Classic Pizza - Two (2) Large Pizza's

Clover Swim Team - A Bag, four (4) tee-shirts

The Chambliss' Family - monogram Cloverfields Sweatshirt "Cloverfields Crab Feast 2011"

Love Point Deli

Bev's Grooming

GP 66 - The Kaplanges Family

AMJ - Three (3) Oil Changes

Lowes Nursery - Mums

Farmer John's donated all the Corn..Thank you! Yummy.♥

Also the crab were out of this world, A big Thanks to **"Chris and Kris Crabs"** @ 410-570-6745

And Our DJ...great music!

THANK YOU TO OUR LIFEGUARDS, GATE GUARDS, SNACK SHACK, MEN'S CLUB, WOMEN'S CLUB, SWIM TEAM, CPOA BOARD OF DIRECTORS, and their Families, and all our Volunteers, Set up, clean up, servers, steamers.. helpers "Thank You".

CPOA CONTACT NUMBERS

Bob Morrelli	President	410-643-7488	General Issues
Jim DiPietro	1st Vice President	410-643-9969	Grounds and Building Permits
Courtney Chambliss	2nd Vice President	410-643-7739	Pool, IDs, Women's Association, Children's Events, Swim Team, & Boat Stickers
Open Position	Corresponding Secretary		Playground & Volunteers
Meg Walsh	Treasurer	410-829-0331	CPOA Finances, Title Transfer & Website
Lisa Cunningham	Financial Recorder	lisac@atlanticbb.net	Billing Issue & Car Permits
Russ Shallue	Member-At-Large I	410-490-9130	Crime Watch
Beth Yonts	Member-At-Large II		
Jay Herbert	Member-At-Large III	443-786-6436	Beach Issues
Kevin Finney	Member-At-Large IV	410-643-6322	Marina Cameras & Electrical Work, Boat Stickers & Rentals, & Slip Waiting List
Terry Finney	Newsletter Editor & Marina	410-643-6322	CPOA Newsletter Production, Marina Yearly Rentals, Boat Stickers
Kelly Oliver	Newsletter Advertising	410-643-7734	CPOA Advertisements & Boat Stickers

Send Newsletter Items To: TFinney@atlanticbb.net

**CLOVERFIELDS PROPERTY OWNERS ASSOCIATION
BOARD OF DIRECTORS MEETING**

June 14, 2011
7:30 pm

MEETING MINUTES

ATTENDEES:

Bob Morelli (President)
Courtney Chambliss (2nd Vice President)
Meg Walsh (Treasurer)
Andy Hanas (Recording Secretary)
Russ Shallue (Member-At-Large I)
Jim DiPietro (Member-At-Large II)
Jay Herbert (Member-At-Large III)
Kevin Finney (Member-At-Large IV)
Robert Lowen (Honeywell)
Amanda Hallock (Honeywell)
1 Community Member

I OPENING REMARKS/REVIEW OF MINUTES/APPROVAL:

OPENING: Bob opened the meeting at 7:35 pm.

REVIEW OF MINUTES: Andy said the Board Meeting Minutes of 5/10/11 were e-mailed to all the Board Members, and he said he received three comments which he revised. "Motion made to approve the 5/10/11 Board Meeting Minutes, as revised." Motion passed 7-0-0.

II OLD BUSINESS:

STONE JETTY & DREDGING: Bob said work on the jetty has started. He said the Contractor dredged the bad hump at the entrance, and will complete the rest of the dredging once the jetty is built. The Board discussed erecting a fence at the beginning of the jetty to keep kids off of it once it is completed.

NEWSLETTER: Bob said the deadline for items for the next Newsletter is 6/25. He said the next Newsletter should be in the mail in mid-July.

CRAB FEAST: Bob gave Andy the beer permit, and said he is waiting on the gambling permit.

4th OF JULY BEACH PARTY: Bob said the Beach Party is scheduled for Saturday, July 2 starting at 2:00 pm. He said non-residents will be charged \$2.00. Andy said he and Lee will pick up the food, and asked for a list of what to purchase.

PETINOT PAPER STREET: Bob said the owner adjacent to the "Paper Street" at the end of Petinot Place keeps calling Bob about the mosquito condition at the swale that runs through it. Bob informed the owner that the County told him they would clean it out and that the Community could not do anything with the swale except to keep it clean. Bob was told that the County is responsible for the slopes and draining of all swales.

MONROE MANOR COMPLAINT: Bob said he will be sending the owners on Monroe Manor a letter asking them if they need help cleaning up their property.

GRASS VIOLATORS: Bob said 4 letters have been sent to high grass violators, and that our contractor had to cut 3 lawns recently.

ICE MACHINE PLUMBING: Bob thanked Jay for re-plumbing the ice machine.

COMMUNITY YARD SALE: Kevin said the Community Yard Sale went very well, with about 20 tables and over 200 patrons. He mentioned possibly holding another one in the fall.

III OFFICER/COMMITTEE REPORTS:

1. 1st Vice President: Bob said Robert has resigned from the Board. The Board thanked Robert for his hard work serving Cloverfields and the Board.
2. 2nd Vice President: POOL: Court said the Pool has collected \$1,502 in guest fees so far. She said guests are being wrist-banded on weekends, and that they may band guests every day after school lets out. SWIM TEAM: Court said Swim Meets will be starting soon.
3. Treasurer: Meg said she has been paying the bills.
4. Financial Recorder: Lisa not present, no report. Bob said 93% of the Annual Dues have been paid to date.
5. Corresponding Secretary: Vacant.
6. Member-At-Large I: Russ said there were about 30 vehicles at the Beach last Friday, and most did not have CPOA stickers. He also mentioned that the Jetty Contractor removed a log and several large stones from the channel.
7. Member-At-Large II: CRC: Jim said all the CRC requests have been handled.
8. Member-At-Large III: BEACH: Jay thanked Chris and Matt for helping him move the Nettle Net cable for the Jetty Contractor.

1. Member-At-Large IV: MARINA: Kevin said he would like to work on getting the cameras tested in a couple of weeks. He said he will need the bucket truck, and thanked Bo Green and Dave Jones for all their assistance. BEACH: Kevin mentioned that there are many vehicles at the Beach parking lot without CPOA stickers, and will contact Parks if they are still willing to tow for us. He said trash has been under control at the Beach, but that the Fire pit is being a trash dumping ground once again.
2. CLUBHOUSE: Andy said he has been reviewing floor plan sketches for a new Clubhouse, and Bob asked for a separate meeting on this topic later in the week.

IV NEW BUSINESS:

QUICK HOME ENERGY CHECK: Amanda Hallock and Robert Lowen of Honeywell discussed Delmarva Power's energy saving programs for residential customers. They spoke about the Quick Home Energy Check-up, Home Performance with Energy Star, HVAC Efficiency, and Lighting and Appliance Programs. Ms. Hallock asked the Board if they could set up a display to offer information of these programs to CPOA residents. The Board informed them of upcoming community events such a Swim Meets and the Beach Party where they can attend.

CPOA WEBSITE: Bob said he is exploring a name for the CPOA website.

CHICKEN COOP: Bob said he received a complaint about an owner on Dixon who put up a chicken coop.

POOL HOURS: The Board discussed limiting Pool hours next year on days when school is still in session. Bob mentioned that Pool employee salaries are eating up the Pool Budget, and asked about the expenses involved in employee training.

BEACH GATE: The Board discussed investigating a swipe card system for the Beach/Ramp Gate.

BIG BEACH GATHERING: Bob said he was informed of a potential large gathering of high schoolers at our Beach on the evening of the last day of school. Bob said he asked for extra securing on that evening from 8 to 12 pm.

V ADJOURNMENT:

Meeting adjourned at 9:20 pm.

**CLOVERFIELDS PROPERTY OWNERS ASSOCIATION
BOARD OF DIRECTORS MEETING**

July 12, 2011

7:30 pm

MEETING MINUTES

ATTENDEES:

Bob Morelli (President)
Courtney Chambliss (2nd Vice President)
Meg Walsh (Treasurer) arrived at 8:05 pm
Andy Hanas (Recording Secretary)
Russ Shallue (Member-At-Large I)
Jim DiPietro (Member-At-Large II)
Jay Herbert (Member-At-Large III)
Cpl. Sean Hampton
2 Community Members

I OPENING REMARKS/REVIEW OF MINUTES/APPROVAL:

OPENING: Bob opened the meeting at 7:40 pm.

REVIEW OF MINUTES: Andy said the Board Meeting Minutes of 5/10/11 were e-mailed to all the Board Members, and he said he received one comment which he revised. "Motion made to approve the 5/10/11 Board Meeting Minutes, as revised." Motion passed 5-0-0.

II OLD BUSINESS:

CRIME WATCH: Cpl. Hampton informed the Board that the Sheriff's Office received 22 calls for service which generated Reports in Cloverfields between 6/12 and 7/12. He mentioned several thefts and burglaries, disturbing the peace calls, and fights at the basketball court. He mentioned that we can implement 'no trespassing' orders to unruly non-residents, which the Sheriff's Office will follow up on.

STONE JETTY & DREDGING: Bob said the jetty construction and dredging has been completed and looks great. He said an additional 600 tons of clean sand was deposited on the Beach. He said the contractor also filled the large hole at the end of the ramp with stone, and removed the busted Fire pit.

CRAB FEAST: Bob said Crab feast tickets are available for selling.

BEACH PARTY: Bob said the Beach Party had a large crowd and went very well. He said there was a lot of food, and the DJ's were great. The Board thanked the following volunteers who helped with the party: Lee, Andy, Jay, Tommy, Kim Murphy, Lloyd Miller, Courtney, Bruce, Bob, and Melissa, Baylee and JD DiPietro (for making the signs). Special thanks to the Gate

guards for handling the huge crowd so well! Bob said \$322 was collected from guests.

EMPLOYEE WAGES: Bob passed around an accounting of the employee wages to date, and said the budget looks good so far.

CAMERAS: Bob said he wants the cameras to be functional. He mentioned that if volunteers can't handle hooking them up, then we should hire a contractor to do it.

III OFFICER/COMMITTEE REPORTS:

1. 1st Vice President: Vacant.
2. 2nd Vice President: POOL: Court said that \$2,834 in guest fees has been collected at the Pool to date. SWIM TEAM: Court said there are 2 more Swim Meets.
3. Treasurer: Meg handed out Financial Statements ending June 30 and said the numbers look good.
4. Financial Recorder: Lisa not present, no report.
5. Corresponding Secretary: Vacant.
6. Member-At-Large I: CRIME WATCH: Russ present, no report.
7. Member-At-Large II: CRC: Jim said CRC requests are up to date.
8. Member-At-Large III: BEACH: Jay said that another piling is needed along the new jetty for the Nettle Net. He said there are no nettles in the River at this time. He said he got a lot of compliments about the Beach Party, and was asked if we could have more than one Beach Party next summer.
9. Member-At-Large IV: Kevin not present, no report.
10. CLUBHOUSE: Andy said more termites are in the Clubhouse, and that he called Home Paramount to kill them. Andy said this will be the fifth time in the last 2 years that they are coming to kill termites. Home Paramount conducted a full treatment 2 years ago which cost a lot of money. Bob said we will need the floor plans soon in order to review before the General Meeting. Andy said Kevin was working on them.

IV NEW BUSINESS:

DAVOL ROAD COMPLAINT: An owner complained about a rental house on Davol Road. The owner said that the house is full of unruly people, and the police have been to their house on many occasions. Bob said the owners live in Florida, and said he will write them a letter informing them of the problems at the house.

BASKETBALL COURT: Bob spoke about the problems at the basketball court with unruly people, trash and fights. He said he warned the users several times to clean up trash and they did not cooperate. He also said there were 3 fights at the court, so he removed the hoops.

FIRE PIT: The Board discussed replacing the Fire pit that was removed. He said one owner suggested a concrete well ring. He asked the Board to think about it.

NEW VOLUNTEER: Mr. Ken Meinhardt, a new owner who recently moved to Cloverfields, attended the Meeting and said he would like to volunteer for the Community.

V ADJOURNMENT:

Meeting adjourned at 9:12 pm.

Advertise in the Cloverfields Chronicle

BUSINESS CARD \$25

1/4 PAGE \$40

1/2 PAGE \$60

FULL PAGE \$90 (SIZE: 7 1/2 x 10)

The Cloverfields Chronicle is published on or about the 1st of the month per the discretion of the Board of Directors. Artwork is due the 15th of the month prior to publication

Send electronic files to cloverfieldsnewsletter@yahoo.com (this is the preferred method).

Hard copy artwork can be delivered to 915 May Lane, Stevensville, MD 21666

Disc Repair Without Surgery

Tomorrow's Technology Today

Arnold, MD - The number one reason people seek medical care is for back pain. Do you know anyone or do you yourself have occasional or occasional back pain? The seven most dangerous words relating to back pain is "It will go away on its own!"

More than 90% of Americans will suffer back pain at some point. We all know or know of someone with back or neck problems. Back pain is the #1 reason people miss work, costing 90 million dollars a year in lost revenue.

Epidemic!!! — Back problems are of epidemic proportions in America. Back Pain is the most common affliction in existence. WHY!!

ANSWER: 1) we age. 2) we live under gravity. The vast majority of back issues are related to one or both of these two problems. So if you can live on the moon and stop time you may be able to prevent back problems. If you can't, you're likely to suffer from back problems at some point.

What Can Be Done? — Research has proven that over time the discs (shock absorbers of your spine), wear thin. They wear thin from use and from the compression of gravity. Therefore most everyone living and moving will have their discs wear thin. Over time the thin disc will hit the nerves causing pain and/or the disc will herniate and cause pain. These disc problems are the result of most of the millions of back / neck pain problems in America and millions spent on treatment.

How Is Disc Pain Treated? — Research shows the standard medical treatments your doctor likely uses for disc or joint problems simply DO NOT WORK!

Options: — surgery: only 20-30% of all surgeries are effective for the low back or neck. drugs (pills or injected): Are effective in making pain feel better but prolong the damage to allow it to get worse later. So if surgery does not work and drugs only prolong the problem, it's no wonder there is an epidemic of back / neck pain in America.

A SOLUTION EXISTS! — Research has finally found a solution. Like all new treatments, it has been slow to hit the market. However the latest technology has now made it possible to replace spinal discs in the neck and low back without surgery, drugs, lost time from work and at a fraction of the cost.

Sound too good to be true? — The Maryland Disc Institute has been operating this non-surgical technology on the Eastern shore for over 2 years. Well, Arnold now welcomes the Maryland Disc Institute to Ritchie Hwy. Dr. Kathryn Hodges, D.C., opened the Maryland Disc Institute in the Chesapeake Medical Center in May. She is pioneering the new technology for this area. This treatment not only helped Dr. Hodges with her own back pain but is solving the problem of back pain for people all over the country. Dr. Hodges thought she was going to have to shut down her own practice due to her low back pain late in 2006. Then she became a patient of this new, non-surgical disc replacement, which has restored her own freedom of movement, reduced her pain and allowed her to offer this treatment to others.

Maryland Disc Institute uses the DRX9000C, a non-invasive, non-surgical machine that decompresses spinal injuries and allows discs to return to their original state and heal in place, naturally. The DRX9000C is FDA approved spinal decompression technology and well researched by the medical community. Numerous peer reviewed research tests have been, and are being performed on the DRI. They all are proving the same thing that Dr. Hodges saw for two years on the Eastern Shore - **MORE THAN 80% OF LOW BACK AND MORE THAN 90% OF NECK DISC PATIENTS ARE RETURNED TO NORMAL.**

"Today's back and neck sufferers have the benefit of the very best minds creating the very best technology." The new technology not only repairs and restores discs to their original function, but does it without pain and down time for the patient. "The DRX9000C creates a negative disc pressure within the pathological discs and allows the herniated material to go back into place.



Decompression is so gentle most of

patients fall asleep while undergoing treatment. A cold laser is used on the cervical patients during treatment to aid in soft tissue healing which lessens the time for rehab. Once the spinal material is back in place, the lumbar vertebrae temporarily wear a brace to stabilize the spine. Near the end of care each patient undergoes specific spinal rehabilitation to stabilize the spine. One of the greatest fears for those who suffer with back pain is that back surgery will go wrong, and the person with a back problem may end up with greater pain and more limited movement than before treatment. But the DRX9000C therapy is successful for more than 80% of treatments, including surgery for stenosis, which is rarely successful.

See more about Maryland Disc Institute and this amazing new FDA approved technology for diseased lumbar and cervical discs at www.MDdiscinstitute.com. Call by May 30, 2009 and receive a free consultation. 410-647-6342.

Testimonials

"If it was me or my family, and I have tried this on my family, I would try it on me first before anything surgical."

— Dr. Michael Kallis D.O., Director of Sports Medicine
Geauga Regional Hospital

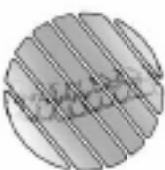
"If you're suffering from back pain, the DRX 9000 is the way to go."

— Derrick Brooks

NFL 2002 defensive player of the year

"Here I am today after 25 or so treatments ... it's as different as night and day since I walked into this office."

— Nick Carbone, Hospital CEO



Maryland Disc Institute
ARNOLD, LLC - DR KATHRYN HODGES, D.C.
TOMORROW'S TECHNOLOGY TODAY
410-647-6342

discinstitute.com

The Seasonal Flu Vaccine

A seasonal vaccine is distributed routinely every year.

- Unlike last flu season, when you needed to get two vaccines, the 2009 H1N1 and the seasonal vaccine, this flu season you only need the seasonal vaccine.
- The 2010-2011 flu vaccine protects against an influenza A H3N2 virus, an influenza B virus and the 2009 H1N1 virus that caused so much illness last season.
- Everyone 6 months of age and older should get vaccinated against the flu.
- Vaccination of high risk persons is especially important to decrease their risk of severe flu illness.
- Vaccination is important for health care workers, and other people who live with or care for high risk people to keep from spreading flu to high risk people.
- Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for them should be vaccinated.

Vaccine: Flu Shot or Nasal Spray?

Age and Conditions	One dose of Seasonal Vaccine	Two doses of Seasonal Vaccine	OK to Get Nasal Spray?
0 – 6 months	No	No	No
6 months – 9 years	One dose of seasonal flu vaccine if the child has had seasonal flu vaccination in the past.	Two doses of seasonal flu vaccine are needed if this is the first time the child is receiving flu vaccination.	No for children younger than two years. Yes, for children older than two years, unless the child has certain conditions. Check below for conditions information.
10 – 49 years	Yes	No	Can receive nasal spray if healthy and no underlying health conditions
50 years and older	Flu Shot Only	No	No
Pregnant women	Flu Shot Only	No	No
Arthritis	Flu Shot Only	No	No
Asthma	Flu Shot Only	Two doses of only Flu Shot if 6 months – 9 years (if first time flu vaccination)	No
HIV/AIDS	Flu Shot Only	Two doses of only Flu Shot if 6 months – 9 years (if first time flu vaccination)	No
5 years and younger, with a history of recurrent wheezing	Flu Shot Only	Two doses of only Flu Shot if 6 months – 5 years (if first time flu vaccination)	No
Children or adolescents receiving aspirin therapy	Flu Shot Only	Two doses of only Flu Shot if 6 months – 9 years (if first time flu vaccination)	No
People who have had Guillain-Barré syndrome (GBS) within 6 weeks of getting a flu vaccine	No	No	No
People who have a severe allergy to chicken eggs or who are allergic to any of the nasal spray vaccine components.	No	No	No

Cloverfields Residents - Save Energy in Your Home with a Delmarva Power Quick Home Energy Check-up

Delmarva Power is helping customers save energy and money with a Quick Home Energy Check-up. During a check-up, a qualified surveyor will inspect your home, recommend energy-saving improvements, and get you started on improving its efficiency by installing products such as compact fluorescent light bulbs and energy-efficient showerheads. The Quick Home Energy Check-up and the energy-saving products and installation are at no additional cost to you if you let us install at least three of these products in your home.

To schedule your Quick Home Energy Check-up or to learn more about this program and other Delmarva Power energy saving programs, call 1-866-353-5799 to speak with an energy advisor or visit us online at www.delmarva.com/SaveEnergy or <http://www.delmarva.com/SaveEnergy>.



Do repair costs have you singin' the **BLUES**?

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Premium
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