



## AUGUST '20 MONTHLY MESSAGE FROM WAYNE

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I am writing this month's newsletter from Put-In-Bay, South Bass Island, Ohio. We like to vacation with our sons since all three have moved out on their own. The annual "guys" trip to Canada was going to include Mom this year. Hopping in the RV for a week or so and heading north to Lake Nipissing Ontario. Fishing, hanging out, cooking out, campfires, etc.... But... The Canadian Border is closed due to Covid19. A month ago, I got word there will be no Canada this year, so I made reservations for Myrtle Beach. Myrtle Beach became a hotbed for the virus, and also, Ohio was made/labeled a High-Risk State, and there were travel warnings put in place. I then canceled Myrtle Beach. Ugh!

A stay at home vacation, it would be. We'll go boating around the area, a couple stayovers at Kelly's Island and Put-In-Bay, campfires, and cookouts at our campsite in Huron. And some at-home time too!

Sitting here in my boat at The Crews Nest on Put-In-Bay is a bit different this year. As I look out over the bay, all but a few mooring balls are empty. The docks that generally have hundreds of boats tied up, and even rafted off 3 or 4 deep, have only a dozen or so vessels in them. Restaurants and bars that usually have standing room only are either closed or empty with only a few folks in there. It is not a Ghost Town by any means. There are shops with shoppers and certain places that appear busy, just nowhere like usual, even for a weekday. From what I hear, the weekends are relatively busy, not "normal" busy, but more alive than the weekdays. The pools at the Crews Nest are happening, though. Except you must wear a mask unless sitting down "actively" eating or drinking. Pretty weird stuff at a pool in 85-degree weather, but it is the world we live in now.

How are you handling all the weirdness? Did you ever think we would be holed up like many of us are? The fear of contracting Covid-19 and dying, or the fear of having the virus and giving it to a friend, a loved one, a client, etc.??

Laura's grandmother passed this month (not COVID related; she was 95 and fell a few weeks prior, in the facility). Since early this year, she was in the nursing home, and no one was able to visit here except outside a window on her birthday. And the day before she died, they allowed a couple of close family members inside to see her. Still, it was too late mentally for her, as she did not recognize her family. Rest in peace, Grandma Connie!

I have clients in facilities also and its hell when they cannot have visitors, even their spouses!

When this is all over (and I'm not sure things will ever go back to the way they were), but when it's over, we all need to remember what we went through. What our friends and family went through, and all those sick (not from the virus) and those who died (not from the virus), who were alone when going through their turmoil. We have it easy! Stay home. Socially distance. Wear a mask. Big deal!

Being sick and dying alone??? I really don't know if all the precautions are worth it for those poor folks to go through what they went through with no one with them in the hospitals... and no visits in nursing homes. I always tell my clients...the folks that get the most visitors in the nursing home, get the best care! That advocate making sure mom or dad is getting the proper care is HUGE! Now there are no visitors.... My heart breaks for them!

Until next month,

*Wayne*

P.S. If any you who are clients would like some masks and hand sanitizer from me, please let the girls know, and they will get them right out to you.





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LET'S MAKE A PLAN

## RECIPE OF THE MONTH: Monkfish "Lobster" Rolls

### DIRECTIONS:

- Season the monkfish with 1/2 teaspoon celery salt, 1/4 teaspoon kosher salt and a few grinds of pepper. Melt the butter in a large nonstick skillet over medium-high heat. Add the monkfish and cook until golden brown and cooked through, 4 to 6 minutes per side. Transfer the monkfish to a cutting board and cut into 1-inch pieces. Let cool.
- Meanwhile, whisk the mayonnaise, the remaining 1 teaspoon celery salt, the lemon zest and juice, celery leaves and a few grinds of pepper in a medium bowl. Refrigerate until ready to serve.
- Toast the rolls and line the insides with lettuce. Add the monkfish, chopped celery and chives to the bowl with the mayonnaise mixture; gently toss. Divide the monkfish salad among the rolls. Serve with pickles and the potato chips.
- Most monkfish fillets are sold skinless with the membrane removed. If your fillets have a membrane, remove before seasoning.



### INGREDIENTS:

- 1 1/2 pounds monkfish fillets
- 1 1/2 teaspoons celery salt
- Kosher salt & freshly ground pepper
- 3 tablespoons unsalted butter
- 1/3 cup mayonnaise
- Grated zest & juice of 1/2 lemon
- 1 stalk celery, finely chopped, plus 1/4 cup chopped celery leaves
- 4 split-top hot dog rolls
- Bibb lettuce leaves, for serving
- 3 tablespoons chopped fresh chives
- Dill pickle spears, for serving
- 4 cups barbecue potato chips



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finite number of heartbeats. I  
don't intend to waste  
any of mine.*

- NEIL ARMSTRONG