


## Newsletter

A Newsletter of the Mobile Islamic Community



<b>READ THE HOLY QURAN DAILY</b>	<b>Read, Listen, and Study Tafsirs and Lectures of Imam W.D. Mohammed</b>	<b>RABI' AL THANI is the Fourth Month of the Islamic (Hijri) Calendar</b>
<p><b>What the Holy Quran and Hadith Say About Caring for the Elderly</b></p> <p>Your Lord has commanded that you worship none but Him, and that you be kind to your parents. If one or both of them reach old age with you, do not say to them a word of disrespect, or scold them, but say a generous word to them. And lower to them the wing of humility out of mercy and say, My Lord, have mercy upon them as they brought me up when I was small. Your Lord is most knowing of what is within yourselves. If you should be righteous in intention-then indeed- He is ever, to the often returning to Him, Forgiving. Holy Quran, Surah Al-Isra: 23-25</p>  <p><b>ElderlyCare</b></p> <p>Continued on page 2 column 1</p>	<p><b>Caring for the Elderly</b></p> <p><b>Important tips for in-home care and aging in place.</b></p> <p>Reduce Risks. Do a home safety check to remove safety hazards. Start with an in-home fall risk assessment. Identify and remove trip hazards and ensure adequate lighting in each room. Falls and fractures are not an inevitable part of growing older, and many can be prevented.</p> <p>Make getting dressed easier. Adaptive clothing can provide easier dressing. Replace or choose snaps or zippers instead of buttons. Neck openings can be chosen so closures are not needed.</p> <p>Create a home environment that supports one's lifestyle now and in the future.</p> <p><b>What Services Do Seniors Need Most?</b></p> <p>Personal Care. One of the most in-demand services for seniors is personal care.</p> <p>Continued on page 2 column 2</p>	<p>Rabi' al Thani, also known as Rabi' al-Akhar or Rabi' II, is the fourth month of the Islamic calendar and translates to "the last spring" in Arabic. The name refers to its position in the pre-Islamic Arabian calendar, where it was known as "the second spring".</p> <p><b>COVID UPDATES</b></p> <p>The SARS-CoV2 virus that causes COVID-19 continues to mutate and spread, particularly during the colder winter months, similar to other seasonal viruses. This year, a new COVID variant called JN.1 is spreading globally. This strain is now the most widely circulating variant, making up about 62% of new COVID cases as of early January 2024, according to the Centers for Disease Control and Prevention (CDC). The number of new cases of the JN.1 variant is expected to rise as we move through the winter months. What can you expect from this new variant? Key differences between COVID variant JN.1 and previous strains: The new strain of COVID is a subvariant of the Omicron strain and</p>

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Worship Allah and associate nothing with Him, and to parents do good, and to relatives, orphans, the needy, the near neighbor, the neighbor farther away, the companion at your side, the traveler, and those whom your righthands possess. Indeed, Allah does not like those who are self-deluding and boastful.  
Holy Quran, Surah An-Nisa: 36

The Prophet [ppbuh] said: He does not belong to us who does not show mercy to our young ones and respect to our old ones, who does not recommend what is reputable and prohibit what is disreputable. (Tirmidhi) Narrated Abu Bakrah

The Prophet [ppbuh] said: There is no sin more fitted to have punishment meted out by Allah to its perpetrator in advance in this world along with what He stores up for him in the next world than oppression and severing ties of relationship. Sunan Abu Dawud

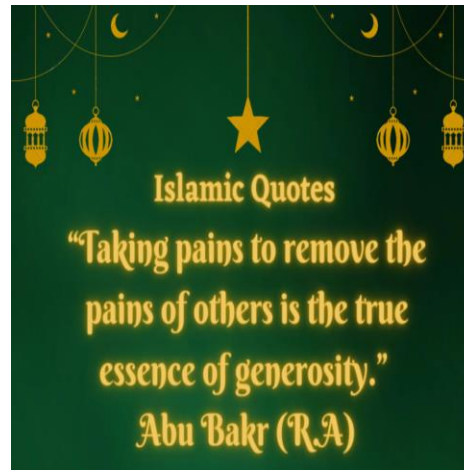
He is not one of us who does not show mercy to our young ones and respect our old ones.  
Saheeh al-Tirmidhi



Send Articles, Points of View,  
Announcements,  
Questions/Comments To  
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### Continued from page 1 column 2 Services Seniors Need Most

Medication Management  
Nutrition and Meal Support  
Mobility and Transportation  
Healthcare  
Money Management  
Safety and Security  
Social Interaction Opportunities  
Sources:  
<https://www.agingcare.com/>  
<https://caringplaces.com/>



**George Washington Carver said, "Resolve to be tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak and the wrong. Sometime in life you will have been all of these."**

**What can you do to prepare for the November 5, 2024 election?**  
Use the Ballotpedia Look Up Tool or other sites to see a sample ballot for the November 5, 2024 election. Become aware and knowledgeable of ballot measures other than the presidency. See September's Newsletter1559 for additional voting preparation information.

most similar to the BA.2.86 strain identified in August 2023. It only differs by one spike protein from previous strains. The new COVID variant doesn't appear to be more severe than previous strains, but it is likely more contagious or better at evading the immune system.

JN.1 variant COVID symptoms:

The new COVID variant symptoms are similar to those of previous strains, including:

Congestion, Cough, Diarrhea, Fatigue, Fever and Chills, Headaches, Loss of Taste or Smell, Muscle Soreness and Aches, Nausea, Shortness of Breath, Sore Throat, and Vomiting.

There is no indication of any new COVID-19 symptoms associated with this strain. The virus appears less severe but more contagious and better at evading any existing immunity than previous strains.

Source:

<https://www.gohealthuc.com/library/new-covid-variant-symptoms>

### VOTING INFORMATION BY THE NUMBERS

You can access

Election information in **Alabama**: Nov. 5, 2024, election.

What is the voter registration deadline?

- In-person: Oct. 21, 2024
- By mail: Received by Oct. 21, 2024
- Online: Oct. 21, 2024

Is absentee/mail-in voting available to all voters? **No**

What is the absentee/mail-in ballot request deadline?

- In-person: Oct. 31, 2024
- By mail: Received by Oct. 29, 2024
- Online: Oct. 31, 2024

What is the absentee/mail-in ballot return deadline?

- In-person: Nov. 4, 2024
- By mail: Received by Nov. 5, 2024

Is early voting available to all voters? **No**

When are polls open on Election Day? **7:00 a.m. to 7:00 p.m.**

Source: <https://ballotpedia.org>