

APRIL 2020



PRESIDENT'S MESSAGE:

According to the CDC the U.S. is much later than the rest of the world in giving vital information and instructions to protect ourselves from this unprecedented virus. Dr. Anthony Fauci, head of the NIAID said in a recent testimony to Congress, because of a lack of testing and government control, unlike European countries, the U.S. health care system is not equipped to handle the present pandemic.

My son George, who lives in Austria but works in Munich, Germany, said that these countries borders have been blocked. As of March 15th only in an emergency are people allowed to leave their homes in Austria, Germany, France, Italy and Spain. In Austria the fine is 2500 Euros if you are on the street without an emergency. The police and army are patrolling the streets.

Elderly people are the most vulnerable group. Attached is a guidance for seniors from the CDC published by CNN. Please print and use it as a tip sheet to remind you of the Do's and Don'ts which can save lives.

A few precautions that you can take. Cancel all social engagements. Avoid going shopping, have your groceries delivered if possible. If you have handy wipes, wipe the delivered groceries. Should you meet someone, keep a distance of six to 10 feet. If you have to go out to shop, wear gloves, and don't touch your face. Wash your hands with soap and water which is more effective than Handy wipes. Cough or sneeze go into your elbow.

The Garden Club is cancelling the April Board meeting AND the April General Meeting on Architecture in Forest Hills. The start of our Always Active Exercise Class with Ann Rieger-Mathew is postponed until futher notice.

I sincerely hope we can all abide by these precautions for the next few weeks. I intend to work in my garden on a regular basis and hope you too will find a little outlet doing the same. Let's stay in touch via email and phone. I will respond to all who write and call.

Stay safe and healthy,

— *Ingeborg McGlynn*

APRIL BOARD AND GENERAL MEETINGS ARE CANCELLED

In spite of all the gloom and doom caused by COVID-19, we do have good news! The Nominating Committee has been hard at work and is happy to announce the slate of nominated officers for the Club's fiscal year 2020-2021:

<i>President:</i>	Ingeborg McGlynn,	<i>Vice-president:</i>	Kathleen Fong
<i>Treasurer:</i>	Marcia Elias,	<i>Recording Sec.:</i>	Darlene Hartman
<i>Financial Sec.:</i>	Yen Bachmeier,	<i>Corresponding Sec.:</i>	Laura Outsen
<i>Auditor:</i>	Marica Salma,	<i>Parliamentarian:</i>	Kathe Farrell
<i>Directors:</i>	Dena Aslanian-Williams, Louise Bacigalupi, Anna Bolechowski, Nancy Broden and Eva Monroe		

The election of officers will be done remotely via email and by written notice via bulletin. Please email your vote ("yes" or "no") or call Yen Bachmeier (415-260-5512) if you don't use email, by April 15. Thank you everyone!



Coronavirus and older adults: What to know and how to prepare

People ages 60 and up are at higher risk of novel coronavirus infection. Symptoms include fever, dry cough and difficulty breathing, and it's primarily spread between people. Here's how older adults can prepare and protect themselves from the novel coronavirus. This guidance comes from the [Centers for Disease Control and Prevention](#) and Drs. Carla Perissinotto and Samir Sinha, both geriatricians.

Note: Recommendations for Covid-19 may change as officials learn more, so monitor your local health department and the CDC for updates.

By Scottie Andrew, CNN

Take precautions

- Cancel non-essential doctor's appointments
- Schedule telehealth sessions for appointments you can't miss
- Designate an emergency contact
- [Wash your hands frequently](#) (scrub for 20 seconds with soap and water)
- Use hand sanitizer when soap isn't available

Stock up

- Make sure you have enough groceries and household products to last you a "prolonged period of time" at home

- Prescription medication may be difficult to get ahead of time, so consider mail ordering

Travel

- Avoid nonessential plane travel
- Don't go on a [cruise](#) — cruise ship passengers are at a higher risk of infection

Life

- Stay at home as much as possible if you live in an area where there's an outbreak
- In public, avoid crowds and poorly ventilated buildings
- Keep several feet of distance from people
- Wash your hands with soap after going in public
- If you need to isolate, keep in touch with family and friends

Nursing homes

- Most long-term care facilities have [pandemic plans](#)
- Call facility staff for information on their plan
- If you're sick, do not visit a nursing home
- If you're visiting a nursing home in an outbreak area, get screened before entering
- Figure out an alternative mode of communication if a nursing home bans visitors

If you think you're sick

- [Call your doctor](#) before going in for a test
- Don't use public transportation and stay at home as much as possible
- Call a local coronavirus hotline for more information