CREA Board Cancels April General Membership Meeting

The CREA board met on March 18 over the Internet. Using their computers, with technology furnished by the Nevada State Education Association, the board met virtually from their homes.

Earlier in the month, the Board had cancelled both their board meeting and March’s general membership meeting because of concerns about the coronavirus.

The CREA board’s virtual meeting was just one day after the governor’s March 17th request that Nevada residents stay at home for at least 30 days.

Because of Governor Sisolak’s directive to “Stay Home for Nevada,” and because the CREA board is very concerned about the health of CREA members, the board decided to also cancel April’s general membership meeting, scheduled for April 9, and CREA’s pre-retirement seminars, which had been planned for late April.

A few days earlier, with an abundance of caution, the NSEA board decided to cancel their planned Delegate Assembly, which was to be held in Elko in late April. NSEA hopes to reschedule Delegate Assembly for sometime in the fall.

Since our members are among the most vulnerable to the ravages of the coronavirus, the CREA board will decide at their next virtual meeting, scheduled for April 8, whether to hold a general membership meeting in May.

Since we all stuck at home anyway, now would be a great time to reach out to friends. Making some calls will probably make their day.

Message from CREA President Brian Morgan

At this time, we are being told to keep our distance from each other. For the past couple of months, the CREA board has been thinking of developing some small groups that might want to get together away from our normal setting.

I am sure, for example, that there are some members who would like to form a book club or who would like to meet for a movie or to see a play together. I know we have members who do knitting, quilting, needle point, and crocheting. I’ve seen a lot of our members having fun at our game days. Perhaps there could be a card group for bunco, bridge or pinochle. A few of us get together and play dominoes. Another group might enjoy board games. I had been bowling with a couple of our members on Mondays. Maybe some other members would enjoy a bowling get-together. The possibilities are limited only by us.

I would love to hear from members who have ideas for these groups for when we come out of the current crisis. If you would like to join a group and not sure what you would prefer doing, maybe we will be able to help. It is important for us to stay active. It will help keep us young and healthy. I know personally that having some enjoyable place to go helps to keep my mind and body moving.

The CREA board wants to create new ways to keep our members involved besides just a monthly get-together and monthly newsletter. I know I have not listed all the possible options out there. If anyone has any ideas that I can take to our board for consideration, please let me know your thoughts.
Coronavirus Precautions for Older Americans

According to the Centers for Disease Control and Prevention, everyone age 60 and older is at high risk of serious complications if they contract the COVID-19 virus, and they should stay inside as much as possible and limit contact with other people. Immune systems in most older adults are not strong, so they cannot offer as much protection from the virus as the immune systems of younger adults.

Doctors who treat older patients caution that their knowledge of the COVID-19 virus is still fluid since it is so new, and things seem to be changing daily, but according to data published by the CDC in late March, 80% of the people the virus kills are 65 and older. Those over 65 also comprise over half the hospital intensive care cases. People 85 and older are the most badly affected.

Doctors from China say that those with diabetes, lung disease, heart disease, kidney disease, and compromised immune systems are the most likely to die if they become infected. The CDC would like those people to stay inside and take very strict precautions to avoid becoming ill. That is because the latest CDC information about the COVID-19 virus indicates it can live on plastic and metal surfaces for up to 72 hours and on cardboard for 24, so avoiding contact with those surfaces outside the home would be best.

That can make picking up drugs at a pharmacy or going grocery shopping somewhat dangerous, so doctors advise that whenever possible, older people should get deliveries instead of going out.

Inside the home, the CDC recommends daily cleaning and disinfecting frequently touched surfaces like tables, doorknobs, light switches, countertops, handles, desks, phones, remote controls, keyboards, toilets, faucets, and sinks.

Still, doctors say that if those over 60 are careful and practice good hand hygiene, taking a walk or talking to a neighbor should be fine, as long as both remain six feet or more from each other.

How to Safely Bring Groceries into Your Home

In a recent interview, an epidemiologist from Michigan said that he leaves his grocery bags on the doorstep and then takes each item out, individually wiping everything down with Clorox wipes before taking them into the house. He suggested that shoppers should bring gloves and Clorox wipes with them to the store. The gloves should be put on before touching the grocery cart; the cart should be cleaned with the Clorox wipes, and shopping should be done while continuing to wear the gloves.

After paying by credit card, he also wipes down the card. The doctor added that eating take-out is probably okay, but you should assure yourself that the kitchen staff is practicing the best hygiene possible. He also says you might want to know that the workers have a good sick leave policy that allows them to stay home when they are sick and not come in to work because they are afraid of losing their jobs.

Yet another Michigan physician has produced a recent YouTube video about bringing groceries safely into the home. Its title is “PSA Safe Grocery Shopping in COVID-19 Pandemic – UPDATED!!!,” and its web address is: https://www.youtube.com/watch?v=sjDuwc9KBps. It is very informative and well worth your viewing time.
Latest CDC Guidelines to Remain Safe from Coronavirus

There currently is no vaccine that can prevent coronavirus, so the Centers for Disease Control and Prevention say the best way to prevent illness is to avoid being exposed to the virus.

The virus is thought to spread mainly between people who are within six feet from each other through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

To protect yourself, the CDC reminds you to wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

Remember to avoid touching your eyes, nose, and mouth with unwashed hands. The CDC says you should avoid close contact with people who are sick, and to distance yourself from other people if COVID-19 is spreading in the community. This is especially important for people who are at a higher risk of getting very sick.

That high risk group includes people with asthma, pregnant women, and older adults. The CDC says that if you believe you are getting sick with COVID-19, call ahead and inform the doctor’s office before going there. This will help the office protect themselves and other patients.

Although you may see many people out in public wearing surgical masks, the CDC does not recommend healthy individuals wear masks. They say that surgical masks won’t stop the wearer from inhaling small airborne particles, which can cause infection.

Instead, the CDC recommends surgical masks only for people who already show symptoms of coronavirus and must leave their homes and go outside. Wearing a mask can only help prevent spreading the virus and protect others nearby when the wearer coughs or sneezes. Since it is difficult to find surgical masks now because they are in high demand from health care providers, if you must wear a mask to protect others, the CDC recommends improvising a face-mask using a scarf or bandana.

We Count, Census 2020: The 2020 Census is happening right now! You can fill it out online, over the phone, or through the mail. The fastest and easiest way to fill out your census is online. All households should have received a mailing with a unique code to use. Go to https://my2020census.gov/ to fill it out online. If you would like to fill out the Census over the phone, please call 844-330-2020 to get started.

Prepare, Don't Panic: To inform Nevadans statewide, the Nevada Department of Health and Human Services (DHHS) and the Governor’s Office have created the Nevada Health Response website to better share information and resources as it pertains to the current status of the coronavirus (COVID-19) and its impact within the state of Nevada. There are various resources and you can even sign up for updates by clicking here.