

Milton's Golden Gazette

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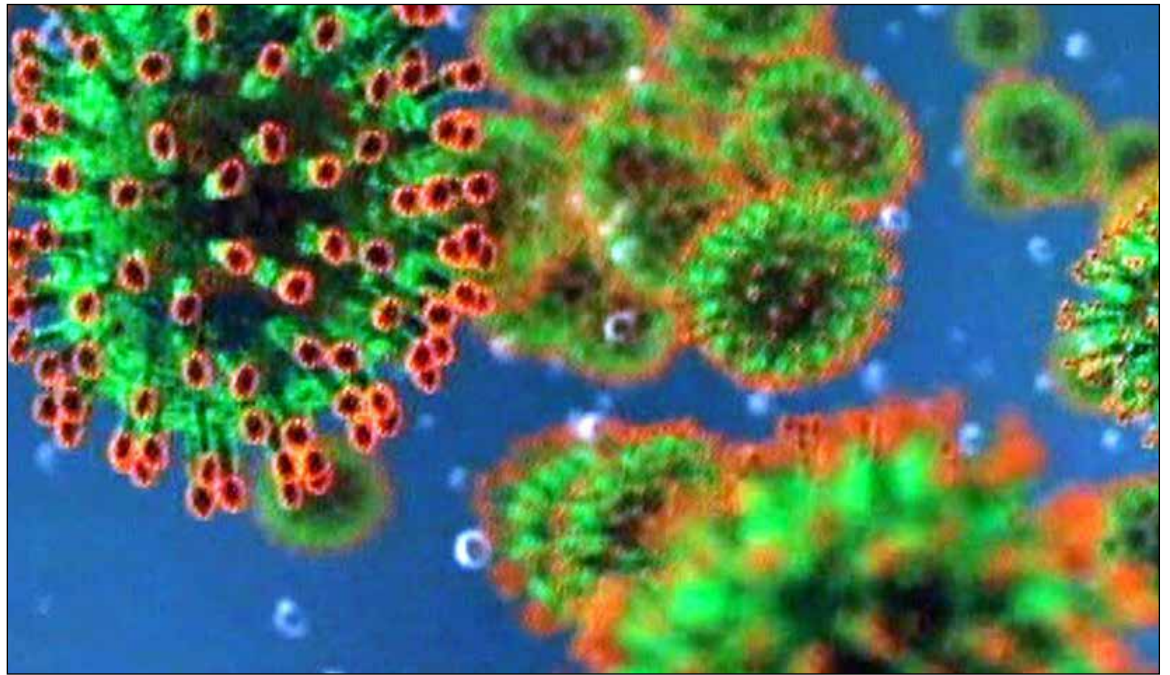
Don't let your guard down, yet!

A phased approach to lifting lockdown restrictions has already begun in the US and around the world, but that doesn't mean the deadly coronavirus has gone away. In the US, over 79,000 people have already died from the COVID-19 disease, and the numbers are growing. We know that life will look different when cities and states reopen as local leaders attempt to restart the economy while trying to keep a second wave of coronavirus infections at bay.

As we count down the days until you can hug your friends, throw a party, file into a stadium and board an airplane, just remember that even as some restrictions loosen, that there's still much we don't know about the long-term behavior of this particular coronavirus strain.

"The worst that can happen is that we make a misstep and let our emotions get ahead of the facts, and we have to go through this again," said New York Gov. Andrew Cuomo in a daily press conference last month.

In countries and cities that are beginning



The state of Florida is currently in state two of its reopening plan, but that doesn't mean the threat is over just yet. As numbers of positive test start to increase once again you might want to remain vigilant in your precautions to prevent contracting COVID-19.

to reopen, the warning is clear: If cases surge again, the lockdowns will return. Reopening society may be a little different everywhere, but here are some common-sense codes to keep in mind.

As shopping malls and nonessential businesses begin to open, look for more coronavirus-slowing policies to go into effect, not fewer. That means social distancing, and both employees and customers wearing face masks or other face coverings.

Expect more sanitation stations with hand sanitizer and gloves, and a less personal experience wherever you go, like being entry if your temperature is too high or ordering at counters with plexiglass dividers between.

Gyms and fitness centers are part of early phase reopening in some spots, but think before you grab your water bottle and lace up your shoes. You'll have to decide if you think it's safe to return so soon.

Even if you sanitize the

same common equipment between use, gyms are ripe for exchanging germs.

Social distancing measures exist for a reason, and that's to slow the spread of viral transmission from people who come into close contact.

Even if bars reopen in your area, as they are doing in some US cities and places around the world, they'll likely do so with limited hours (e.g. closing at 11 p.m.), social distancing and limited capacity. It's up to you to be judicious

about protecting your health.

"I will just remind the American people again. This is a highly contagious virus," Dr. Deborah Birx, the White House coronavirus response coordinator, said in an April 15 briefing. "Social gatherings, coming together, is always a chance that an asymptomatic person can spread the virus unknowingly ... But for all of you that are out there that would like to join together and just have that dinner party for 20 -- don't do it yet."



Black Bean and Corn Salsa

Ingredients:

- 1 can rinsed, drained black beans
- 1 can rinsed, drained whole kernel corn
- 1 sm jar of salsa of your choice
- 1 sm avocado *optional
- 1 sm bunch of cilantro *optional
- ¼ c. shredded cheese*optional
- Whole grain chips

Instructions:

Mix all ingredients together for a quick healthy side to a BBQ or make a meal from it. This dish is packed full of nutrients and a great alternative to other snacking choices. There are a number of optional choices you can add to make this dish more filling. It's also a great couple of ingredients to have on hand during hurricane season.

This recipe is courtesy of the Santa Rosa County Extension Office located on Dogwood Drive in Milton.



Senior Tips Hurricane tips

With the start of hurricane season upon us, older adults may be among the most vulnerable victims. These tips were provided by Home Instead Senior Care.

Tune in. Stay abreast of what's going on through your local radio or television and emergency management office.

Take stock. Decide what your senior can or can't do in the event of a hurricane. Make a list of what would be needed in the event of a hurricane. For example, if your loved one is wheelchair-bound, determine an evacuation strategy ahead of time.

Pets. Include pets in the evacuation strategy. There are a few special shelters that allow pets, learn which hotels in the area allow pets well in advance of needing them. Make sure pets are vaccinated and have up-to-date ID tags fastened to your pet's collar.

To go or to stay? When deciding to evacuate, older adults should go sooner rather than later. By waiting too long, they may be unable to leave if they require assistance.

Make a plan. Schedule a family meeting to develop a plan of action. Include in your plan key people, such as neighbors, friends, relatives & professional caregivers.

More than one way out. Seniors should develop at least two escape routes: one to evacuate their home and one to evacuate their community. The local emergency management office can tell you escape routes out of the community.

Meet up. Designate a place to meet relatives or key support network people outside the house, as well as a second location outside the neighborhood, such as a school or church. Practice the plan.

Get up and "Go Kit". Have an easy to carry backpack including three days non-perishable food and water with an additional four days of food and water readily accessible at home. Have at least one gallon of bottle water per person per day. Refresh and replace your supplies as needed. And don't forget the blanket, flashlight, portable radio, batteries and paper products such as toilet paper.

Pack extras and copies. Have at least a one-month supply of medication on hand at all times. Make ready other important documents in a waterproof protector including copies of prescriptions, car title, registration and driver's license, insurance documents and bank account numbers and checkbook.

The 'new' normal now

As things start to reopen and people start getting back out into a more social environment, I hope everyone remains safe and healthy. It feels like a lifetime since we have all been together and I have missed everyone. The RSVP offices are back open and preparing for volunteers to be back servicing our community.

Volunteers we will not be able to do a volunteer recognition dinner this year because of the virus, but we do want you to know how much your work as meant to us

and the community, so we will be asking all active volunteers to come by the office and pick up a small token of appreciation from the RSVP.

Places are starting to ask for volunteers again and people are calling for rides, so we will be calling out for help from those who feel safe doing things, if your health is not good or you are still not ready to be out please let us know.

To reach RSVP you can reach Faye and Kiwi at 983-5220.

STAY UP TO DATE

Keeping the correct
personal information on hand
with the Milton Community
Center & RSVP can:

1. Help notify your family in case there is an emergency involving you.
2. Let us share important messages with you involving the community.
3. Help us serve you better!

THE KEY TO THIS IS...
HELPING YOU

Make sure you keep your Milton Community Center participation information up to date at all times.



June Birthdays

Happy birthday to:

- Raye Ann Sherill - June 2
- Gertiue Pegg - June 3
- Ronnie Clark - June 4
- Margaret Lewis - June 5
- Sharon Botts - June 8
- Debbie Scott - June 9
- LeRoy Skinner - June 10
- Emily Kuritz - June 11
- Julia Buis - June 12
- Jacqueline Claussen - June 15
- David Beard - June 19
- Suysan Larsen - June 21
- Karen Reed - June 23
- Barbara Gray - June 24
- Simonne Ware - June 24
- Patt Patterson - June 24
- Susan Shelton - June 25
- John Capps - June 30
- Joan Jarvis - June 30

Prevent COVID-19

-it's in your hands!

FloridaHealth.gov



Wash your hands often with soap and water. If you don't have soap and water, use a hand sanitizer that is at least 60% alcohol based.



Clean and disinfect frequently touched surfaces.



Stay home when you're sick, and keep your children home when they're sick.

Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.



Try not to touch your face with unwashed hands.



Don't touch or shake hands with people who are sick.



Dear Valued Volunteer,

I know that your volunteering is driven by your passion, your desire to be helpful, and your desire to create a legacy of service. And, while I know that you also have options for where you could volunteer, I am delighted that you have decided to serve with the Senior Corps' RSVP of Santa Rosa County FL.

I do know that you have chosen to be a part of the national service community for a reason. The work that you do is centered on bringing people together for a common purpose: to help make our fellow citizens' lives better, fairer, and to heal and build opportunities in our communities.

There has never been a greater need for us to do what we do. At a time when we may feel desperate to have an impact for good, your work makes a difference. It makes a difference to communities and individuals all across this county. You build bridges, you bring people together, you connect those who may need a helping hand to those who are eager to offer it, you break down barriers and bring cultures together. It is the work of healing; it is the work of recovery; and, it is the work that can continue to be a unifier as we move forward.

Now more than ever, it is time to reach out to our fellow citizens. Whether it's to comfort, to offer condolences, or to listen to a voice that needs to be heard. Thank you for your commitment and for your service to this community. And thank you for your passion to serve which will continue to make a meaningful difference every single day.

Appreciatively Yours,

Faye Henry
Director of R.S.V.P

RSVP Of Santa Rosa
County FL
Santa Rosa Community Services

Kiwi Thomas
Volunteer Coordinator