

BARNSTABLE NEWCOMERS May, 2020

HEAR YE! HEAR YE! MAY'S MEETING HAS BEEN SCRATCHED!!!!!!!!!!

CANCELLED

From President Charlie Stroczyński:

REFERENCE: COVID-19 Corona Virus

President's Update

Covid 19 infections continue to infect a significant number of new cases and deaths every day. Governor Baker's directive banning nonessential public gatherings continues to disrupt Barnstable Newcomers activities. Our March and April meetings, the annual Alberto's dine out and other group functions were suspended. It is very unlikely that we will meet in May. The officers and the advisory council will be in discussion about how to proceed as the pandemic is under better control. In the meantime stay safe and help those who need assistance. Maintain social distancing, wash your hands and wear your mask in public.

Posted from Governor Baker's website www.mass.gov

- Only leave home for essential errands such as going to the grocery store or pharmacy. When you do leave home, practice social distancing by staying 6 feet away from others.
 - If you are at high-risk, you should ask about special hours at your local pharmacy or grocery store for high risk individuals.
 - When going to the pharmacy ask if you can fill your prescriptions for 90 days if possible; for some medications this is not allowed. If you are at high-risk, try to use a mail-order service.
- You can still go to the gas station, order and pick up take-out food, and receive deliveries.
- You can still go outside to get fresh air, but make sure you practice social distancing and avoid touching surfaces frequently touched by others. Don't participate in close contact activities such as pick-up sports games.
- Use remote modes of communication like phone or video chat instead of visiting friends or family. Refrain from visiting nursing homes, skilled nursing facilities, or other residential care settings.
- Non-essential medical care like eye exams, teeth cleaning, and elective procedures must be rescheduled.
- If possible, health care visits should be done remotely.
- Parents should not have play dates for children

Taking these steps helps prevent the spread of the virus, helps preserve our hospital capacity for very ill patients, and preserves our supply of PPE (personal protective equipment) so critically needed by our medical workers.