
THE REARGUARD

| Tucson-Southern Arizona Chapter 103 |



Retired Public Employees Association of California

PRESIDENT'S MESSAGE

It would be an understatement to say the COVID-19 pandemic has affected all our lives. We've been told to stay at home, wear masks when in public and to social distance (new term in our vocabulary). Some members have lost their jobs. We can't associate normally with friends and even family. Some favorite restaurants are a thing of the past.

However, we want to assure you RPEA in general and your Chapter 103 specifically is still alive and well. Your 10-person Board of Directors is still active. We are meeting regularly via video conferencing and are still conducting Chapter business, as required.

As you will recall, when the Coronavirus first became prominent in early Spring, we decided to cancel the April 15 Membership Meeting as we didn't think it was prudent to have our members congregate in the close quarters of Mimi's Café. This was a good call because the day after your Board took that action, RPEA HQ recommended that Chapters cancel all Membership Meetings until May 1. We didn't produce an April Newsletter but did notify the membership of the cancelled meeting via post card.

The United States and the world have learned much more about COVID-19 since its inception. We see more restaurants and places of social gatherings opening under CDC health guidelines (and some not in accordance with those guidelines). And, as I'm sure you all know, this disease has a much more serious affect on seniors, like us. It for this reason, your Board has acted to again cancel our next Membership Meeting on July 15.

We didn't want to do this. We miss seeing all you good folks but would hate that our Chapter might cause even one of our members to suffer this disease. RPEA HQ has continued to encourage Chapters to not conduct Membership Meetings in-person.

Your Board will continue to monitor the COVID-19 situation and how it may affect future events and will continue working to keep your Chapter functioning as circumstances allow. We hope you and your families are staying well and safe.

Ken Burns, President

“Stay At Home”

Due to the recent rise in not only cases of Covid-19, but more importantly the rise in hospitalizations and deaths, this article still seems appropriate and hopefully helpful.

With the rapid spread of COVID-19), people have been asked to stay safe in the comfort of their own homes. Here are some helpful tips you need to know to help you survive social distancing and a stay-at-home lifestyle.

What Do You Need?

It's getting more and more challenging to run to the local grocery store to pick up some necessities. Some people are still hoarding household items such as toilet paper, sanitizer wipes and other cleaning products. While we do not condone this behavior, it is important to have a few items on hand to help tide you over until social distancing is at an end.

- *Non-perishable food items (canned meats, veggies, fruits, etc.)
- *Frozen foods (individual meals, veggies, family-sized dinner entrees, etc.)
- *Toiletries (toilet paper, toothpaste, antibacterial soap, etc.)
- *Cleaning supplies (disinfectant spray/wipes, all purpose cleaners, bleach, vinegar, etc.)

What Can You Do?

During these challenging times, we recommend:

Cleaning and organizing your home: Keep your home and workspace clean. Wipe down surfaces, vacuum carpet and rugs, put things away. This may help alleviate feelings of being overwhelmed as well as protect you and your family from COVID-19.

Rediscovering old hobbies: If you find yourself with extra free time, consider re-discovering old passions you once had. Read books, play video games, cross-stitch, draw/paint.

Finding new hobbies: Try something you've always wanted to do but never had the time for.

Staying active: The Department of Health and Human Services recommends at least 30 minutes of moderate physical activity every day such as going for walks, riding a bike, doing at-home exercises, etc. Remember, out-door activities should be with only your household members. It is still important to practice social distancing (6 ft) from others when getting fresh air.

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