

# *American Legion Auxiliary Manhasset Unit 304*

*Service Not Self for Veterans, God and Country*



May 31, 2020

Dear Members:

We hope that you and your families are continuing to remain safe and well. This has certainly been a very different few months for all of us. We all miss doing more on behalf of our veterans and their families as well as socializing with one another. Still, the measures we have taken so far do seem to be keeping the majority of us healthy.

In this newsletter you will find some information on Health and Wellbeing as we all navigate toward the “New Normal.” We hope that you find it useful. Thank you for all that you are doing during this challenging time to safeguard your own health and that of others.

This past month, it has seemed very strange to have been unable to offer our Poppies to our friends in Manhasset and to share the Memorial Day weekend as we have done for so many years. But we know that each of us honored those who made the ultimate sacrifice for our freedoms, and remembered all of our departed veterans with love and gratitude.

An update on recent developments for the American Legion Auxiliary and Unit 304 specifically:

As you know from a previous email, leadership at the Unit, County, Department and National levels will remain in place for the 2020-2021 year.

All Conventions of the American Legion Family have been cancelled for this summer.

The Northport VAMC Baby Shower has been cancelled.

The Nassau County Committee American Legion Auxiliary has postponed its Awards Dinner to May 2021.

Empire Girls State will be held virtually this year rather than at SUNY Brockport, which is closed. We do not have a clear idea of the model for the Program. The team continues to work on the details. We do know that there will be no charge for this year’s session and the money will be returned to the Units and counties, hopefully in the near future. Refunds of the application fees paid by the girls will also be given.

During this time when we all are trying to remember in some way our frontline heroes of this pandemic, the Junior members of our Unit donated 105 boxes of Girl Scout cookies to St. Francis Hospital. Also, Diane Klein and Carol-Anne Condon have sewn hundreds of masks which they donated. Thank you to all for your generosity.

The Executive Committee has held two meetings via ZOOM conference call. At the March 31st meeting, we authorized a \$150 donation to the Auxiliary Emergency Fund to be used for those Auxiliary members and their families in New York State experiencing a financial need due to the COVID-19 pandemic. At the May 21st meeting, we authorized two donations of \$150 each, to a Long Island food pantry that provides special hours for veterans and their families, and to the Suicide Prevention program at the Northport VAMC. The Northport VA had reached out to veterans' services organizations, indicating that it was in need of additional Uber gift cards to provide transportation to those veterans at risk of suicide but without other means of transportation due to financial hardship. Our Unit has provided donations to this cause in the past.

Please stay safe and healthy. If we can help you with something, please don't hesitate to ask and we will do our best.

Your Officers and Executive Committee Members:

*Pat O'Brien*: 516-627-4622; [patobrien17@msn.com](mailto:patobrien17@msn.com)

*Elizabeth/Florence Parrella*: 516-627-0895; [elizabeth\\_parrella@yahoo.com](mailto:elizabeth_parrella@yahoo.com)

*Sue Neville*: 516-365-4304; [suephd@aol.com](mailto:suephd@aol.com)

*Rita Eredics*: 516-627-5417; [eredicsr@ritaeredics.com](mailto:eredicsr@ritaeredics.com)

*Marge Governale*: 516-627-1187

## **SOME HELPFUL INFORMATION RELATED TO HEALTH & WELLBEING:**

### **Nassau County Dept. of Health COVID-19 Website:**

<https://www.nassaucountyny.gov/4963/COVID-19-INFORMATION>

An infectious illness outbreak such as COVID-19 can be stressful to you, your loved ones and your friends. It is natural to feel overwhelmed, sad, anxious and afraid. You may also experience other symptoms of distress, such as trouble sleeping.

### **TO REDUCE YOUR STRESS AND HELP MANAGE THE SITUATION:**

- Try to remain positive.
- Remind yourself of your strengths.
- Go outside and get exercise, if you are not sick. Remember to practice good hygiene and physical distancing. Walking, running and bicycling are healthy activities that do not require close contact with others or shared equipment.
- Identify what you are feeling and use healthy coping skills.
- Recognize feelings of loss are normal and there are ways to cope.

### **TESTING FOR COVID-19:**

**Two kinds of tests are available for COVID-19: [viral tests](#) and [antibody tests](#).**

- A viral test tells you if you have a current infection.
- An antibody test tells you if you had a previous infection.

An antibody test may not be able to show if you have a current infection, because it can take 1-3 weeks to make antibodies after symptoms occur. We do not know yet if having antibodies to the virus can protect someone from getting infected with the virus again, or how long that protection might last.

## **RUNNING ESSENTIAL ERRANDS:**

### **SHOPPING FOR FOOD AND OTHER HOUSEHOLD ESSENTIALS**

**The CDC recommends:**

#### **ORDER ONLINE OR USE CURBSIDE PICKUP**

- Order food and other items online for home delivery or curbside pickup (if possible).
- Only visit the grocery store, or other stores selling household essentials, in person when you absolutely need to. This will limit your potential exposure to others and the virus that causes COVID-19.

#### **PROTECT YOURSELF WHILE SHOPPING**

- Stay at least 6 feet away from others while shopping and in lines.
- Cover your mouth and nose with a cloth face covering when you have to go out in public.
- When you do have to visit in person, go during hours when fewer people will be there (for example, early morning or late night).
- If you are at higher risk for severe illness, find out if the store has special hours for people at higher risk. If they do, try to shop during those hours. People at higher risk for severe illness include adults 65 or older and people of any age who have serious underlying medical conditions.
- Disinfect the shopping cart, use disinfecting wipes if available.
- Do not touch your eyes, nose, or mouth.
- If possible, use touchless payment (pay without touching money, a card, or a key).

#### **USE HAND SANITIZER**

- After leaving the store, use hand sanitizer.

#### **AT HOME**

- When you get home, wash your hands with soap and water for at least 20 seconds.
- Follow food safety guidelines: clean, separate, cook, chill. There is no evidence that food or food packaging play a significant role in spreading the virus in the United States.

#### **ACCEPTING DELIVERIES AND TAKEOUT ORDERS**

- Limit in person contact if possible.
- Pay online or on the phone when you order (if possible).
- Accept deliveries without in-person contact whenever possible. Ask for deliveries to be left in a safe spot outside your house (such as your front porch or lobby), with no person-to-person interaction. Otherwise, stay at least 6 feet away from the delivery person.
- Wash your hands or use hand sanitizer after accepting deliveries or collecting mail.
- After receiving your delivery or bringing home your takeout food, wash your hands with soap and water for 20 seconds. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.
- After collecting mail from a post office or home mailbox, wash your hands with soap and water for at least 20 seconds or use a hand sanitizer with at least 60% alcohol.

### **BANKING: BANK ONLINE WHENEVER POSSIBLE**

- If you must visit the bank, use the drive-through ATM if one is available. Clean the ATM keyboard with a disinfecting wipe, if available, before you use it.
- When you are done, use a hand sanitizer with at least 60% alcohol. Wash your hands with soap and water for at least 20 seconds when you get home.

### **GETTING GASOLINE**

- Use disinfecting wipes on handles and buttons before you touch them (if available).
- After fueling, use a hand sanitizer with at least 60% alcohol. Wash your hands for at least 20 seconds when you get home or somewhere with soap and water.

### **GOING TO THE DOCTOR OR GETTING MEDICINE**

- Talk to your doctor online, by phone, or e-mail.
- Use telemedicine, if available, or communicate with your doctor or nurse by phone or e-mail.
- Talk to your doctor about rescheduling procedures that are not urgently needed.

### **IF YOU MUST VISIT IN-PERSON, PROTECT YOURSELF AND OTHERS**

- If you think you have COVID-19, notify the doctor or healthcare provider before your visit and follow their instructions.
- Cover your mouth and nose with a cloth face covering when you have to go out in public.
- Do not touch your eyes, nose, or mouth.
- Stay at least 6 feet away from others while inside and in lines.
- When paying, use touchless payment methods if possible. If you cannot use touchless payment, sanitize your hands after paying with card, cash, or check. Wash your hands with soap and water for at least 20 seconds when you get home.

### **LIMIT IN-PERSON VISITS TO THE PHARMACY**

- Plan to order and pick up all your prescriptions at the same time.
- If possible, call prescription orders in ahead of time. Use drive-thru windows, curbside services (wait in your car until the prescription is ready), mail-order, or other delivery services. Do the same for pet medicine.
- Check with your doctor and pharmacist to see if you can get a larger supply of your medicines so you do not have to visit the pharmacy as often.

### **TOWN OF NORTH HEMPSTEAD - SENIOR SERVICES**

<https://www.northhempsteadny.gov/content/16257/19812/default.aspx>

### **PROTECT YOURSELF AND OTHERS:**

Cloth Masks: Your cloth face covering should:

- Reach above the nose, below the chin, and completely cover the mouth and nostrils
- Fit snugly against the sides of the face
- Be made of multiple layers of fabric that you can still breathe through
- Be able to be laundered and machine dried without damaging the material or shape
- Do not buy surgical masks to use as a face covering. Those are intended for healthcare workers and first responders. Many items you may already have in your home can be used to create face coverings.

- Try creating a cloth face covering using bandanas, ski masks, washable napkins, or dish towels.



Practice Social Distancing by putting space between yourself and others. Continue to practice healthy habits to help slow the spread of COVID-19.

- Wash your hands for at least 20 seconds
- Clean and then disinfect frequently used surfaces
- Stay home if you're sick
- Avoid touching your face



## RELAXATION:

**Music for Relaxation! ON COMPUTERS, Phones & IPADS:**

### 1. Classical

<https://youtu.be/ZP11AIZUPVc>

### 2. Tibetan Healing Sounds: Cleans the Aura and Space. Removes all negative energy

<https://youtu.be/x6UITRjhijI>

### 3. ♥Miracle Music Healing 528Hz | Enhance Positive Energy | Ancient Frequency Music

<https://youtu.be/I3BuQCiSYVU>

### 4. GOOD MORNING MUSIC | Boost Positive Energy | 528Hz Wake Up Music - A Beautiful Day - A Magical day

<https://youtu.be/qWbhXo6r48>

## **TAI CHI**

<https://youtu.be/hIOHGrYCEJ4>

## **SENIOR DANCE**

<https://youtu.be/hMvAJ9cG0zU>

## **GAMES:**

Canasta Junction - The Only CLA approved App - Canasta ...

<https://www.canastaleagueofamerica.com/canasta-app.html>

Canasta Junction connects you with your friends near and far. Distances are shortened and friendships lengthened as players connect through their devices to play either a two handed or four handed game.

Mahjong Games - Mahjong.com

<https://www.mahjong.com>

Play the best free Mahjongg and Mahjong Games online including games like Mahjong Fortuna, Mahjong Solitaire, Mahjong, Connect, Mahjong Online, Mahjongg 3D, Mahjongg Dimensions and Towers. Use the search function to locate a Mahjong game or like us on Facebook, follow us on Twitter or subscribe to our newsletter to stay up to date of our new mahjong games.

Mahjongg - See and Play All the AARP Mahjongg Games

<https://games.aarp.org/category/mahjongg>

If you like playing Mahjongg for free, AARP has the games you will like to play online. Play Mahjongg Dark Dimensions and other great Mahjongg games.

Solitaire - Free Download - Start Here - Instant Download

<https://www.searchlino.com/Solitaire>

Klondike Solitaire

<https://www.solitaire-klondike.com>

Play in your browser a beautiful and free Spider solitaire games collection. Addicted to FreeCell? Play FreeCell, FreeCell Two Decks, Baker's Game and Eight Off. Play Klondike and Klondike by Threes on your Android Smartphone and Tablet. There are no more moves available.

<https://www.solitaire-klondike.com/klondike.html>

## **STAY CONNECTED ON-LINE: GREAT FOR INDIVIDUAL AND FAMILY/GROUP CHATS!**

**ZOOM:** <https://downloads.digitaltrends.com/zoom/windows>

Zoom brings video conferencing, online meetings and group messaging connections.

### **How do I install Zoom?**

To download and install the Zoom Application: Go to <https://zoom.us/download> and from the Download Center, click on the Download button under "Zoom Client for Meetings." This application will automatically download when you start your first Zoom Meeting. Once the download is complete, proceed with installing the Zoom application onto your computer.