

Coronavirus (COVID-19) GAPS UPDATE #3



➤ GAPS March 2020 Monthly Meeting ~ This Thursday!

MEETING: GAPS Webinar - Thursday, March 26, 2020

TIME: 3 pm to 5 pm – online meeting begins promptly at 3pm

PLACE: Watch this in the comfort of your home or office on your phone or computer!!

SPEAKER: Hope Young, Founder for The Center for Music Therapy

<https://www.centerformusictherapy.com/>

TOPIC: 🎵 “Parkinson’s and Music Therapy” 🎵

REGISTER for GAPS Webinar:

1. Go to: <https://www.georgetowntexasparkinsons.com/>
2. Click on the computer icon to register...easy and fast!
3. After registration you will see, “Webinar Registration Approved”.
4. You will receive a confirmation email also for the Webinar.
5. You will receive a reminder email on the day of the webinar.
6. Follow the instructions on the reminder email to join the webinar.

The March 26th General meeting will be broadcast live via webinar. Register below.

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After registering, you will receive a confirmation email containing information about joining the webinar.

Here is the meeting agenda.

3:00p - 3:15p Welcome and Announcements - Mary Jane

3:20 - 3:30p Ask the Pharmacist - Dr. Kunal with Liberty Pharmacy - “Best meds for COVID-19”

3:30 - 3:40p Parkinson’s Stretch with Kristi - “Best exercises to do at home”

3:40 - 4:40p Speaker - Hope Young, “Music Therapy for Parkinson’s”

4:40 - 4:45p Closing and reminders for the next meeting - Mary Jane

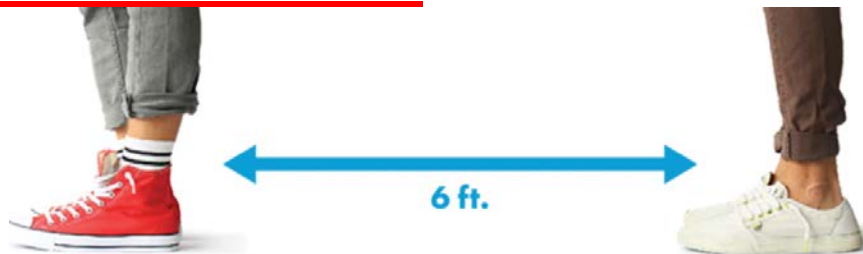
GAPS WEBINAR AGENDA:

- 3:00 – 3:15p Welcome and Announcements - Mary Jane
Thank You to Video Conferencing Sponsor:
"Medtronic, Damon & Donny"
- 3:20 – 3:30p Ask the Pharmacist: Dr Kunal, Liberty Pharmacy
"Medication considerations with COVID-19"
- 3:30 – 3:40p Parkinson's Stretch with Kristi –
"Best exercises to do at home"
- 3:40 – 4:40p Speaker and Speaker Q&A's – Hope Young
"Music Therapy for Parkinson's"
- 4:40 – 4:45p Closing and Next meeting - Mary Jane

- **American Heart Association, Coronavirus and Heart Health**
<https://www.heart.org/en/about-us/coronavirus-covid-19-resources>
 - **Medicare UPDATE** – Did you know? Scammers may use COVID-19 as an opportunity to steal your identity and commit Medicare fraud. In some cases, they might tell you they'll send you a Coronavirus test, masks, or other items in exchange for your Medicare number or personal information. Be wary of unsolicited requests for your Medicare number or other personal information. It's important to always guard your Medicare card like a credit card and check your Medicare claims summary forms for errors. Only give your Medicare number to participating Medicare pharmacists, primary and specialty care doctors or people you trust to work with Medicare on your behalf. Remember, Medicare will never call you to ask for or check your Medicare number! For more information on protecting yourself from fraud and reporting suspected fraud, visit [Medicare.gov/fraud](https://www.medicare.gov/fraud)
 - **Questions about COVID-19?** Hotline Call Centers: Dial 2-1-1 and then choose option 6. Hours: 7:00 a.m. – 8:00 p.m., 7 days per week
 - **Texas Department of State Health Services Coronavirus page:**
<https://www.dshs.texas.gov/coronavirus>
 - **CDC page on Coronavirus Disease 2019 (COVID-19):**
<https://www.cdc.gov/coronavirus/2019-nCoV/>
- World Health Organization page on Coronavirus:**
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

- **Michael J Fox Foundation:** michaeljfox.org/news/ask-md-coronavirus-and-parkinsons
- **Parkinson's Foundation:** <https://www.parkinson.org/blog/tips/Coronavirus>
- **American Parkinson's Disease Association:** <https://www.apdaparkinson.org/article/covid-19-overview-for-pd-community/>

➤ **SOCIAL DISTANCING:**



Distance saves lives.

- **Social Distancing** - Public health professionals are urging “social distancing” – basically, staying away from crowds and other peoples’ personal space – to curb the spread of the virus. Though the disease seems to hit the elderly and immunocompromised the hardest, even young and healthy people are strongly encouraged to practice social distancing. <https://www.pbs.org/newshour/science/one-simple-chart-explains-how-social-distancing-saves-lives>
- **Rational use of face masks in the COVID-19 pandemic** - The US Surgeon General advised against buying masks for use by healthy people. One important reason to discourage widespread use of face masks is to preserve limited supplies for professional use in health-care settings. Read more here: [https://www.thelancet.com/journals/lanres/article/PIIS2213-2600\(20\)30134-X/fulltext](https://www.thelancet.com/journals/lanres/article/PIIS2213-2600(20)30134-X/fulltext) and <https://www.cnn.com/2020/02/29/health/face-masks-coronavirus-surgeon-general-trnd/index.html>
- **How to Cope with Loneliness During Coronavirus** - While social distancing might be important for your physical health (and for the

good of our community), it can lead to feelings of loneliness and isolation. [READ MORE: how-to-cope-with-loneliness-during-coronavirus-](#)

- **COVID-19, Anxiety, and Parkinson's: Staying Healthy in these Unusual Times** - Anxiety is common symptom for people with Parkinson's disease.

<https://www.worldpdcongress.org/home/2020/3/16/covid-19-anxiety-and-parkinsons-staying-healthy-in-these-unusual-times>

➤ **TELE-MEDICINE on your computer or phone:**
This change is for everyone's safety, please use this!



- **Your physicians**, including your “Movement Disorder Specialty Neurologists” are going to tele-medicine! Originally, health professionals developed this technology to reach remote patients living in the rural areas. However, with the COVID-19 ... *this is our “new normal”!* This is for everyone's safety!
- **Please contact** your physician to learn more about “Tele-Medicine” specific to their practice. We know that Dr Soileau, Dr Peckham, Dr Krause, Dr Izor are currently using tele-medicine and I am sure there are many more!
- **How does it work?** – Your physician will send you a link or direct you to their website with instructions. You will click on the link from your phone or computer.
- **Patient Health Portal** - the patient portal is a secure online website that gives patients convenient, 24-hour access to personal health information from anywhere with an Internet connection. Using a

secure username and password, patients can view their health information and have contact with their physician.

➤ **REMEMBER - EXERCISE, EXERCISE, EXERCISE at home!!! RESOURCES for EXERCISE:**



- ✓ 413 Fitness Video's - https://www.youtube.com/channel/UCIOEay08W_JZC8iaA8yvung
- ✓ Power for Parkinson's Video's – <https://www.powerforparkinsons.org/> and https://www.youtube.com/powerforparkinsons?reload=9&mc_cid=f3a039997e&mc_eid=d0234cfbd8



POWER FOR PARKINSON'S
Prevent. Live Well. Live Long.

Join us **LIVE** on YouTube at 1:00 pm CST
on the following dates:

MARCH 23	Polly Caprio
MARCH 24	Lauren Lewis
MARCH 25	Maggie Moore (vocal exercises)
MARCH 26	Debbie Rosenberg
MARCH 27	Lauren Lewis
MARCH 30	Nancy Bain

To watch visit:
www.youtube.com/powerforparkinsons

You Tube

- ✓ Dance for PD - <https://danceforparkinsons.org/dance-at-home>
- ✓ Parkinson's Home Speech Therapy Workout - <https://www.youtube.com/watch?v=Dy2I7qLXhyA>
- ✓ Speech Therapy for Parkinson's disease - <https://www.youtube.com/watch?v=KSTiOHkaE3I>
- ✓ Parkinson Balance Skills and Drills - <https://www.youtube.com/watch?v=09eH35bR6tQ>
- ✓ Power for Parkinson's® Balance, Bands and Hacky Sacks! Full-Length Parkinson's Exercise Class - <https://www.youtube.com/watch?v=4VAOzgNLzUA&t=54s>

- ✓ *Go Outside and take a walk* - <https://www.studyfinds.org/seniors-who-walk-for-30-minutes-daily-cut-risk-of-death-from-any-cause/>
- ✓ *More exercise links:*

[Brian Grant Foundation Exercise Videos](#)

[Pam Quinn, PD Movement Lab: Steps to Stopping Festination & Other Tips](#)

[Meditation Class with Paula Wiener, MSW, LCSW from Parkinson's Foundation](#)

[Helpful Hand Exercises for Parkinson's](#)

- ✓ *Activities and Resources for Older Adults and Caregivers to Experience at Home* - ageofcentraltx.org/index.php/activities-caregivers-and-care-recipients

Coronavirus (COVID-19)

GAPS UPDATE #2



Excellent Webinars/Information on The Coronavirus and Parkinson's Disease:

- ✓ Parkinson's Foundation: "Ask the Experts: Coronavirus & Parkinson's Disease".
<https://www.parkinson.org/blog/tips/Coronavirus>
- ✓ Michael J Fox Foundation: "Information on Coronavirus for the Parkinson's Community".
<https://www.michaeljfox.org/news/ask-md-coronavirus-and-parkinsons>
- ✓ Davis Phinney Foundation:
<https://www.davisphinneyfoundation.org/blog/the-coronavirus-parkinsons/>

- ✓ CDC Update: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

HOW COULD IT IMPACT PEOPLE WITH PARKINSON'S DISEASE?

No evidence of Parkinson's disease itself raising the risk of contracting the coronavirus.

- Some people with Parkinson's may be in groups with increased vulnerability for having more serious illness.
- Any infection could worsen symptoms, so it may be more difficult to move or have more "off" time.
- Anxiety, a symptom of Parkinson's, could worsen during stressful time.
- Some cold and cough medication may interact with Parkinson's drugs, so talk with your doctor before taking any medication.



The Michael J. Fox Foundation for Parkinson's Research

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- ✓ **American Parkinson's Disease Association** - Dr. Rebecca Gilbert will be answering your questions during a [Facebook LIVE Q&A event](#) on Monday, March 23, at 1pm ET. Reserve your spot to join this live event, and be sure to click "set reminder" so you don't miss it (we'll remind you before it begins). You can also read some of the [questions we've already answered](#) about COVID-19.
- ✓ **Coronavirus Prevention Tips for Family Caregivers** - Watch this video on coronavirus prevention tips for Dementia caregivers by Dr. Allison Reiss. Click her to watch video: [here](#)
- ✓ **What Is Social Distancing?** - CDC-recommended guidelines to help stop the spread of coronavirus. [READ NOW](#)
- ✓ **Self-Care for Uncertain Times** – ParkinsonsDisease.net has a great article and resources: <https://parkinsonsdisease.net/spotlight/covid-19-self-care/>
- ✓ **Staying Happy While Social Distancing** - <https://www.psychologytoday.com/us/blog/living-life-well/202003/staying-happy-while-social-distancing>

3/19/2020 UPDATES:

- **[Meetings/Support Groups with Tele-Conference or "Live" Video-Conferencing:](#)**

- ✓ **GAPS March Monthly Support Group Meeting** – **Will NOT** meet at the First Baptist Church on March 26th at 3pm however, **“WILL BE”** video conferencing/live streaming on March 26th at 3pm with announcements and our speaker, “Hope Young with Music Therapy for Parkinson’s” to you in your home on your computer, YouTube and Facebook!!! ***More info coming ... in the next email to be sent on Monday, March 23rd***



- ✓ **Central TX Lewy Body Dementia Support Groups** – will do ZOOM calls. Contact Sarah # 832-794-8810 or 512-593-7669
- ✓ **Austin CurePSP Support Group** – Tele-conference on Saturday, March 28th, at 10:30 - 12:30 Call: 805-309-2350 Contact Judi #512-301-2268
- ✓ **The Parkinson’s Foundation 2020 Care Partner Summit May 16th** - will be online, pre-recorded and streamed to viewers. More info for link to watch this

➤ **Meetings/Events Rescheduled:**

- ✓ CTAP Parkinson’s Gala **rescheduled** to June 13th:



- ✓ Red Poppy Festival has been **rescheduled** to Oct. 23 – 25, 2020.
- ✓ The Parkinson's Foundation "Live Care Partner Summit" **rescheduled** to May 15th, 2021.

➤ **RESOURCES to CONNECT:**

- ✓ **MyParkinsonsTeam** - social network for those living with Parkinson's. Get the emotional support you need from others like you, and gain practical advice and insights on managing treatment or therapies for Parkinson's disease. MyParkinsonsTeam is the only social network where you can truly connect, make real friendships, and share daily ups and downs in a judgment-free place. [CONNECT TODAY](#)
- ✓ **These 12 Famous Museums Offer Virtual Tours You Can Take on Your Couch (Video)** - <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
- ✓ **Hey Doc?** - A new service to help you cope with COVID-19. PMD Alliance is fortunate to have more than 130 movement disorder physician partners. These partners generously provide nearly 100,000 hours of free time and expertise to PMD Alliance every year. One of the services they offer is consultation and advice. During this time, please feel free to

email us at HeyDoc@PMDAlliance.org with your questions and concerns. We will include them in our Resilience Update. If a question is outside of the scope of practice, our MDS physicians will refer you to the appropriate professional.

- ✓ **Social Connection in the Age of Social Isolation Webinar** – Monday, March 23 at 2pm. REGISTER: <https://events.blackthorn.io/2EmH006/wholisticm-social-connection-in-the-age-of-social-isolation-5a222E2Y5WF/overview>

➤ **RESOURCES for ASSISTANCE:**

- ✓ **Resources for assistance:**
 - *AGE of Central Texas* – please contact us at (512) 451-4611, or contact our Resource Center at (512) 600-9275.
 - **For medical transportation Services:**
 - ❖ Flash Transportation – 512-868-1000 (mention FIAG for our rate)
 - ❖ Caring Hands Shuttle – 512-639-9573
 - ❖ GoGeo Paratransit – 512-478-7433 (requires eligibility and screening)
 - **Grocery Delivery Services:**
 - ❖ Instacart – www.Instacart.com
 - ❖ Shipt – www.Shipt.com
 - ❖ HEB – www.HEB.com – look for Curbside & Delivery tab
 - ❖ WalMart – www.Walmart.com – Free Two-Day Delivery on orders of \$35+
 - **Caring Place in Georgetown** - Food Pantry will operate out of the Donations drive through on Tuesdays and Thursdays from 10:00 a.m. – 12:00p
[.https://www.caringplacetx.org/covid-19.html](https://www.caringplacetx.org/covid-19.html)

➤ **RESOURCES for EXERCISE:**

GAPS Mantra to “Exercise, Exercise, Exercise”!

- ✓ *Power for Parkinson’s Video’s* - <https://www.powerforparkinsons.org/> and https://www.youtube.com/powerforparkinsons?reload=9&mc_cid=f3a039997e&mc_eid=d0234cfbd8
- ✓ *Dance for PD* is committed to supporting Parkinson’s community, to this end, we are making our full [digital class archive](#) available free of charge. For those without internet access, we are also offering free shipping on our 3-DVD package to any destination in the world (more details are available on the digital class archive portal). Please share this information and the archive link

(<https://danceforparkinsons.org/dance-at-home>) with your participants.

- ✓ Parkinson's Home Speech Therapy Workout - <https://www.youtube.com/watch?v=Dy2l7qLXhyA>
- ✓ Speech Therapy for Parkinson's disease - <https://www.youtube.com/watch?v=KSTiOHkaE3I>
- ✓ Parkinson Balance Skills and Drills - <https://www.youtube.com/watch?v=09eH35bR6tQ>
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- ✓ Go Outside and take a walk - <https://www.studyfinds.org/seniors-who-walk-for-30-minutes-daily-cut-risk-of-death-from-any-cause/>
- ✓ More exercise links:

[Brian Grant Foundation Exercise Videos](#)

[Pam Quinn, PD Movement Lab: Steps to Stopping Festination & Other Tips](#)

[Meditation Class with Paula Wiener, MSW, LCSW from Parkinson's Foundation](#)

[Helpful Hand Exercises for Parkinson's](#)

➤ **CLOSED/CANCELLED/SUSPENDED as of 3/19/2020:**

- ✓ GAPS Classes ~ Chair Yoga, Singing (TTT), Dancing, Tai Chi, “Shake A Leg” Country Western Dancing **and** GAPS Caregivers and GAPS-GADS (DBS) Support Groups - **suspended**
<https://www.georgetowntexasparkinsons.com/>
- ✓ Parkinson's Foundation Community Walk April 18th Fundraiser at San Gabriel Park, Georgetown - **cancelled**
- ✓ Austin Fox Trot April 26th – **cancelled** [Please visit our website](#)
- ✓ **413 Boxing & Fitness** – **closed** <https://413.fitness/>
- ✓ **2020 Parkinson's Disease Symposium March 28th** - **cancelled**
- ✓ **Power for Parkinson's (PFP) Classes** – **suspended**
<https://www.powerforparkinsons.org/>
- ✓ **Senior Living Smarter Seminars** – **cancelled**
<https://www.seniorlivingsmarter.com/seminar>
- ✓ **AGE of Central Texas** – all programs/meetings/classes/lending programs/Caregiver U classes have been **suspended** <https://ageofcentraltx.org/>

- ✓ Sun City in Georgetown - **closed** all indoor and outdoor facilities and activities <https://www.sctexas.org/>
- ✓ Georgetown, Texas - The city to **close** facilities to public <https://georgetown.org/2020/03/18/covid-19-update-confirmed-cases-in-williamson-county-gatherings-limited-to-10-or-fewer/>
- **For your enjoyment and a distraction...**
 - ✓ It's always enjoyable to watch a documentary series narrated by Sir David Attenborough. It looks like there will be some wonderful scenes of wildlife in Our Planet in this upcoming series: <https://biggeekdad.com/2019/03/our-amazing-planet/>
 - ✓ Watch Johnny Carson get humiliated by a "talking" parakeet on The Tonight Show: <https://www.youtube.com/watch?v=n4drj5J9mVk>
 - ✓ Funniest Joke I Ever Heard 1984 Jimmy Stewart - <https://www.youtube.com/watch?v=3IiCCcSH8iY>

Wishing you all the very best always and remember GAPS is here to help "you"! Please feel free to share this email with others and look for more updates for our "online" March meeting!!!

Coronavirus (COVID-19) UPDATE

The Coronavirus and Parkinson's Disease

On Friday, March 13, 2020 President Trump declared COVID-19 a "national emergency" and Governor Greg Abbott has declared that COVID-19 is a "statewide public health disaster". Williamson County and City of Georgetown have also declared "a local state of disaster" amid the coronavirus pandemic.

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person, according to the Centers for Disease Control, CDC. And, seniors are the most vulnerable to the illness. People with Parkinson's and care partners should take these tips into consideration:

- **CDC Updates** - The [Centers for Disease Control and Prevention \(CDC\)](#) has a host of [information about the coronavirus](#), including [steps that should be taken to protect individuals at higher risk](#): older adults and those with serious chronic health conditions such as heart disease, diabetes and lung disease. Specifically, for Parkinson's click here: <https://www.parkinson.org/blog/tips/Coronavirus>
- **Wednesday, March 18th at 9am** – Parkinson's Foundation host a Facebook Live Event: "Ask the Experts: Coronavirus & Parkinson's Disease".

Here is the link to the Ask the experts Corona- virus and Parkinson's disease:
 Watch "Ask the Experts: Coronavirus and Parkinson's disease" on YouTube
https://youtu.be/aoY8U_qdtgQ

- **Thursday, March 19th at 11am** – Michael J Fox Foundation WEBINAR on **Information on Coronavirus for the Parkinson's Community**. REGISTER: <https://www.michaeljfox.org/webinar/information-coronavirus-parkinsons-community>

CLOSINGS/SUSPENDING SERVICES/CANCELLATIONS as of 3/15/2020:

- **GAPS March Monthly Support Group Meeting** –We **will NOT** meet at the First Baptist Church on March 26th at 3pm however, we "**WILL DO**" a "live streaming" with announcements and our speaker, "Hope Young with Music Therapy for Parkinson's" through YouTube and Facebook!!! More info coming ... as we "***figure it out***"! □
ONLINE" MEETING: Thursday, March 26th ~ *more info coming on time, registration and how to watch and hopefully how you can also participate!!!*
 PLACE: In the comfort of your home
 CONTACT: Mary Jane Berry dberry3@suddenlink.net 512-240-4167
 SPEAKER: Hope Young on "Music Therapy for Parkinson's"!
- **GAPS-GADS (DBS) Monthly Support Group Meeting** – **Cancelled** for March 18th at the Delaney. Our speaker, Kathryn Hayes has already been **rescheduled** to speak on October 21, 2020. She will address "DBS and Speech/Swallowing Issues" as well as "Aspiration Pneumonia".
- **GAPS Classes ~ Chair Yoga, Singing (TTT), Dancing, Tai Chi, "Shake A Leg" Country Western Dancing** – All our classes are **suspended** for the remainder of

March 2020. More info coming on when they will resume, hopefully in April! More info coming!

- **GAPS is sharing exercise resources to do at home:**
 - *Power for Parkinson's Video's* - <https://www.powerforparkinsons.org/>
 - *Dance for PD* is committed to supporting Parkinson's community, to this end, we are making our full [digital class archive](#) available free of charge. For those without internet access, we are also offering free shipping on our 3-DVD package to any destination in the world (more details are available on the digital class archive portal). Please share this information and the archive link (<https://danceforparkinsons.org/dance-at-home>) with your participants
 - *Parkinson's Home Speech Therapy Workout* - <https://www.youtube.com/watch?v=Dy2I7qLXhyA>
 - *Speech Therapy for Parkinson's disease* - <https://www.youtube.com/watch?v=KSTiOHkaE3I>
 - *Parkinson Balance Skills and Drills* - <https://www.youtube.com/watch?v=09eH35bR6tQ>
 - *Power for Parkinson's® Balance, Bands and Hacky Sacks! Full-Length Parkinson's Exercise Class* - <https://www.youtube.com/watch?v=4VAOzgNLzUA&t=54s>
 - *Virtual Parkinson's Fitness Strength Class with Kim Crowley*, Tuesday, March 17th at 11am, Wednesday, March 18th at 11am. This is a live, web conference class Kim will hold. Just before 11am, **[CLICK THE TITLE LINK ABOVE OR CLICK HERE](#)** on your computer or tablet. It will open Zoom software. Click "Open Zoom.us" and it will enter you into the live class. All you'll need is a chair to sit in and a computer to watch the live class from! Email Kim with any technical questions, up until 10:45am before the class begins, at strongerwithkim@gmail.com. If this option is successful, we will try to host more of these in-home classes for you each week. We will try to collect a video database of these for future use too.
 - *There are more on YouTube...*
- **413 Boxing & Fitness – closed** for next two weeks, contact Kristi at Fightback@413.Fitness for more information.

- **2020 Parkinson's Disease Symposium March 28th** - Plummer Movement Disorders Center has confirmed that the symposium has been **cancelled** indefinitely.
- **CTAP Parkinson's Gala on April 4th** – Will be **postponed**, more info coming!
- **Power for Parkinson's (PFP) Classes** – **"NO"** PFP classes from March 13th – 28th ~ More info to come
- **Seniors Living Smarter March Seminar:** "Learning Your Way Around Property Taxes" is **cancelled**. It was scheduled for Thursday, March 19.
- **The Powerful Tools for Caregiver course** scheduled to begin on March 18th has been **cancelled**. It will be rescheduled once it is safe to do so.
- **Austin Area CurePSP Support Group** – has been **cancelled** for Saturday, March 28th however possible teleconference. Contact Judi #512-301-2268
- **Sun City Board of Directors** announced they will be **closing** all indoor and outdoor facilities March 14-April 19, 2020. So, **NO** "Parkinson's Fitness" classes!
- **Faith In Action** with over 900 Georgetown seniors that rely on Faith in Action Georgetown for transportation is **suspending** services effective March 16 through April 3, 2020.
 - **For medical transportation Services:**
 - Flash Transportation – 512-868-1000 (mention FIAG for our rate)
 - Caring Hands Shuttle – 512-639-9573
 - GoGeo Paratransit – 512-478-7433 (requires eligibility and screening)
 - **Grocery Delivery Services:**
 - Instacart – www.Instacart.com
 - Shipt – www.Shipt.com
 - HEB – www.HEB.com – look for Curbside & Delivery tab
 - WalMart – www.Walmart.com – Free Two-Day Delivery on orders of \$35+
- **Caring Place in Georgetown** – the following are **closed**:
 - Both thrift stores, The Shops at The Caring Place located at 2000 Railroad Avenue and Second Helping at 3700 Williams Drive, are closed until further notice.

- Fresh Food for Families **will continue** at 2000 Railroad Avenue at 9:00 a.m. on Monday, March 16th. This event distributes fresh food in The Caring Place drive through to any family that needs produce.
- **AGE of Central Texas** – all programs/meetings/classes/lending programs/Caregiver U classes have been **suspended**. AGE has compiled valid and up-to-date [resources and information for caregivers and older adults that can be found on our website](#). If you or a family member need assistance, please contact us at (512) 451-4611, or contact our Resource Center at (512) 600-9275.
- **Let's Talk Coronavirus (COVID-19) –**
 - **What do we know?**
 - Early information confirms that some people are at higher risk of getting very sick from this illness. This includes older 60+ adults and people who have serious chronic medical conditions like heart disease, diabetes and lung disease.
 - **What can we do?** Centers for Disease Control (CDC) recommends:
 - Contact their healthcare provider and ask their physician for their recommendations for extra medications to have on hand
 - Have enough household items and groceries on hand so that you will be prepared to stay at home for a period of time.
 - **How can we prevent to reduce the possibility of spreading the disease?**
 - Avoid touching public surfaces with your hands whenever possible, including such things as doorknobs, elevator buttons, restroom surfaces, restaurant menus and tables, public computer keyboards, etc.
 - Avoid touching their eyes, nose or mouth.
 - Wash their hands often with soap and water frequently, for at least 20 seconds.
 - Avoid close contact with people who are sick.
 - Stay home when they are sick.
 - Cover their cough or sneeze with a tissue, then throw the tissue in the trash.
 - Clean and disinfect all touched surfaces and objects frequently using a regular household cleaning spray or wipe.

- Avoid crowds, especially in poorly ventilated spaces. Your risk of exposure to respiratory viruses like COVID-19 may increase in crowded, closed-in settings with little air circulation if there are people in the crowd who are sick.
- Avoid all non-essential travel including plane trips, and especially avoid embarking on cruise ships.
- Clean frequently touched surfaces daily. This include areas such as workstations, countertops, doorknobs, keyboards, remote controls, desks, cell phones.
- **How to Identify if ‘you’ or who may be sick?**
 - Fever (greater than 100.4)
 - Frequent coughing
 - Shortness of breath, Difficulty in breathing
 - Symptoms can appear as soon as 2 days or as long as 14 days after exposure to the virus.
- **Recommendations from the Lewy Body Dementia Association - LBD and Coronavirus: Prevention is the Best Medicine** [LBD and Coronavirus](#)
- **Parkinson’s, Pandemics and Loneliness** – thought provoking article, **“you” are not alone!** <https://pdwise.com/stories/on-pandemics-and-loneliness/>
- **Now, for a distraction from COVID-19** - We are all complying with thorough hygiene and social distancing recommendations, it is easy to become overwhelmed. So, at times like this, birds can bring us joy and provide a connection to the natural world. I am sharing a link from the Audubon Society of their favorite videos, photo albums, and articles about the birds ...a “care package” of sorts —and that it provides a small moment of joy today and whenever else you might need it. Click on this link: www.audubon.org/joy-of-birds and/or you can watch live streaming of Watch Live Barred Owls! Wild Birds Unlimited Barred Owl Cam | Cornell Lab Watch now! <https://youtu.be/8emLVvAQnI8>

Wishing you all the very best always and remember GAPS is here to help “you”! Please feel free to share this email with others and look for more updates for our “online” March meeting!!!