

News & Views

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Friday, April 10, 2020

Handling Household Emergencies During the Pandemic

by Don Knight

Even though we are all under a Stay Home, Save Lives order, life still happens. The water heater or furnace acts up, the plumbing leaks or clogs, an appliance decides to go on the fritz or many other things. At that point, we call the repairman. So how should we prepare for when they show up during the current coronavirus pandemic? (Note: Many of the items mentioned in this article came from a Washington Post article by Helen Carefoot titled "How Homeowners should handle plumbing, housecleaning and other services during a pandemic" dated March 27, 2020.)

The first thing is to decide if this is truly an emergency. Remember this is a short term event and we want to limit the number of people entering our homes unless absolutely necessary to limit the risk to ourselves and others.

So what if you do have an emergency?

Once you find a service provider, find out what they are doing with hygiene and safety protocols, including social distancing, to protect both you and their workers.

You, as the customer, also share the responsibility to create a safe working environment for everyone involved, so both of you are on the same page.

Keep social distancing guidelines in mind. Even though you may want to "look over their shoulder", they are a professional (which is why you called them), so stay back a good six feet. If you can, go to another room or outside (weather permitting).

If they can do some or all of their work outside, so much the better. Try to limit their coming into the house for the minimum amount of time inside to do the job.

Clear a path to the work area, leaving all doors open so workers don't touch doorknobs or other surfaces. Before work starts, put away loose objects and deep clean the area. Put down a drop cloth if you have one.

Provide the worker with access to soap, water, paper towels and a plastic bag to dispose of them so they can wash their hands. After they finish, deep clean the space again.

Be considerate of the service provider, show them mutual respect by modeling good behavior that is thoughtful and respectful.

Media Release: COVID-19 Preparations and Response

by Joe Budge, Fire Chief - Woodburn & Hubbard Fire Districts

Over the past month, the Woodburn Fire District in partnership with the State of Oregon, city officials and community groups have undertaken measures to prepare for a surge of COVID-19 infections that have currently been projected to reach a peak in the local area in mid-April.

In February, the State of Oregon initiated an incident management team to provide accurate information and manage preparations and response to the COVID-19 outbreak. Incident management teams or IMT are used to manage emergency responses to large scale events including earthquakes, regional flooding, wildland fires, or in this case, a world-wide pandemic. The IMT has direct connections with the fire defense boards comprised of fire chiefs in each of the 36 counties in Oregon. This organizational structure has been providing a daily stream of communication in both directions from the Centers for Disease Control and the Oregon Health Authority and serves to keep all first responders informed and fully supported as preparations proceed.

Among the first actions were to ensure that all first responders receive proper training in the use of personal protective equipment (PPE) that will prevent spreading of the virus and keep first responders safe from infection. The Woodburn Fire District would like to thank the local residents and industries that have donated PPE. This will help to ensure an adequate supply of protective equipment that in turn will maintain the capability of the fire districts to respond to all emergencies.

As always, the career and volunteer firefighters of the Woodburn Fire District are ready to respond to any emergency. 36 volunteer firefighters provide on-going back-up for the career firefighters for overlapping medical emergencies and fires or other incidents that require more than one response unit. All firefighters have been trained and are prepared to respond to the potential surge of COVID-19 patients.

The Woodburn Fire District also sponsors an active CERT program (Citizen Emergency Response Team) comprised of 70 volunteers from the local communities that have received special training to assist their neighbors in times of large scale emergencies. In response to COVID-19, CERT members are prepared to perform a wide-range of community services including:

- Staffing patient surge tents at local hospitals
- Provide welfare checks to vulnerable neighbors
- Distribute emergency response supplies to first responders
- Provide food and household supplies to those in need
- Assist with COVID-19 testing sites when they become operational
- Staff information phone banks at the local emergency dispatch center
- Partner with other community assistance programs

There are a few things that all of us can do to help minimize the spread of COVID-19 and maintain the ability of the emergency response system to meet the expected surge:

- Reduce the potential spread of the virus by following the "Stay Home – Save Lives" guidance from the Governor, observe social distancing, self-isolate if you become symptomatic, and wash your hands frequently
- If you experience symptoms associated with COVID-19 (dry cough, fever and tiredness) call your health care provider
- Call 9-1-1 if you are having difficulty breathing or inability to arouse

For the most accurate and complete information on COVID-19, please visit the Oregon Health Authority and the Centers for Disease control websites at the following links.

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

<https://webcache.googleusercontent.com/search?q=cache:https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/DISEASESAZ/Pages/emerging-respiratory-infections.aspx>

The Woodburn firefighters along with the local CERT chapter are here and ready to respond to all emergencies. Thank you for your help in minimizing the demand and reducing the potential surge of patients.

News & Views Publication Schedule April and May 2020

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Thursday, May 14, 2020

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Friday, May 8, 2020

Friday, May 22, 2020

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Active 55+ Community

Keep Your Chin Up

by someone you know anonymously

Things that happen in our lives, (like this pandemic), are what formulates our character and who we really are. The question is: do we wait for a crisis to drop on us and change our world as we try and react to it...or do we react ahead of time by our everyday actions and behavior toward each other so that we're prepared for it?

My grandma was about 9 years old when she lost her mother. She and her 3 brothers and father lived on a farm in a very depressed part of Kansas. After her mother's death, the authorities came in and removed her and her brothers from the home citing that her father was too poor to support them. My grandma was the last to leave and told me she remembers walking home from school and smelling food cooking at other houses and how hungry it made her, only to arrive home to her father and next to nothing to eat.

Then the Great Depression of 1929 came in like a wrecking ball. It further devastated an already depressed part of Kansas, where my grandma could be found scrubbing laundry for a family whose husband had the only job in town, working for the railroad. She sat outside on their steps scrubbing clothes on a washboard all day long, for 25 cents. That was enough to buy a couple potatoes for dinner for herself and the others with whom she shared a room.

If this wasn't enough hurdles for a person to jump, a few years after the Depression hit, the Dust Bowl arrived. The Dust Bowl was the result of years of farmers plowing the soil too deep. It brought with it draught and unlivable conditions, impacting 5 other states and lasting for the next 8 years.

This didn't break her spirit either. By this time she had met and married my grandpa. They packed the car with what little belongings they had, and headed for California. My grandpa got them shelter near Whittier as sharecroppers, so some food came with the roof over their heads as a bonus. My grandpa worked at a service station for 25 cents an hour, which he saved. In short time, it was enough to move the rest of his family west as well.

Over the next two decades, my grandpa was in and out of the picture, traveling here and there for jobs with his brother and cousins. During this time, my grandma (with a 3rd grade education) raised their 5 children by herself. She waited tables at a restaurant in the small Mohave Desert town where my grandpa had left them. Eventually they divorced, but that was after all but one child had made it through high school – and that's because the eldest son quit school to earn money shining shoes for the soldiers in town. He gave the money to his mom to help make ends meet. I'm very proud of her family, and proud to be a part of it.

My grandma raised her kids, and they had kids and so on. She also eventually found all but one brother, and was reunited with him after 54 years. He'd been adopted and was living in Colorado. At 89, she passed away, but not before she turned and looked at me next to her bed, holding her hand, and said, "I'm scared I haven't done enough for Him." The first thing that came to my mind was reminding her of her children, grandchildren and now great-grandchildren – 35 of us at that point. I reminded her that none of us were in jail, none of us had addictions, and all of us are workaholics. I told her that was a pretty good accomplishment for her to be proud of, and she smiled and went to sleep.

The point of writing this is to remind us that we all have similarities to her story – hard times, hard lives, but we always came back. It will take time for this virus to pass; but as Americans, we'll come back again. That's what we do and who we are. But we need to slow down every day and realize it costs us nothing to be kind, neighborly, empathetic, and generous with whatever we have. That's what our ancestors gave us, and that's what we'll pass onto the next generation. So start today, smiling from a 6 foot distance at the people you see – and know inside that we have the character to get through this. It won't break us.

Postponement

by Kathy Zimmerman

The Memorial service for Muriel Cole has been postponed to a later date due to the current coronavirus situation. When life returns to normal, or as normal as it can get, we will reschedule.

Dances Cancelled

by Bill Coleman, Chairman

In our last press release, the Woodburn Estates Dance and Social Club hoped that the current pandemic threat would pass and we could host our April dance as scheduled. However, with the extension of the quarantine through April 30, or longer, we must cancel all our dances until further notice. Continue to watch the *News & Views* for more information as we gradually transition back to normalcy.

A Few Words from Our City Councilor

by Sharon Schaub

The place cards (green & red) are a terrific idea and Janet Riggen deserves a big “shout out” for giving Dawn Cole the suggestion. Further, Dawn acted immediately by informing N&V editor, Kathy Hiller. Kudos to each of them for getting these into the N&V on such short notice.

Driving around the neighborhood and seeing all the green paper in so many windows renews my belief in this wonderful community of Woodburn Estates & Golf.

In a recent teleconference with the City Administrator, Attorney, Mayor and Councilor Carney, I advised them of our CARING COMMUNITY at placing the appropriate color place cards in our windows. I also mentioned Janet Riggen’s name, and our N&V Editor, staff and our remarkable site manager.

I also want to assure my constituents that the Executive Team at the City is doing an excellent job, along with our Chief of Police and Officers, Fire Department & Volunteers, Ambulance and CERT members. Each one of them are putting their lives at risk for us.

As City Councilor, Ward IV, I couldn’t be more thankful to represent such a wonderful community.

Let our unique awesomeness, caring, positive thoughts and energy inspire others in and around our city. Stay home, be safe and love one another.

Green & Red in Our Windows

by Dawn Cole

It was March 23rd and I was at work wondering about how our members were handling the order to “stay home, stay safe”. I decided, during a break, to start calling members one by one and asking them how they were doing, and on the 4th call, I spoke to Janet Riggen on Princeton. Janet told me that she was doing okay staying home, and then she asked me if I’d heard about putting green or red paper in the window. I said *no*, so she explained that she’d heard of another HOA that had asked their members to place a green sheet in a front window where it could be seen from the street if they were okay, or place a red sheet if they needed help. I told her I was going to take her idea and run with it, and we did. It was a race to get the paper in time for the next issue of *News & Views*, which seemed the obvious choice to get them distributed. Then there was the wrangling of the volunteers, wearing their masks and gloves and sitting 6 feet apart as the green and red papers were stuffed into each copy of the N&V. But it got done!

I can only hope that others in our community get the same touching feeling I got that day driving home and seeing the green in almost every window, knowing we were able to give a voice to some who had none. I’d like to personally thank and recognize member Janet Riggen for the great idea, and the volunteers who became the “hands and feet” to get it done: Stan and Kathy, Jim and Linda, Janice, Marion and Don, Sherry and Barbara!!!!

PS. Since then, I have shared this idea, (giving credit where credit was due), on a conference call with Community Leaders on what steps can be taken to communicate to the Woodburn citizens. They all agreed it was a wonderful idea that they plan on implementing!

Thank You

I want to thank you for putting together the *News & Views*. The information shared regarding Corona virus was very helpful and much appreciated. In addition, the red and green alerts are a brilliant idea. It is up to all of us to heed good advice showing that we care. The deep cleaning crew deserve a big round of applause and mega thanks. In case we should leave anybody out, let us just say that EVERYONE INVOLVED GETTING THE WOODBURN ESTATES BACK TO NORMAL IS SPECIAL and BEYOND AWESOME. GOOD HEALTH TO EVERYONE. BRAVO and GOD BLESS.

Maggie Johnson

To let First Responders/Health Care Workers/Firefighters/Police/grocery workers and anyone involved with finding a cure for COVID-19 know how much they are appreciated within our community, let’s pledge to go outside at 7 p.m. each night and scream and holler our thanks, while waving to our neighbors and friends.

Joanie Burton

N&V Delivery People Needed

by Linda Hoover

We need delivery people for the following routes as long as the quarantine is in effect. We are using masks and gloves in handling the newspaper.

On the *north side* of 214:

- Randolph Road (42 papers)
- Rainier Road (28)
- Princeton Road (47)
- Country Club Circle (29)
- Vanderbeck (21)

On the *south side* of 214:

- S. Cascade Dr. (49)
- W. Clackamas Circle (50)
- Santiam Dr. (35)

Call Linda at 503-380-8422 if you can help. Thank you. Keep well.

Activity Committee: Upcoming Events

by Sharyn Cornett

As your Activities Committee chair, I want to reach out to all of you with HOPE.

Many of our events will need to be postponed this year.

We want to thank our sponsors, McCully Realty and Legacy Financial for their planned support for this year’s Pancake Feed scheduled for April.

This annual breakfast is a longstanding community event and so it is with some sadness that we must postpone it.

Also, thank you to the following companies who had planned to sponsor the Potato Bash in March.

Emerald Gardens – Mega Foods – Reser’s Fine Foods – Costco – Senior Health and WH Realty.

An April dance and sign-ups for Family Golf was going to start soon, but like the Pancake Breakfast we will need to check later schedules and see when we can safely organize events. We will keep you informed through the *News & Views* and Facebook. However, it is the HOPE that carries us through now and the KNOWLEDGE that we are doing what we can to stay well and safe with these changes.

While we do not know the date that we can share time together in a large venue, we are grateful for all of you, our members, our associates and our sponsors.

Will see you soon – stay healthy and we will CELEBRATE when this is over.

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Monday
Burger Baskets

Tuesday
All-You-Can-Eat Tacos
Nachos

Wednesday
Beef Stroganoff
Chef’s Choice Special

Thursday
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Stir Fry

Friday
All-You-Can-Eat Fish & Chips
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Saturday
Prime Rib

Sunday

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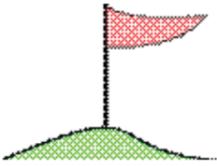
Part 4: Quarterly Estimated Taxes-RMD Waiver

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FAMILY GOLF DAY



The Sign-ups for this free Member and Associate family event was planned for April for play on May 16 and 17.

We are all doing what we can to Stay home and to Stay Healthy.

An update will be provided later when we are able to determine what and when we can have Family Golf in 2020.

Until then, wishing you the best and stay well. Diana

by Don Knight

Quarterly Estimated Taxes

Both the IRS and State of Oregon recently announced that they have extended the deadline for filing your 2019 tax returns from April 15 to July 15 due to the current coronavirus.

As of April 2, I have found no indication on either the IRS website or the Oregon Department of Revenue website that quarterly estimated taxes have been delayed.

These quarterly estimated taxes are still due on April 15.

(Due to *New & Views* deadlines, this was submitted on April 2. Please check your local news for any further updates.)

RMD Waiver & Penalty-Free 401(k) Withdrawals

I just found out about this on March 31.

Included in the CARES Act passed by Congress and signed by the President is a waiver of RMD (Required Minimum Distributions) for 2020 from IRA, SIMPLE IRA, SEP IRA or retirement plans such as 401(k) or 403(b). If the waiver had not been included, you likely would have to withdraw a larger percentage of your balance and pay a higher tax bill on value that no longer exists. I suggest you talk with your broker if this is of interest to you.

Those younger than 59 ½ would normally be subject to a 10 percent penalty for early withdrawal plus any income tax owed on the withdrawal from their defined contribution plan(401k or 403b and others) for those experiencing financial hardship related to the COVID-19 pandemic. Certain requirements related to how the coronavirus affected your finances must be met to qualify. Talk with your plan administrator for more information.

Spring has Sprung

by Carol Bolton, Rules Committee Chair

Spring is here and this time of year brings increased complaints from our members. The most common complaints are often about lawns, shrubs, pets and garbage. We have had many sunny days this spring and because we are all at home, staying six feet apart, now is a good time for yard projects.

Look around your yard. Do you have piled garbage, and water that is left in buckets, or other containers? These items harbor rodents, insects and stray animals, including rats, raccoons and those smelly skunks.

If you have an open vent, a hole in your siding, or holes around your plumbing or furnace ducts, this maybe an entrance into your home for those un-invited guests. If you set traps for these creatures, please be cautious, as many neighbors have pets or children that visit. Always read the package and label for instructions.

We all love our pets. Please clean up after your pets and keep them safe. Remember, all pets, are required to be on a leash when out of your yard, not matter what the breed including dogs or cats. The Humane Society recommends indoor living for cats, which increases their life. Indoor cats have a lower chance of getting hurt by cars, other animals or being poisoned accidentally. Indoor cats do not hunt birds, which makes some of our neighbors happy as they feed the birds and enjoy watching these feathered friends.

Most of all, be safe and talk to your neighbors, but remember, please keep six feet apart, no hugging, touching or elbow bumps. We are in this together. Please keep smiling!

New WEG Website

by George Allen, website manager

Our website, WoodburnEstatesGolf.com (referred to here as WEGcom), has been remodeled! Unfortunately, the fun of introducing the new website features pales with the arrival of the Covid-19 virus news. But know that we have this great, real-time source of WEG news and announcements to keep you better aware of what is happening around our neighborhood.

Local Covid-19 Information

Also note that Covid-19 virus news articles will be updated as better, and more, information is collected, so consider re-reading these posts if you are following the site. Currently WEGcom offers Woodburn Estates & Golf updates, local tips on careful shopping options around Woodburn during the sheltering in place, and fun things to do on the internet, for instance (see menu Members-Member Home-WEG Blog).

New Website Features

- Covid-19 Virus Announcements and Local Updates.
- Community
 - Board Update – News, proposed motions and financial reports.
 - News & Views Newspaper – online edition.
- Golf – Added information.
- Calendar – Updated (currently unavailable until clubhouse reopens)
- Members
 - Member Home Page - Latest WEG articles.
 - WEG Blog – All WEG articles.
 - Neighborhood Photos – Send your shots!
 - Group Activities Interest and Ideas – Suggest, or start, a class or activity?
 - Group Activity Update Form – Keep us posted on group information. Want new participants?
 - Resources – Services information of possible need to members.
 - WEG Volunteer Form – Post needed volunteer positions for activities and events, and accept positions online.

Member-Only Registration

The website will soon share information for members only using a registration approval form and password entry for confidential pages. While few pages are protected now, we will begin “hiding” them shortly. So we encourage members to register now in order to see everything later (Go to menu ‘Members-Your Registered Member Profile’). Only your name, email and member number are required, and these are not shared or published.

Your website registration will then be checked for membership and you will receive an approval email, notifying you that you can now log into the site when prompted by a member-only page (note, you will not be required to log in every time). And please check your email account spam/junk folder to see if it rejects our webteam@WoodburnEstatesGolf.com email address, and tell it these emails are not spam!

More website information to follow in N&V... come look over the new site at WoodburnEstatesGolf.com. And please be patient as we get our page-loading speed improved at the same time as our web providers like Wave are getting overloaded by stay-at-homers.

Lack of Courtesy

by a Neighbor

We moved to WEG several years ago and live on the golf course. When we first got here, we were SO impressed with how courteous the golfers were. No one playing ever looked into our windows as they played or drove through.

But as times change, that has also changed. More and more golfers going by are not just looking at the houses, but are looking into the windows. In fact, the other day, this fellow I didn't recognize was just cruising up and down the cart path, staring into windows. I know he was staring into windows because he made direct eye contact with me. It seemed more like he was casing houses than playing golf since I never once saw him get out of his cart to actually hit a ball.

Whether he was playing or not, can't we please go back to showing courtesy to the people who live on the course and ***NOT*** be staring into their windows? Thank you.

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CORONAVIRUS STIMULUS PACKAGE

The following article was submitted to *News & Views* by Don Knight, who thought it might be helpful information for our community. The original article is a perspective piece published in *The Washington Post*.

Coronavirus stimulus package offers relief for retirees with RMD waiver and penalty-free 401(k) withdrawals

There's help for older Americans caught between a falling stock market and low interest rates

by Michelle Singletary, personal finance columnist for *The Washington Post*
March 30, 2020 at 4:00 a.m. PDT

While many people have focused on the checks they may get as a result of the massive legislation passed to mitigate the economic impact of the coronavirus, there's very important but little-noticed relief for retirees.

Tucked in the Coronavirus Aid, Relief, and Economic Security Act, or the CARES Act, are several provisions that cover retirement accounts. Here's what you should know.

— **Required minimum distributions (RMDs) are suspended for 2020.** Concerned that they would have to take distributions from their retirement

accounts with the market now down sharply for the year, many seniors had hoped Congress would suspend their RMDs for 2020.

“Current balances are massively reduced from end-of-2019 balances, and retirees will wind up being forced to sell their stocks/funds at bargain-basement prices,” one District reader wrote.

During the last financial crisis, when the stock market crashed, Congress suspended RMDs for 2009.

You are required by law to take withdrawals from your IRA, SIMPLE IRA, SEP IRA or retirement plan such as a 401(k) once you reach 72. (It was 70½ before 2020.) But the CARES Act waives RMD payments for 2020, including for inherited IRAs. Additionally, the waiver covers the first RMD, which individuals may have delayed from 2019 until April 1, according to a summary of the Act's provisions by Fidelity Investments.

You have until April 1 of the following year after reaching the required RMD age to take your first RMD payment. This deadline applies to the RMD only for the first year. Every year thereafter, you have to take your distributions by Dec. 31.

“If the 2020 RMDs had not been waived, you likely would have had to withdraw a greater percentage of your IRA or plan balance and pay a big tax bill on value that no longer exists,” wrote Ed Slott, a certified public accountant, in a post on AARP's website about the RMD provision in the new law. “So, it is good that Congress gave us all a year off to sit this out and see what happens, and hopefully have more time to recover losses.”

— **Penalty-free withdrawal from your retirement plan.** If you are younger than 59½, you are subject to a 10 percent early withdrawal penalty on top of the income tax owed on your withdrawal. The CARES Act waives the 10 percent penalty for IRAs and defined contribution plans for participants experiencing financial hardship.

“I'm not a big fan of this part, because it's encouraging people to dip into their retirement accounts early,” said David Certner, AARP's legislative counsel and legislative policy director. “It's never a good idea. It's particularly not a good idea when the market is down. But for people who are in really bad shape, this may be their one emergency alternative.”

Coronavirus-related distributions can be taken for the following reasons:

- You, your spouse or dependent has been diagnosed with the coronavirus.
- You've experienced adverse financial consequences as a result of being quarantined, furloughed or laid off, or your work hours have been reduced.
- You're unable to work because of a lack of child care.
- You've had to close or reduce the hours of a business as a result of the virus.
- You've been financially impacted by other factors determined by the treasury secretary.

Withdrawals up to \$100,000 made on or after Jan. 1 would not incur the penalty, according to the Society for Human Resource Management (SHRM), which also has a useful analysis of the work-related provisions in the CARES Act.

To ease the tax burden, if you pull money from your retirement account, you have up to three years to pay taxes on the withdrawals. You can repay all or a portion of the distribution within three years, and the repayments will not be counted toward the annual contribution limits. For 2020, the maximum contribution to a 401(k) or similar retirement plan is \$19,500. If you're 50 or older, you can also contribute an extra \$6,500. The annual limit for an IRA is \$6,000, with a \$1,000 catch-up limit if you're 50 or older.

— **Retirement plan loan amount is doubled.** Loan limits from retirement plans have been increased from \$50,000 to \$100,000. The existing rule that loans may not exceed half the vested account balance has been removed, AARP notes. New and existing loan payments can be deferred for a year.

“Retirement plans can make amendments and adopt these rules immediately, even if the plan does not currently allow for hardship distributions or loans,” according to SHRM.

In the coming weeks, the IRS will clarify a lot of what's in the CARES Act and issue guidance. Before you make a move, you would be wise to double-check what's allowed. I would recommend you frequently check what the IRS said at [irs.gov/coronavirus](https://www.irs.gov/coronavirus).

“Older Americans face the one-two punch of coronavirus's health and economic consequences, and many need immediate relief and ongoing help and support to cope with the pandemic,” AARP chief executive Jo Ann Jenkins said in a statement following the passage of the legislation. “Those needs are only set to grow in the weeks and months ahead.”



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Coronavirus Explained

by Don Knight

Information provided herein is summarized from "The Great Influenza" by John M. Barry, about the 1918 Influenza. I have a BA in Biology and his presentation made sense to me. So I thought I would break it down here in case it helps anyone gain a better understanding of how viruses act.

Viruses are made up of strings of RNA (ribonucleic acid), which is a simple but unstable molecule. Viruses are the cause of influenza, HIV and various coronaviruses that causes SARS, H1N1 (cause of the 1918 flu epidemic) and the current COVID-19.

Influenza viruses come in three different types: A, B, and C. Type C rarely causes disease in humans. Type B causes disease, but not epidemics. Only influenza A causes epidemics or pandemics.

Influenza viruses do not originate in humans. Their natural home in wild aquatic birds, where their droppings contain massive amounts of the virus, often contaminating water supplies. The virus usually goes through an intermediary mammal, usually swine, before jumping to man. As a new variant, this threatens to spread rapidly around the world, threatening a pandemic.

Influenza itself is a specific disease separate from the common cold. Influenza virus directly attacks the respiratory system and the deeper it penetrates the lungs, the more dangerous it is. Indirectly it can lead to headache, muscle and joint pain and general malaise. Note that anti-biotics have no effect on viruses, although the doctor may prescribe them if the patient insists.

The virus itself is a membrane that contains the genes that defines the virus. It is spherical, 1/10,000 of a millimeter in diameter, and looking like a dandelion with two different type of spikes. While they have long formal names, we'll call them H and N. The H looks like a small tree and the N is more of a spike. You may have seen representations on the news.

When the virus collides with a cell in the respiratory tract, H brushes against sialic acid surface of the tract. These two cells have shapes that fit snugly together like hand and glove. More branches of H bind to more sialic acid until a critical mass is formed (think Velcro). A pit then forms on the cell beneath the virus and the virus slips through the pit and enters entirely within the cell

Through another process, the virus penetrates the cell nucleus and begins producing viral proteins with copies of the viral genes.

Meanwhile, the N spike has attacked the sialic acid and destroyed its ability to stop the virus membrane.

At around ten hours, the dead cell replicating the virus bursts, releasing 100,000 to 1 million copies of the virus. Within these copies, there may be many variations of the RNA as these viruses may not be exact copies of the original virus. Some may be defective and some inert.

In coronavirus, H has 18 known shapes and N has 9 occurring in different combinations and subtypes. (This is where H1N1 or H3N2 come from.) Pandemics occur when there is a radical shift in either H or N or both occur. When this occurs, the human immune system cannot recognize the new virus. Antigens in the blood will attack "foreign" cells, but few people in the world would have antigens to protect themselves from this new virus, so the virus spreads very rapidly. People develop antigens and antibodies in their blood after recovering from an influenza or coronavirus. But H1N1 antibodies may not protect you from H3N2.

Seasonal influenza is somewhat different in that their RNA is more disconnected and can recombine and mutate much more easily and rapidly. For example, if an avian virus and a human virus infect a swine at the same time, these viruses may recombine and can be passed on to humans. It is this recombining and rapid mutation that presents the shifting of the flu from season to season, making it hard to predict for the purposes of creating an effective vaccine that results in its increased mortality.

Tips from Norton™

submitted by Allan Lindberg

DO NOT FALL PREY TO PHONE SCAMMERS. The IRS, the FTC, and the Social Security offices will never call you asking for personal information. Companies like Norton LifeLock or Microsoft will not call telling you that they detected a virus on your computer. If a bank, credit card company or loan officer calls unexpectedly, do not give them your information right away. Look up the institution's customer service number and speak to an official agent directly and ask for clarification.

Music through a Window



The Gianella family playing music on their grandparents' porch during quarantine. Mimi enjoys their performance from inside the house.

by Mimi Ramsey

We all are surrounded daily with challenges of the Covid-19 pandemic. Seniors are particularly stressed as a high-risk category. Our spirits were lifted recently when our musically talented grandchildren came by and performed on our doorstep. The Gianellas are well known in this area for their multiple talents on piano, guitar, violin and beautiful singing. Logan (20), Colby (18), Ethan (16), Amelia (14) and Miles (11) have entertained at *Who's on Third*, The Woodburn Estates Coffee Hour and multiple weddings. It was difficult to not be able to give them a hug, but they certainly picked up our spirits.

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ISOLATED INCIDENTS: Comments from a Community in Quarantine

We asked folks within Woodburn Estates & Golf to comment on "How WEG is reacting to Social Distancing". Here are the ones we got back. (A few are from family or friends of a member.) [Regarding the Green or Red sheets in the last paper, Dawn Cole was given the idea from WEG resident, Janet Rikken. I am giving Dawn the credit for getting the colored sheets and organizing a group to stuff the paper. Kathy Hiller]

- I like the green and red sheets of paper, and put my green one up as soon as I saw it. Interestingly, my neighbors on Sallal Court have not so far. I wish others would use the green and red sheets of paper. I posted it on FB and others loved the idea. Someone else posted that in their community there was a yellow sheet also which meant people needed something, but were otherwise okay. Louise

- As I do my (almost) daily walks, I look for the green sheets in the windows of every house that I walk past. About 65% have green sheets. I believe that some people throw away the N&V without reading; others may feel that it is no ones' business; and others just haven't gotten around to it. BUT, I think that putting green sheets (or red) gives us all in our community a vital sense of how things are going as we social distance and self-isolate. So far, I am encouraged to see more green sheets than empty windows. Marion County became a hotspot for COVID 19 as of 4/2. Please stay safe. Connie

- Yes, we put ours up immediately after getting it. That was a great idea!! Pat P.

- Sharon and I believe it is a great idea. We are sorry that everyone isn't doing it. We are staying home and I do go for a walk every day. I wave at other folks from a distance. Stay safe. Paul

- Thank you so much for doing this for us. Wonderful idea, in fact, I live on a corner, is it possible to obtain another set? Patricia

- We have our green sign in the window as do most of the neighbors. Great idea. Thanks. Maggie

- Love the green and red sheets! Great idea! We are golfing, walking the dog and getting ready for a beautiful spring and summer! Lynda

- Hi, didn't get red paper, but don't need it for now. I'm working from home. My employer is not shut down. Greetings, Karl-Heinz

- I love the red and green cards. My green one is in my front window and the red one is on a table nearby. Wonderful Idea. Judy

- Great idea. Got our green card on the front window. Thanks. Bill & Susan

- Thank you. We have our green sheet up, and we're just staying in, cooking and eating (too much), trying to retain a semblance of sanity. Alexis

- Catching up with TV shows (binged third season of Ozark); reading, crafting, staying in touch with family and friends, trying to distance myself from the refrigerator and drinking LOTS of wine. Karen

- I think it's great. I have mentioned it to other people and they said that it's a great idea to be used in all neighborhoods. Donna

- Yes I have the Green Card Stock paper placed in plain sight. And I watch the at risk neighbors that live close to me. I am playing golf trying my best to make sure I have 6' spacing from my fellow golfers around me. Also I found out that I have a concrete floor in garage during some cleaning that I have been doing. Larry

- We think the red/green paper in the window is a clever idea. To keep busy our house is reeeeeeally clean! Our cars shine like a new penny. If Don mows the lawn anymore we won't have any left! We play cards and board games a lot, until one of us throws a fit and threatens the other!! Other than that we just relax. Susan

- Making jam! Carol

- My green paper is hanging in the window. I am watching way too much TV. I discuss things with my self so I usually agree with my answers. I think about my friends and hope they and their families are all safe. Peggy

- Cleaning, organizing, finding stuff didn't know I had. Scrapbooking pics. Eating, chair exercises, reading books I already read. Playing video games. Today I rode in a golf cart for fresh air and said hi to anyone that was out. I am missing all the drama and politics in this community. Let's plan one grand slam party when this is over. Stay safe, healthy, and busy. Sharyn

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- It was a great idea. They even asked about it on neighborhood.com, and it gave some clarity and help to those who didn't understand all the particulars! Patty

- Sewing, cooking, card making, sanitizing, reading, taking naps. You name it. Stay safe, everyone. Pam

- I have my green sheet in my window. Think it is a good idea. I was sewing the medical masks till my machine broke down. Will get back to them when I get my machine back. Lois

- I have shared the Green/Red idea with family and friends in Retirement communities all over the USA and my dear friends in other countries and they thought it was a fantastic idea. Since I'm dealing with a medical problem right now I don't mind staying home and it's giving me lots of uninterrupted time to continue working on my novel, which I hope to get published this year after so much time spent on researching info for the book. I tell people the following: "I don't mind spending all this time in quarantine because I like myself and I never have to worry about saying something to myself that I will later regret. If I wait long enough I will forget what I said to myself and say it again, listening as if I had heard it somewhere before but can't put my finger on where I heard it." Laughter is the best medicine so laugh this off and stay home where you can stay healthy. Alone time gives me time to reflect on the real importance of life itself and how well I've been able to enjoy the people I've met and lost in Senior Estates over the past 43 years. Yes, I've been here that long and have enjoyed being here more than any place I've ever been. I've seen so many changes to this place and nearly all have been excellent changes. On a few occasions we searched for a different place to live because the dues kept climbing. We checked other states and other countries and found Senior Estates has the most to offer for less money than all the other places we looked into. I'm glad I'm still here and very glad for board members who have our best interest at heart. Many thanks to our staff, Board and volunteers for all you do. Cheers and stay well. Kathy B.

- We placed the green sheet of paper in the window the day we received it. Fortunately we do not need the red sheet so far. I think it is a wonderful idea!! I am cross-stitching my Christmas stocking and my husband has many hobbies, including a small greenhouse to raise our flowers this year. We are staying home as best we can except for occasional trips to the grocery store - about every two weeks. We walk around our neighborhood but stay at least 15 feet away from anyone we meet and just yell a hello at them. We do check occasionally with our neighbors on our phones also. Joan

- Everyone in our circle has their green signs up. Keep in email contact weekly. Only taking a daily walk, weather permitting; other than that staying indoors. Eleanor

- I think the green sheets are a great sign of solidarity in the Senior Estates. When I walk the neighborhood it feels good to know there are others hunkered down in the different houses just like us. It's like a friendly greeting. Not sure what I would do if I saw a red one. Probably call the police and ask for a welfare check on that house. All in all, it is a great idea! Jan

- When I took a walk this morning, I noticed the green card in almost all windows along my path, around 4 full blocks including Astor Ct. Because I have an office, I was able to help a neighbor fax paperwork for unemployment. Kept Fax line busy for hours. Since my husband passed, it's been lonely and too quiet and I got a cat - Sophie is now my companion. Group texting with 2 daughters who live out of state, all morning long. I'm watching Hallmark Movies that I could not live without! Diane

- We think the red and green sheets are a good idea especially if people will pay attention to them. We put ours up and hopefully all in the neighborhood will. We're spending time doing things that should've already been done. I know, being retired we're supposed to have a lot more time on our hands but that doesn't seem to be the way it really works. Anyway, that's a more constructive way of spending our time than watching TV 24/7. We miss seeing friends and neighbors and will be glad, as most people will, when this is all said and done. Be safe, Dennis

- All my close neighbors on Oregon Court are displaying green cards, thank goodness! As for me, I've been cleaning kitchen cupboards, weeding when the weather allows and gathering and pricing items in advance of the Estates yearly (I hope) garage sale. Lots of phone calls to check on friends and family plus board games with my hubby help fill the evening. Stay well, everyone! Ann

- The green/red sheets are a good idea. Almost all of our neighbors have the green ones in their windows. Larry & Ellen

- I've been busy making masks and watching TV. I was very pleased to have received communion from my church while at home. Pat S.

- Doing online Realtor & CERT continued education courses. Yes, I put up my green sign. Lorrie

- What is happening is that the house is getting organized. Wanted to get our stuff sorted and organized since we moved in AND NOW THAT IS HAPPENING! YIPPPY! Shirley

- I think this is great! Personally it has given my neighbors and me a chance to touch base. One sunny day we sat in our respective back yards and talked to each other. I would say we have a phone tree to check on those who are alone. And take turns calling each other at least weekly. There are plans for some of the golfing ladies to drive their carts over to the course and have a social gathering; by circling our carts 6" apart, and visit with each other once the weather warms up. Just like the YouTube video of the ladies meeting in a parking lot. Paula

- Thank you for the green and red sheets. I placed the green one in my window right away and have the red one handy in case I should need help/assistance. I have also programmed a few neighbors phone numbers into my phone in case I need help and can't get red sheet into window area. What am I doing? 1. cleaning/organizing one cupboard or closet at a time. 2. Made Easter cards and birthday cards with materials I had around the house since I can't go to store. 3. Called friends who live alone to check in. 4. Called family who I haven't seen/talked to in a while. 5. Walk each day. 6. Reading the stack of books I have been meaning to read. 7. Planning my vegetable garden for this year. 7. Purging files (will be ready for next shred day). 8. Finding recipes to use food on hand. 9. Listening to music. Lavonne

- The card scheme is a good idea. Thanks. Extremely difficult to keep indoors. Stay safe.

- Thank you for the green and red sheets. I think it is a great idea. I look out my window every day and check on all my neighbors as far as my eyes can see. So far everybody is "Green". It is a lovely way to check up on neighbors without intrusion. Ali

- Should have had a yellow sheet to show we need something from the grocery store. Red means to call 911. I'm sheltering in place. Most excitement of every day is the mail delivery (mostly people asking for money!) and an occasional call from an old friend. Am down to the hard ones in my Sudoku book, have finished one 1000 piece puzzle, doing more cooking than I've done for 20 years, catching up on sleep, ordering from catalogs to help small businesses, (whoops, think I've used up my discretionary income for the next three months!), looking for elastic for Yvonne Rogers who is sewing surgical masks, worrying about my step-daughter who is a nurse at Providence, my nephew in California whose swimming pool cleaning business is now employed in sanitizing and another nephew and wife who are having their second baby in Oakland early in April. Mostly missing getting together with lunch and card playing friends. Think it is important for us to journal at this time so future generations will know what we went through. Hope you all caught the documentary of the Spanish flu pandemic of 1918 on TV this week. Others have gone through this ...heard about it many times from my dad who was 13 at the time. Also, I write what I am thankful for every day...health, (such as it is), friends and family, my garden that I can no longer weed, but am enjoying the hummingbirds feeding on the flowering currant. Also found a row of leeks in the vegetable bed that were planted too late to harvest last fall, but taste great in the leek-potato soups I've been making. Found a half wine barrel full of miner's lettuce. Internet says it is edible in case I run out of salad greens. Heard on TV that you can exist on corn, rice and beans because together they make a complete food. Don't know how true that is, but they all keep well. Think I've written about Congee before. Congee is a traditional Chinese medicinal meal. If you want it for breakfast, add dried fruit like raisins, dates or cranberries and a little cinnamon and salt. If you want it for dinner, add chick peas (garbanzo beans) and a little miso for flavoring. Or you might experiment with shrimp or other protein. If you want a thick pudding type, use 6 to 7 cups of water. For soup and broth, use 10 to 12 cups of water. Put the following into a crock pot: 1 cup of brown rice, 7 to 10 cups of water, spices & whatever else, Let cook all night for breakfast or all day for dinner. Stay well everyone. Love you. Donna

- April 2, 2020: Written at the end of Day 9 of my adventure with COVID-19... aka Coronavirus When I planned a trip to New Orleans from March 11-13 for a study group, I had no idea that we'd be on the brink of a pandemic. In fact, you couldn't even tell that anything was going on...the streets were still packed and the bars and restaurants were full. On the early morning of March 25, exactly two weeks after I'd been home from NOLA, I started vomiting and spiked a really high fever. This went on for 12 hours, and then I slept for about the next 24 hours. I had a consistent fever that would spike as high as 103 degrees. Day 3, I still had a fever and began getting congested. My body ached, my head ached, and I couldn't sleep. On Day 3 I lost my senses of taste and smell, and those didn't return until Day 8. Day 4 the diarrhea started, and I'll spare myself from having to bring it up again, but it lasted until Day 8. Day 4 is also the day that my roommate from my stay in NOLA called to inform me that she had been tested for COVID-19 and that it was positive. I let her know that I'd been experiencing flu-like symptoms, and she said her symptoms were similar. I immediately called my Doctor. We had a Zoom appointment that day where the Doctor asked me about my symptoms, my exposure, and the timeline. At that point they were almost certain I had it, but I needed to be tested. There are not enough tests to test everyone who shows

...continued on page 10

Community Comments (Cont.)

symptoms. The Doctor's office I attend said at the time they were getting over 200 calls with suspected COVID-19 per day, and they only had 50 tests. Here is how they determined who did/didn't get tested:

1. If you are over 60, and/or have a suppressed immune system, go the hospital to be tested.
2. If you are under 60, do not have a suppressed immune system, but you have symptoms of COVID-19: Stay home, quarantine, and treat with over-the-counter medicine.
3. If you are everything from #2 AND you've had direct physical contact with someone who has tested positive for COVID-19, you get tested at the Doctor's office.

I'm sure not all clinics are handling it this way, and things are changing constantly. But at the time I was going through this I fell into category #3 so I was scheduled to be tested at my Doctor's office. This determination was made on Day 4, but I wasn't tested until Day 7. Day 7, I was actually feeling a little better. My fever came and went but I was still having digestive issues and still couldn't taste anything. My appetite had started to return a little bit by this point. For the test, I was instructed to stay in my car and park behind the building by the dumpsters. I pulled up and someone came out in full medical protective equipment and swabbed my nose. It felt like they swabbed my brain. Ouch. I was told that results would take seven days, and that I may be feeling completely recovered by the time we found out if I even had it at all. Here are the rules I had to play by until I got my test back, and had to continue to play if I tested positive for COVID-19: I had to stay on isolation quarantine (away from my family and in only one room/

bathroom) for: At least 7 days past the first onset of symptoms, AND 72-hours following being symptom-free. My family had to stay quarantined in our home for 14 days following my last symptom. Day 8 I started to slowly regain my senses of taste and smell. Slowly... "Do I taste this orange or is it a taste memory?" By that night it was almost entirely back, and I had tacos and ice cream for dinner. On Day 9, today, I felt good. I had some lingering stomach issues, but that could have been from the tacos and ice cream after 8 days of mostly broth. Today, April 2, is also when my Doctor's office called with the results. It took 2 days, not 7 like they had predicted. And the test was positive. Even though I was sure it was going to be, it was still crazy to get the news. My Doctor advised me to continue with the treatment plan of 72 hours isolation/14 day home quarantine. He hadn't seen many (I think I was one of the first) positive tests, and he asked a ton of questions about where I'd been, my symptoms, the timeline, what amount of exposure my kids and husband had, etc. He decided at that point that my husband had to be tested right away. He is going to have a team meeting tomorrow morning to discuss my case and determine if they will proceed with testing the girls, and part of that would depend on whether or not they have enough tests. My Doctor also let me know that my blood is going to be very valuable to help treat people now that I have the antibodies. So I'll be donating blood as early and as often as I can. Things I did wrong: Travel to New Orleans during what turned into a pandemic. I was joking about "the Rona" and really thought it was media hype. Things escalated really quickly, and I'm glad I got home when I did. Things I did right: STAY HOME: As soon as I got home from traveling, I made a personal decision to quarantine for 5 days. I wanted to be sure that I didn't start to show any symptoms. By the time that the 5 days were up, the epidemic situation had progressed to a pandemic and we were all being asked to stay home if possible. So I continued to stay home. I never went to the office or saw my employees or any clients. I never saw my parents, in-laws, or any family members outside my husband/kids. Had I not stayed home, I would have seen my employees – one of which lives with her grandmother and would have then potentially exposed her. I would have seen my parents, my in-laws, my friends... What if it had directly or indirectly given it to my 96 year-old grandparents? The potential spread of this scares the living hell out of me when I think of how many people could have contracted this... because of me. Coronavirus didn't kill me. It made me really sick for a few days. But the same exact virus is quickly killing people. And not just those who are older or who have a suppressed immune system... there are stories of perfectly healthy people dying from the exact same virus I just tested positive for. I wouldn't have been able to live with myself knowing I spread this virus because I didn't stay home, could you? The next steps are for me to get healthy so I can be with my family again and give my husband a break because he's been doing everything for the house and kids, including remodel our downstairs bath and be the teacher for the homeschooling we're doing as a result of this pandemic. Luckily we have an amazing support system, as we've had friends showing up with food, supplies, etc. We are doing well, and the girls are actually handling this all like little champions. Jerod will be tested tomorrow, and tomorrow we will also hear about a plan for testing the girls. Since my first phone call to the Doctor's office I've been told that the CDC will get involved and interview me at some point, but I don't know what that looks like yet. Do they just call me? Do they show up at my door in hazmat suits? I'll let you know when I find out! Stay healthy! Stay home! Jill

I love these cards and it's great that so many people are participating. I walk up and down our streets and see green cards almost everywhere. As for keeping busy... guess we've decided to paint our living room. Ugh! So many books to move! Judi

- I think the red and green sheets are a very good idea. When I moved here 24 years ago they had the same idea. I still have the red sheet, don't know where the green one went. Carolyn

- We're participating, using the red and green sheets. We thought it was an excellent idea! I'm talking to girlfriends, 2 to 3 every day, checking if they're doing okay and sharing tips we are hearing to deal with this pandemic. I'm occupying my other time embroidering dish towels, a project I planned to do last fall for Christmas gifts for my sisters but got too busy to get done then. I have noticed today, way more cars driving by than any other day. It's like someone heard that Walmart got a truckload of toilet paper, ha ha ha! Blessings to all. Shirley

- Well, I think the green and red paper in the window is a good thing. Not everyone has close relatives or friends that check in or that one can call in an emergency, or perhaps one may not be able to call if something bad happens. Thank heavens for smart phones that let you say "Hey Siri, call help." I've programmed mine for "Call Help" (dials 911) and "Call 911" (dials 911). Let's hope that if something happens one would be able to tape up the red sheet as well.



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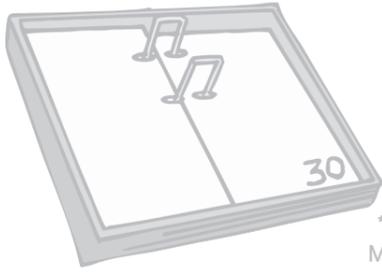
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Activities Calendar

* Any change of date, time, activity, or place MUST be made with the office 503-982-1776.

Saturday, March 28		Sunday, March 29		Monday, March 30	Tuesday, March 31

Wednesday, April 1	Thursday, April 2	Friday, April 3	Monday, April 6
<h1>CALENDAR POSTPONED</h1> <p>Due to the extension of the <i>Stay Home, Stay Safe</i> mandate, all activities are still currently postponed.</p> <p>We will resume our activities around the community as soon as it is safe to do so. Until then, we all must continue to do our part to flatten the curve.</p> <p>WHETHER YOU HAVE COVID-19 SYMPTOMS OR NOT, IF YOU CAN STAY HOME, PLEASE <u>STAY HOME!</u></p> <p><i>WE'RE ALL IN THIS TOGETHER.</i></p>			

Tuesday, April 7	Wednesday, April 8	Thursday, April 9	Friday, April 10

Donated Masks



by Dawn Cole

I've been contacted by an "angel", Sharon Gaskin, who lives right here in Woodburn Estates. Sharon has volunteered to sew and donate up to 100 or more masks that she has made. So if you are in need of a mask (limit 2 per household please), email me at gm@woodburnestatesgolf.com. If you can't email, call 503-982-1776 – leave your name and number, and say you need a mask. Thank you, Sharon!

If anyone happens to have narrow width elastic (1/4" to 3/8") that they could donate to help Sharon make more masks, call or email same contact info.

Life During the Virus 'Blitz'

by Betty Judevine

A good part of my life has been spent alone, but since this 'shelter-in-place' business, things have taken an unexpected turn. For example, today is my birthday, which demands (now) my identity as an Elder, but one without distinctive disabilities. The exception is a bout with a heel infection, which means to me, staying off my right foot's heel. Unable to bandage this heel, I am depending on Home Care nurses I have gotten through my insurance, but using them means no driving or walking until the heel is declared well.

When my TV remote would not work today, and my nurse didn't show up, and despite beautiful birthday cards, I started feeling very sorry for myself. Then, quite suddenly, providence would have it and I remembered what my son had told me some time ago. I have double AA batteries! Voila! I loaded the remote and the world lit up again! It turned out to be the best birthday ever.

This reminds me of how different the world would be without our precious electronic devices. Monks in caves and the very religious could endure, but one thinks about our current generations and their capacity for life without them. I am grateful again and can look forward to more years with comparable safety. Kudos for bad movies and medical alerts!

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