

## MAY 2020 NEWSLETTER

**STAY SAFE; STAY WELL.**

Happy May Day  
Happy Memorial Day

Mailing Label Goes Here

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The April meeting with Professor Kathleen Treseder, Department of Ecology and Evolutionary Biology at UCI, was taped and ran on Channel 6 Village Television four times. Treseder spoke about Community Choice Energy. YouTube link is <https://youtu.be/ZyRMdgAvHGc>

The **May meeting** will be getting the same treatment and features **Rick Barton**, speaking on the politics of anti-Semitism and Islamophobia - causes of and potential solutions for the current rise in both. We will e-mail members and friends with Channel 6 broadcast times and also the YouTube link.



**Richard D. Barton** speaks regularly on conflict in the Middle East, anti-Semitism, the Holocaust, religious freedom, and church-state issues. He has traveled to the Middle East and Europe for meetings with officials of the Israeli government, the Palestinian Authority, and the United Nations and European governments. In his law practice, Barton has represented healthcare providers and health systems for more than 30 years. His practice focuses on health systems, hospitals, health associations, physician groups and individual healthcare providers. He serves as an Adjunct Professor of Law for the University of San Diego School of Law teaching Health Law and Policy.

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Paid for by Laguna Woods Democratic Club FEC# C00447185 FPPC# 1307188

Club meetings are held the **third Tuesday** of each month in **Clubhouse 2 Main Lounge**, at **7 p.m.**, except occasionally when a special event preempts a regular meeting; the date or location of any meeting may be changed due to holidays; members free, guests are asked for a \$3 donation at the door. Meeting flyers are posted in each clubhouse at least two weeks prior to every meeting, whether regular or special event. Board of Directors meets the **second Tuesday** of each month in the **Pine Room of the Administration Building at 6:30 p.m.**

### 2020 Officers and Directors

**President** (Newsletter & Publicity) Linda Nearing, 460-0640; **1st VP** (Program) Susan Dearing, 855-6965; **2nd VP** (Fundraising) Rebeca Gilad; **Secretary** Allan Feldman; **Treasurer** (Budget) Pat Leftwich; **Activism** Janice Burstin; **Campaign & GOTV** Jeanette Peck; **Club Election & Nominating** Maureen Mehler; **DPOC Associate Member and Historian** Heide Krueger; **Hospitality** Penny Cline; **Legislative Action** Jonathan Adler, 581-2178; **Membership** Dana Barraclough and Debra David; **Outreach** Jeanne Lepowsky; **Special Events** Nancy Hensel; **Voter Registration** Mary Ribando; **(All area codes are 949)**

## HOW YOU CAN HELP

**VIRTUAL PHONE BANKING:** There is virtual phone bank training and virtual phone banking available. In-person activities have been suspended, so virtual phone banking is convenient and effective. The link is [1 on 1 Virtual Phone Bank Training Session · Katie Porter for Congress](#)

**Jasmine Miles**, the Democratic Congressional Campaign Committee's field manager for the 45th CD offers an opportunity for Village residents to support Katie Porter's campaign. The 45th is our district where Representative Porter is running for re-election. **Ms. Miles** can be reached directly through [miles@dccc.org](mailto:miles@dccc.org) or call her at **949-278-2429**.

Volunteers can get the training as needed and make "Calls 4 Katie" from home. There are instruction slides with a video that are e-mailed to volunteers after signing up, and they can also receive a phone call to be walked through the process.

**KEEP UP WITH THE PARTY:** Go to [ocdemocrats.org](http://ocdemocrats.org) to check on what the DPOC (county party) is doing; go to [cadem.org](http://cadem.org) to find out what the CDP (state party) has for you. As expected, the DPOC has canceled all meetings until further notice, as has the CDP. ZOOM meetings have taken place.

**POSTCARDS TO VOTERS:** Postcards to Voters are friendly, handwritten reminders from volunteers to targeted voters, giving Democrats a winning edge in key races coast to coast. Help candidates, sign up with <https://postcardstovoters.org/>.

## WHAT MAY BE OF HELP TO YOU

<https://www.mercurynews.com/2020/04/24/gov-newsom-california-will-pay-restaurants-to-make-deliver-meals-to-senior-citizens/>

Gov. Newsom on Friday, April 24, announced what he called a first-in-the-nation program to pay restaurants to deliver meals to the homes of senior citizens during this COVID-19 crisis.

The initiative, "[Restaurants Deliver: Home Meals for Seniors.](#)" will operate in partnership with FEMA and California's counties and cities.

The purpose is two-fold: Keeping seniors and other adults at high risk from COVID-19 well-fed with three nutritious meals a day and providing economic stimulus to local businesses and their employees. The program will start immediately.

On the economic side, the partnership will allow restaurants to start rehiring people or keep people currently employed and start preparing meals — three meals a day,

seven days a week —and have those meals delivered to seniors. To be eligible for meals, seniors must have incomes below 600 percent of the federal poverty level and must either be at high-risk of exposure to COVID-19, already impacted or exposed directly to COVID-19, or have compromised immune systems.

Counties will identify those eligible, but prospective participants should call their local 211 line to sign up, Newsom said.

Meals must meet nutritional guidelines set forth by the program. "I keep saying nutrition for a reason," Newsom explained. "We want to make sure we're focused on locally produced produce. We want to connect our farms to this effort. We want to focus our values throughout the state of California to get a lot of independent restaurants up and running again as well and have a diversity of options — and make sure that what we're sending to our seniors is low sodium."

Toll-free number: 888-600-4357; local number: 949-646-4357; text zip code to 898-211. Website [211.oc.org](http://211.oc.org)

## Bottom Line on Masks & Gloves

Wear a mask when you are in danger or in "exposure" zones (mainly places with other people).

Treat your home, car, and yard as safe places (no mask or gloves).

Be on high alert on what you are doing with your hands when you are in "danger zones." This is when you must not touch your face.

Consider wearing gloves (even winter gloves or work gloves can be helpful) but only for short periods of time and only when in "touch exposure" danger zones.

Remove your gloves (and mask) when you return to your safe place.

Wash your hands every single time you take off your gloves or mask or move from a danger zone back to a safe zone.

When you are at home and after washing up, you can relax, scratch your nose, rub your eyes and floss your teeth...without worry.

Source of this information at this link: <https://www.linkedin.com/pulse/saving-your-health-one-mask-time-peter-tippett-md-phd>

## BEQUEST TO THE CLUB

Our late member, Phyllis Trilling, left a bequest to the club of \$3,000. Your board of directors voted unanimously to donate the entire amount to South County Outreach. Our Treasurer Pat Leftwich was able to make this donation to an April 22 one-day fundraiser by City Net, called "Help Them Home," benefitting 18 different organizations, including SCO, to help end homelessness. They raised \$1,789,754 total!

Our donation of \$3,000 was matched dollar-for-dollar, so that SCO is the recipient of \$6,000! In addition, many of our directors and members made donations during the fundraiser. SCO ended up with a total of \$35,000! You may make a donation online to SCO at <https://www.sco-oc.org/donation-form/>

### Home Alone, by Club Member Diane Bauman

Home alone  
By the phone  
Where the stress  
Feels less

Daughter rings  
Sharing things  
Wondering when  
We'll meet again

FaceTime takes me  
To New York City  
Great-grandkids kisses  
This is what bliss is

There's a text  
A friend's request  
Shut off the NEWS  
Let's just schmooze

I get the call  
Sent to ALL  
On outside tasks  
Wear your masks

Hey — out there  
Hear my despair  
And really make  
This plague FAKE

## Is the Virus on My Clothes? My Shoes? My Hair? My Newspaper?

By **Tara Parker-Pope**; Published April 17, 2020  
Updated April 18, 2020, New York Times

We reached out to infectious disease experts, aerosol scientists and microbiologists to answer reader questions about the risks of coming into contact with the virus during essential trips outside and from deliveries. While we still need to take precautions, their answers were reassuring.

### ***Should I change my clothes and shower when I come home from the grocery store?***

For most of us who are practicing social distancing and making only occasional trips to the grocery store or pharmacy, experts agree that it's not necessary to change clothes or take a shower when you return home. You should, however, always wash your hands. While it's true that a sneeze or cough from an infected person [can propel viral droplets](#) and smaller particles through the air, most of them will drop to the ground.

Studies show that some small viral particles could float in the air [for about half an hour](#), but they don't swarm like gnats and are unlikely to collide with your clothes. "A droplet that is small enough to float in air for a while also is unlikely to deposit on clothing because of aerodynamics," said Linsey Marr, an aerosol scientist at Virginia Tech. "The droplets are small enough that they'll move in the air around your body and clothing."

### ***Why is it that small droplets and viral particles don't typically land on our clothing?***

I asked Dr. Marr to explain further, since we're all getting a mini lesson in aerodynamics.

"The best way to describe it is that they follow the streamlines, or air flow, around a person, because we move relatively slowly. It's kind of like

small insects and dust particles flowing in the streamlines around a car at slow speed but potentially slamming into the windshield if the car is going fast enough," said Dr. Marr.

"Humans don't usually move fast enough for this to happen," Dr. Marr continued. "As we move, we push air out of the way, and most of the droplets and particles get pushed out of the way, too. Someone would have to spray large droplets through talking — a spit talker — coughing or sneezing for them to land on our clothes. The droplets have to be large enough that they don't follow the streamlines."

So, if you're out shopping and somebody sneezes on you, you probably do want to go home, change and shower. But the rest of the time, take comfort that your slow-moving body is pushing air and viral particles away from your clothes, a result of simple physics.

### ***Is there a risk that the virus could be in my hair or beard?***

For all the reasons outlined above, you should not be worried about viral contamination of your hair or beard if you are practicing social distancing. Even if someone sneezed on the back of your head, any droplets that landed on your hair would be an unlikely source of infection.

"You have to think through the process of what would have to happen for someone to become infected," said Dr. Andrew Janowski, instructor of pediatric infectious diseases at Washington University School of Medicine St. Louis Children's Hospital. "You have someone who sneezes, and they have to have X amount of virus in the sneeze. Then there has to be so many drops that land on you."

"Then you have to touch that part of your hair or clothing that has those droplets, which already have a significant reduction in viral particles," Dr. Janowski said. "Then you have to

touch that, and then touch whatever part of your face, to come into contact with it. When you go through the string of events that must occur, such as an extended number of things have to happen just right. That makes it a very low risk."

### ***Should I worry about doing laundry and sorting clothes? Can I shake viral particles loose from my clothes and send them into the air?***

The answer depends on whether you're doing routine laundry or cleaning up after a sick person.

Routine laundry should not cause worry. Wash it as you normally would. While some types of viruses, like the norovirus, can be tough to clean, the new coronavirus, like the flu virus, is surrounded by a fatty membrane that is vulnerable to soap. Washing your clothes in regular laundry detergent, following the fabric instructions, followed by a stint in the dryer is more than enough to remove the virus — if it was even there in the first place.

"We do know that viruses can deposit on clothing (from droplets) and then be shaken loose into the air with movement, but you would need a lot of viruses for this to be a concern, far more than a typical person would encounter while going for a walk outdoors or going to a grocery store," Dr. Marr said.

The exception is if you are in close contact with a sick person. The [Centers for Disease Control and Prevention](#) recommends that you wear gloves when cleaning up after someone who is sick, and take care not to shake laundry and bedding. Use the warmest water setting possible and dry completely. You can mix laundry from an ill person with the rest of the household load. But just leaving laundry to sit for a while also reduces risk, because the virus will dry out and decay. "We know these types of viruses tend to decay faster on fabric than on hard, solid surfaces like steel or plastic," said Dr. Marr.

### ***So how long can the virus remain viable on fabric and other surfaces?***

Most of what we know about how long this novel coronavirus lives on surfaces comes from an important study published in [The New England Journal of Medicine](#) in March. [The study found](#) that the virus can survive, under ideal conditions, up to three days on hard metal surfaces and plastic and up to 24 hours on cardboard.

But the study did not look at fabric. Still, most virus experts believe that the cardboard research offers clues about how the virus probably behaves on fabric. The absorbent, natural fibers in the cardboard appeared to cause the virus to dry up more quickly than it does on hard surfaces. The fibers in fabric would be likely to produce a similar effect.

[A 2005 study](#) of the virus that causes SARS, another form of coronavirus, provides further reassurance. In that study, researchers tested increasingly large amounts of viral samples on paper and on a cotton gown. Depending on the concentration of the virus, it took five minutes, three hours or 24 hours for it to become inactive. “Even with a relatively high virus load in the droplet, rapid loss of infectivity was observed for paper and cotton material,” the researchers concluded.

### ***Should I be concerned about the mail, packages or the newspaper?***

The risk of getting sick from handling mail or packages is extremely low and, at this point, only theoretical. There are no documented cases of someone getting sick from opening a package or reading a newspaper.

But that doesn't mean you shouldn't take precautions. After handling mail or packages or reading the newspaper, dispose of the packaging and wash your hands. If you still feel especially anxious about it, take guidance from the New

England Journal study and just let mail and packages sit for 24 hours before handling them. How much should I worry about contamination if I go outside to walk the dog or exercise?

Your chances of catching the virus when you go outdoors is extremely low, provided you're keeping a safe distance from others.

“Outdoors is safe, and there is certainly no cloud of virus-laden droplets hanging around,” said Lidia Morawska, professor and director of the International Laboratory for Air Quality and Health at Queensland University of Technology in Brisbane, Australia.

“Firstly, any infectious droplets exhaled outside would be quickly diluted in outdoor air, so their concentrations would quickly become insignificant,” Dr. Morawska said. “In addition, the stability of the virus outside is significantly shorter than inside. So outside is not really a problem, unless if we are in a very crowded place — which is not allowed now anyway. It is safe to go for a walk and jog and not to worry about the virus in the air, and there is no need for an immediate washing of the clothes.”

### ***I've read that when I get home from a trip outside I should remove my shoes and wipe them down. Should I waste my precious disinfectant wipes on my shoes?***

Shoes can harbor bacteria and viruses, but that doesn't mean they are a common source of infection. [A 2008 study commissioned by Rockport Shoes](#) found a lot of gross stuff, including fecal bacteria, on the soles of our shoes. [A recent study from China](#) found that among health care workers, half had coronavirus detected on their shoes, which is not unexpected since they worked in hospitals with infected patients.

So what should we do about our shoes? If your shoes are washable, you can launder them. Some readers asked about cleaning the soles of

their shoes with a wipe. That is not recommended. Not only does it waste a good wipe (they are still in short supply), but it brings germs that would stay on the sole of your shoe or on the ground directly to your hands.

You can try not to think about what's lurking on your shoes — or you can have a conversation with your family about becoming a shoe-free household. We covered the pros and cons of shoeless living in our article, [“Should You Take Your Shoes Off at Home?”](#) If you have a child who crawls or plays on the floor, a family member with allergies, or someone with a compromised immune system, a shoe-free home might be a good idea for general hygiene.

*Reformatted and edited for the members and friends  
of Laguna Woods Democratic Club  
May 2020*