

NEWS LETTER

NEWS COVID 19

Sheltering in place seems to be working in Lake County. At least compared to neighboring Sonoma County. With 4 deaths and 515 cases and climbing, they are taking a step back from their plans to resume business activity.

What happens in our County depends on our numbers and how our governing leadership responds. In one week 11 new cases popped up, including two from Lucerne connected with the outbreak at a Church service in Redwood Valley.

Dr. Gary Pace, our Public Health Officer - who continues to weigh public safety with the need to resume economic and other activities - recently announced the reopening of retail stores, salons, barber shops, outdoor restaurant dining, childcare services, church offices and one-on-one spiritual counseling.

The precautions required to reopen include masks. Employees and customers must wear them. Also the "essential businesses" that heretofore had taken some, but not all, of the precautions, must now fully comply.

8 of 10 COVID-19 deaths in the U.S. are seniors 65 +

What does this mean to seniors? It's a caveat emptor moment, buyer beware. According to the Centers for Disease Control, 8 of 10 deaths from COVID-19 are seniors 65 and over. It's up to us to protect ourselves.

The message from County Leaders for seniors is clear. Stay home.

In a recent public meeting 3 of 5 County Supervisors voted to request authority from the Governor to let them decide how fast to move to open more businesses - like gyms and bars. The letter is on its way.

Heavy is the head who wears the crown: While not exactly a green light for business as usual, reopening businesses, Clear Lake, and other activities undoubtedly increases our risk of contracting COVID-19. Dr. Pace, charged with some very tough decisions, is balancing public health with economic interests and advising our local government leaders.

We're told our public health remains a key focus. Time will tell. - Olga Martin Steele, Editor

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Your message or ad of 30 words or less supports our efforts to bring important information and programs to seniors.



Have ideas, a short story or an area of interest you want us to cover? Let us know.

Contact Us

LCSF, Inc | P.O. Box 966 | CLO, 95423
707-830-0178
olgamartinstele@icloud.com

*"If you want to know where we're going, ask a senior how we got where we are."
- Jim Steele, Founder, LCSF, Inc.*

Are You A Candidate for COVID-19 Testing?

Call or Check the Website
707-263-8174

www.projectbaseline.com/covid-19
Testing is free and by appointment.

Questions? More Information?

Email: mhoac@lakecountyca.gov
www.health.co.lake.ca.us

NOTE: AT PRESS TIME, ANOTHER 5 CASES OF COVID-19 WERE REPORTED BRINGING THE LAKE COUNTY TOAL TO 28.



**Emergency Notifications
Sign Up for Nixle Alerts**
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This News Letter is a production of the
Lake County Silver Foundation
www.lakecountysilverfoundation.com

Covid-19 Numbers As of 5/27/2020

	Lake Co.	CA	USA	Global
TOTAL CASES 5,488,825	28*	113K	1,85M	6.25M
TOTAL DEATHS	0	4,251	106K	374K

*Updated 6/1/20

Sources: covid19.ca.gov, CDC, & WHO

COUNTY SUPERVISORS

Moke Simon – District 1
Bruno Sabatier – District 2
Eddie Crandell – District 3
Tina Scott – District 4
Rob Brown – District 5

707-263-2302

COVID-19: Are You at Higher Risk?

According to the Center for Disease Control, those at high risk for severe illness are:

- People aged 65 years and older - 8 of 10 deaths in US are 65+.
- People who live in a nursing home or long-term care facility.
- People of all ages with underlying medical conditions, particularly if not well controlled, including those with:
 - chronic lung disease or moderate to severe asthma
 - serious heart conditions
 - immune-compromised conditions*
 - severe obesity - body mass index (BMI) of 40 or higher
 - diabetes
 - chronic kidney disease undergoing dialysis
 - liver disease

* Note: Many conditions can cause a person to be immune-compromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids, and other immune weakening medications.

Protect Yourself

- Stay home if possible. If you go out, wear a mask.
- Wash your hands, often, for 20 seconds with soap and water.
- Avoid close contact with others – at least 6 feet, about two arm lengths.
- People may have COVID-19 but show no symptoms. Keep a distance, wear a mask.
- Clean and disinfect touched surfaces, frequently.
- Call your doctor if you experience COVID-19 symptoms such as: fever, cough & shortness of breath or atypical symptoms including chills, malaise, sore throat, increased confusion, rhinorrhea or nasal congestion, myalgia, dizziness, headache, nausea and diarrhea.



Covid-19 will be around for a long time and it's up to us to protect ourselves. If you have strong feelings about the health and well-being of seniors, call your District Supervisor at the number above or send a letter to one or all of them.

255 N. Forbes St., Lakeport, CA 95453



Help a Senior – Save a Pet

Financial help available for your pet care needs.
Project of the Lake County Silver Foundation.
Funded by 100 + Women Strong
Call Claudine at 275-3513

263-6222

**Hospice Services
of Lake County**
HOPE • COMPASSION • LIFE



NEW SERVICE



Need transportation for out of county medical services?
There's a new service connecting Lake County with medical providers in:

Deer Park | St. Helena | Napa
Santa Rosa | Ukiah | Willits
www.lakelinks.org | 707-995-3330

CORONAVIRUS DISEASE 2019 (COVID-19)



**Free Masks For Seniors
Locally Made & Washable**
707-830-0178

*"Covid-19 is highly contagious
and is spread through*

*respiratory droplets that are produced when an
infected person coughs, sneezes or talks."*

- Dr. Gary Pace, Public Health Officer

How Well Do You Know Lake County?

1. What historic ranch in Lake County was named after a notorious cattle rustler?
 - a. Noble Ranch
 - b. Quercus Ranch
 - c. Benmore Ranch
2. What did Dr. Gary Pace tell vacation homeowners to do?
 - a. Remember your quagga stickers.
 - b. Stay away from Lake County.
 - c. Keep a social distance while visiting.
3. What County Supervisor has the largest geographical area of responsibility?
 - a. Moke Simon
 - b. Rob Brown
 - c. E.J. Crandell
4. What winery has a lavender festival?
 - a. Ceago
 - b. None
 - c. Boatique
5. What's another name for Lake County diamonds?
 - a. Faux Diamonds
 - b. Mountain Gems
 - c. Moon Tears
6. What is the name of the largest fire in California history?
 - a. Camp Fire
 - b. Mendocino Complex Fire
 - c. Cedar Fire
7. What Lake County species eats more insects every day?
 - a. Bats
 - b. Swallows
 - c. Frogs
8. What are the largest predator animals in Lake County?
 - a. Elk & Black Bear
 - b. Elk & Mountain Lion
 - c. Black Bear & Mountain Lion
9. The average depth of Clear Lake is?
 - a) 26 feet
 - b) 12 feet
 - c) 62 feet

1-C | 2-B | 3-C | 4-B | 5-C | 6-B | 7-A | 8-C | 9-A

Answers



ARE BATS TO BE AVOIDED?

Bats seem to be getting a bad rap lately for their role in harboring coronavirus. But wait – they have always had a bad reputation for their nighttime habits and stealthy erratic flying pattern. Remember Dracula and the tales from Transylvania about blood sucking bats? Actually, when this story was invented, blood-eating bats had not been discovered. Vampires only occur in Meso-America from Mexico to Argentina and of the three species, only one will bite and lap (not suck) the blood of mammals and not necessarily on the neck. These bats got their name from the myth rather than the other way around.

Today bats are getting press from harboring the novel coronavirus that apparently started from a so-called wet market in China. These markets have live pets, delicacies and medicinal species (from wild and altered habitats) on sale. Caged animals contain a mix of wild viruses and are under extreme stress that causes any disease to shed through droppings and fluids in a potential zoonotic spillover to humans. It's definitely not the bat's fault and the diseases found in bats probably come from other animals as well. So, why are bats getting bad press when humans are to blame?

With 1,400 species known, bats are the only flying mammal and are very strong and healthy to both fly and resist diseases from animals contacted over their broad hunting range. Flying creates a peak temperature that mimics a fever and the pathogens in a bat have evolved to resist the higher temperature. Of course, humans run a high fever to kill viruses so it doesn't help when the virus can withstand that. So the higher virulent virus load that bats contain is dangerous if transferred to humans.

But bat viruses are not likely to spill over to humans if left alone in nature. Their value is immense to humans and the natural world. They eat loads of insects that otherwise could take over the landscape and they are also very versatile.

Over 600 species of fruits are pollinated solely by bats such as wild bananas, avacados, agave and mangoes. One species hunts over water and catches small fish; another scoots across the ground and catches beetles and grasshoppers. The biggest bat has a wingspan of 5 feet and weighs 2.5 pounds while the smallest is an inch long weighing as little as a penny. Bat life span ranges from 10 to 40 years if their habitat is not disturbed.



With habitat destruction, introduced diseases and pesticides as the biggest enemy to bats, it's humans that are to be cautioned against losing them. In Lake County the concerns for contracting diseases such as rabies are the same as any wild animal that your parents warned you about touching. So if they are left alone we can continue to enjoy without worry our Lake County sky full of Mexican free tail, big brown, California myotis, western red and hoary bats. – Jim Steele

Jim is a former Lake County Supervisor and Adjunct Professor of Water Ecology at SSU, Sacramento. He is Founder of the Lake County Silver Foundation and sits on the Board of Lake Links. He is a Biologist and Registered Professional Forester and his work has been published in scientific journals. Currently he writes two local columns, "Window on the County" and "Window on the Lake". He recently presented a lecture series at The New Paradigm College. The lectures are available on YouTube through Jim's Facebook page.

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A FEW WORDS ABOUT MASKS

To wear a mask or not – it's a hot topic and has caused confusion and controversy.

When the Shelter In Place (SIP) orders were originally issued, masks were not required. At the time, the information about COVID-19 was limited and changing faster than most of us could keep up with. How it got here, how it spread, how long it stayed in the air, who was vulnerable and who might have natural immunities were among the questions being asked and studied.

At the time, masks and other personal safety tools were in short supply and we were told the priority was to make sure our hospital personnel and first responders had first dibs. That certainly made sense since they were most at risk of exposure and essential to our good health.

We didn't know as much then as now but one thing was clear, people were getting sick in big numbers, some were dying and many knew a pandemic when they saw one.

Some of us began paying attention to how to best protect ourselves, our families and loved ones. Many started wearing masks, using the ones left over from the fires, making our own and buying them when we could.

Now, in the latest SIP orders, masks are mandatory, as a condition of re-opening a business and as a new requirement for the essential businesses like grocery stores, pharmacies, and hardware stores that had not been making their employees or customers wear them prior to the new orders.

Some things haven't changed. From day one we were told to wash our hands frequently and how so that the process was hearty enough to kill the virus. We were also told not to touch our face and to socially distance when engaging in allowable activities. Seniors especially were told to isolate and stay away from crowds.

Lately the World Health Organization, Center For Disease Control and our own local Public Health experts are agreed – wearing a mask provides protection to others since the most common spread of COVID-19 is from asymptomatic people who have the virus but show none of the symptoms most of us recognize as a red flag warning - fever, dry cough, shortness of breath.

Lisa Maragakis, M.D., M.P.H., an expert in infection prevention, offers this advice for the general public. *"The virus can spread between people interacting in close proximity – for example via speaking, coughing, or sneezing – even if those people are not exhibiting symptoms. In light of this evidence, wearing a cloth face mask or covering in public places where social distancing can't be observed will help reduce spread of the disease. For example, in a grocery store or on a bus, if you wear a face mask, you help protect those around you in case you cough or sneeze."*

Some think wearing a mask also protects us from those around us who might cough, sneeze or speak. If wearing a mask stops us from spreading our germs, wouldn't it also provide protection from those not wearing a mask and spreading theirs?

It seems the jury is still out on that – but best to wear a mask until it's in.

Bottom line, whether or not we believe in the protections masks may provide, we are now all required to use them when doing business in Lake County.

The Lake County Silver Foundations is all about seniors – and we know not everyone has access to a mask. So we did a little fundraising to help out.

If you are a senior (62 and over) and you need a mask, just call us at 707-830-0178 and we'll get one to you in a jiffy. The masks are made locally and can be washed.



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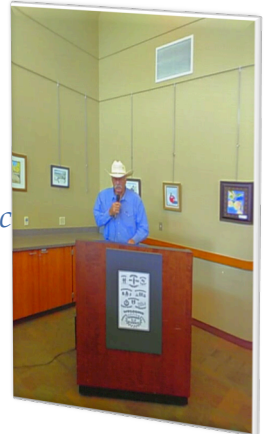
COVID-19 CRISIS ASSISTANCE

Senior & Disabled Network
24 Hour Live Resource Line
888-681-6822

STAY HOME – STAY SAFE
No Senior Left Behind
Meals on Wheels | Medicine on Wheels

Congratulations on completing a two year term as Lake County Poet Laureate and turning the reins over to Georgina Marie. You did a fantastic job. She has big shoes to fill.

Diana 
www.DianaLiebe.com



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www.sutterlakeside.org

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The Lake County Silver Foundation thanks CALPINE for its generosity in supporting seniors during the COVID-19 crisis.

Lake County Silver Foundation, Inc.
P.O. Box 966
Clearlake Oaks, CA 95423

The 4th
Annual Senior Summit
has been postponed
until it is safe to gather
again. Please check our
website for updates.

The Lake County Silver Foundation
is a 501 (C) 3 nonprofit

707-830-0178
www.lakecountysilverfoundation.com

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