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asi@activeseniorsinc.org
831-424-5066



ACTIVE SENIORS INC.

100 Harvest Street
Salinas CA 93901-3211
www.activeseniorsinc.org
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Weekly Newsletter - July 2020 Issue 3

Dr. Fauci Explains Viruses

“Chickenpox is a virus. Lots of people have had it, and probably don't think about it much once the initial illness has passed. But it stays in your body and lives there forever, and maybe when you're older, you have debilitatingly painful outbreaks of shingles. You don't just get over this virus in a few weeks, never to have another health effect. We know this because it's been around for years, and has been studied medically for years.

“Herpes is also a virus. And once someone has it, it stays in your body and lives there forever, and anytime they get a little run down or stressed-out they're going to have an outbreak. Maybe every time you have a big event coming up (school pictures, job interview, big date) you're going to get a cold sore. For the rest of your life. You don't just get over it in a few weeks. We know this because it's been around for years, and been studied medically for years.

“HIV is a virus. It attacks the immune system and makes the carrier far more vulnerable to other illnesses. It has a list of symptoms and negative health impacts that goes on and on. It was decades before viable treatments were developed that allowed people to live with a reasonable quality of life. Once you have it, it lives in your body forever and there is no cure. Over time, that takes a toll on the body, putting people living with HIV at greater risk for health conditions such as cardiovascular disease, kidney disease, diabetes, bone disease, liver disease, cognitive disorders, and some types of cancer. We know this because it has been around for years, and had been studied medically for years.

“Now with COVID-19, we have a novel virus that spreads rapidly and easily. The full spectrum of symptoms and health effects is only just beginning to be cataloged, much less understood.

“So far the symptoms may include:

(continued next column)

Fever
Fatigue
Coughing
Pneumonia
Chills/Trembling
Acute respiratory distress
Lung damage (potentially permanent)
Loss of taste (a neurological symptom)
Sore throat
Headaches
Difficulty breathing
Mental confusion
Diarrhea
Nausea or vomiting
Loss of appetite
Strokes have also been reported in some people who have COVID-19 (even in the relatively young)
Swollen eyes
Blood clots
Seizures
Liver damage
Kidney damage
Rash
COVID toes (weird, right?)

“People testing positive for COVID-19 have been documented to be sick even after 60 days. Many people are sick for weeks, get better, and then experience a rapid and sudden flare up and get sick all over again. A man in Seattle was hospitalized for 62 days, and while well enough to be released, still has a long road of recovery ahead of him. Not to mention a \$1.1 million medical bill.

“Then there is MIS-C. Multisystem inflammatory syndrome in children is a condition where different body parts can become inflamed, including the heart, lungs, kidneys, brain, skin, eyes, or gastrointestinal organs. Children with MIS-C may have a fever and various symptoms, including abdominal

(continued on P. 2)

Dr. Fauci (continued from P. 1)

pain, vomiting, diarrhea, neck pain, rash, bloodshot eyes, or feeling extra tired. While rare, it has caused deaths.

"This disease has not been around for years. It has basically been 6 months. No one knows yet the long-term health effects, or how it may present itself years down the road for people who have been exposed. We literally *do not know* what we do not know.

"For those in our society who suggest that people being cautious are cowards, for people who refuse to take even the simplest of precautions to protect themselves and those around them, I want to ask, without hyperbole and in all sincerity:

"How dare you?"

"How dare you risk the lives of others so cavalierly. How dare you decide for others that they should welcome exposure as "getting it over with", when literally no one knows who will be the lucky "mild symptoms" case, and who may fall ill and die. Because while we know that some people are more susceptible to suffering a more serious case, we also know that 20 and 30-year-olds have died, marathon runners and fitness nuts have died, children and infants have died.

"How dare you behave as though you know more than medical experts, when those same experts acknowledge that there is so much we don't yet know, but with what we DO know, are smart enough to be scared of how easily this is spread, and recommend baseline precautions such as:

Frequent hand-washing

Physical distancing

Reduced social/public contact or interaction

Mask wearing

Covering your cough or sneeze

Avoiding touching your face

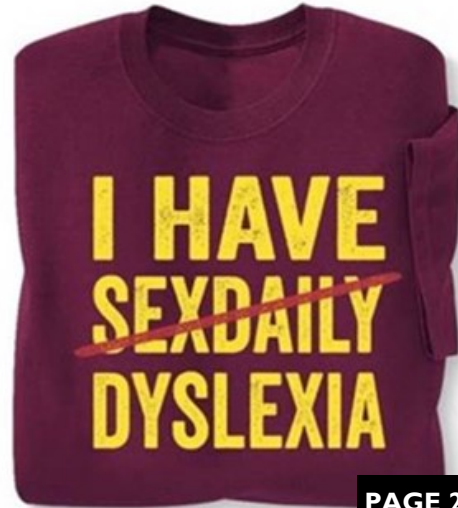
Sanitizing frequently touched surfaces

"The more things we can all do to mitigate our risk of exposure, the better off we all are, in my opinion. Not only does it flatten the curve and allow health care providers to maintain levels of service that aren't immediately and catastrophically overwhelmed; it also reduces unnecessary suffering and deaths, and buys time for the scientific community to study the virus in order to come to a more full understanding of the breadth of its impacts in both the short and long term.

"I reject the notion that it's "just a virus" and we'll all get it eventually. What a careless, lazy, heartless stance."

(Thanks to Tessa Carpenter for posting this, with a request to share it, and for some of the humor in this newsletter.)

Ed. Note: ASI Member June Radicchi has sent me a series of T-shirts, which may or may not actually be in production, but which crafty ASI Members could recreate for themselves. I'll be running one or two a week for the next couple months. I hope you enjoy them.



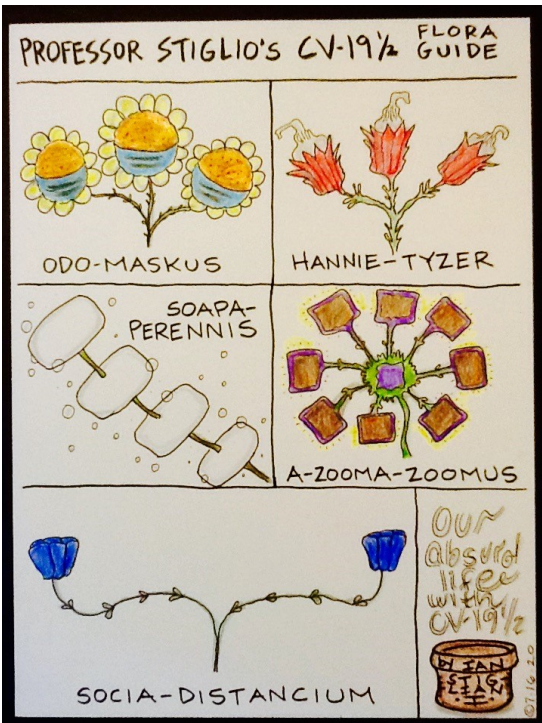
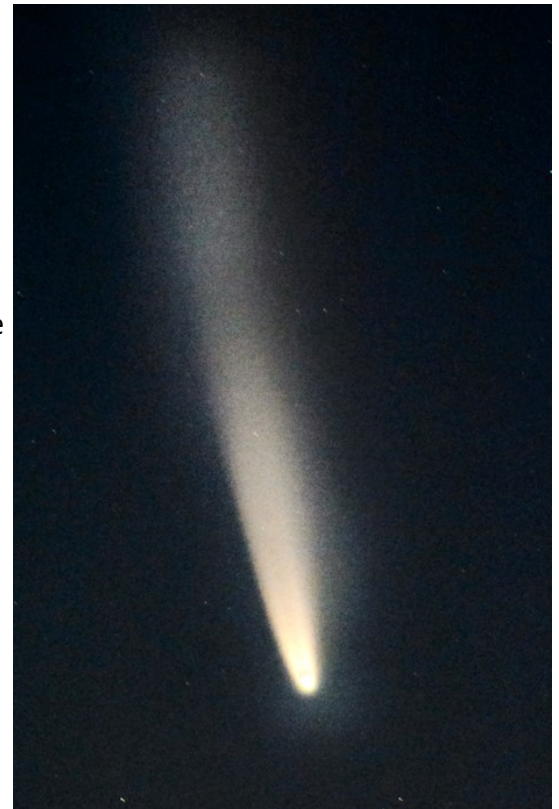
Comet Neowise

(Ed. Note: ASI Member Gladys Allen sent in this article and photos. The comet is now visible in the north-northwest in the evenings--except for the clouds and Salinas city light pollution. And it is beginning to fade. At least these photos are fantastic.)

This may be too late for the next newsletter, but I thought the pictures were great and an interesting article. Some seniors may actually be awake early enough to see it, but not me (but see current info above).

These photos appeared in the Carmel Pine Cone and were taken by photographer Michael Troutman at a location near Los Laureles Grade early morning July 11, 2020.

The article states "This spectacular comet has circled the sun and is now approaching us. It will fly directly by (at a safe distance) on July 22 and will be visible to the naked eye most of the month, with evening viewing opportunities coming in just a few days. Those wishing to view this celestial visitor (which won't return for another 6,766 years) should be in position by 4:15 a.m. with clear skies and a view of the horizon covering from the north to the east." (10 days ago—see new info above.)



Two 90-year-old women, Bertha and Betty, had been friends all of their lives.

When it was clear that Bertha was dying, Betty visited her every day.

One day Betty said, "Bertha, we both loved playing softball all our lives, and we played all through high school. Please do me one favor: When you get to heaven, somehow you must let me know if there's women's softball there."

Bertha looked up at Betty from her deathbed and said, "Betty, you've been my best friend for many years. If it's at all possible, I'll do this favor for you."

Shortly after that, Bertha passed on.

A few nights later, Betty was awakened from a sound sleep by a blinding flash of white light and a voice calling out to her, "Betty, Betty."

"Who is it?" asked Betty, sitting up suddenly. "Who is it?"

"Betty — it's me, Bertha."

"You're not Bertha. Bertha just died."

"I'm telling you, it's me, Bertha," insisted the voice.

"Bertha! Where are you?"

"In heaven," replied Bertha. "I have some really good news and a little bad news."

"Tell me the good news first," said Betty.

"The good news," Bertha said, "is that there's women's softball in heaven. Better yet, all of our old buddies who died before me are here, too. Even better than that, we're all young again. Better still, it's always springtime and it never rains or snows. And best of all, we can play softball all we want, and we never get tired."

"That's fantastic," said Betty. "It's beyond my wildest dreams! So what's the bad news?"

"You're pitching Tuesday."