

Notes for Friday Conference Call, June 5, 2020

Status: 677 [up from 595] cases in Chatham; 27 deaths [up from 25]

Hello, again. This is our 12th consecutive Friday morning conference call with you (now 3 months). I hope all is well.

As we normally do, we will pause a minute to think about the frontline heroes who are helping protect and otherwise serve us during this COVID-19 pandemic. This pause will also give you an opportunity to grab a pen and paper in case you want to take any notes during the call. Don't rush, we'll wait for you.

I also want to share a resolution passed unanimously by our Board of Directors last night.

Whereas, management and the Board of Directors of the Chatham County Council on Aging have reflected on the events of this past week, following the global outrage to the senseless and inhumane murder of George Floyd; and

Whereas, we have been touched by the expressions of anger, sorrow, dismay and shame shared by state, regional and local leaders of the nonprofit community—in these eloquent and powerful words:

“As we have seen an outpouring of response to the killing of George Floyd, I have watched the news stories with a heavy heart. It is difficult to find words that fully capture the anger and pain that I feel and that we see reflected in our communities.... I cannot release from my mind the picture of a white police officer with his knee on a black man's neck, with hands in his pocket, in public view with other police officers looking on with an expectation of impunity.... This was not an isolated incident; it stings all the more because it's happened so many times before....[W]e have made progress, but the forces that deprive Black lives the belief that they matter are persistent... We need our collective White, Brown, Black voices to join together to say out loud that we are committed to anti-racism. And we need our actions to demonstrate that commitment.... We need to hold ourselves accountable for how policies and practices are enacted in the organizations we lead and in the communities we serve.” – Jeanne Canina Tedrow, President and CEO, North Carolina Center for Nonprofits

Comments of Dennis Streets, Chatham CCCOA Director

Yes, We Are Still Working for Chatham Seniors and Their Families and Yes We Still Very Much Miss You.

*“There is a deadly virus lurking in our community, and our nation.... At Triangle Community Foundation, we’ve spent this time trying to figure out how to best support these communities and the nonprofits that provide services for them, to do what we can to mitigate the impact of COVID-19. But, even in the midst of this pandemic, we know that there exists an even more deadly virus: **racism.... To negate someone’s humanity for simply being a person of color is wrong, it’s against what we purport to stand for in America, and it needs to stop.... It’s up to all of us.**” – Lori O’Keefe, President and CEO, Triangle Community Foundation*

“To be effective as a nonprofit and social services community - a community in which many of us benefit from race and class advantages - we must strive to show up for racial justice every day, especially right now. I imagine many of us are exploring the best ways we can show up in our professional and personal lives; I invite you to share those explorations with your peers and colleagues.” – Hilary Pollan, Community Partners Analyst, Chatham County Manager's Office; and

Whereas, as the Professional Gerontologists Code of Ethics mandates Respect for People's Rights, Dignity, and Diversity (Principle D) and Social and Advocacy Responsibilities (Principle E); and

Whereas, as UNC-Greensboro Graduate Gerontology Program Coordinator Elise Eifert reminds us “Aging begins at birth and is influenced by many things, including racism, over the life course. If we want people to have the opportunity to live long, successful lives, we must do the work to create a society that fights against social injustice and truly becomes anti-racist.”

Now, therefore, we, the Board of Directors of the Chatham County Council on Aging, do hereby unanimously reaffirm the following belief, expressed in our bylaws:

There shall be no discrimination as to eligibility for services because of race, ethnicity, religion, gender, national origin or sexual orientation.

And equally important, we call on all residents of Chatham County to advocate and support realization of what is envisioned in the 2018-2023 Aging Plan for Chatham:

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Our vision is a Chatham County that offers older adults, and all residents, a safe, affordable, accessible, and inclusive community that promotes wellness, presents and respects choices, values diversity, recognizes and uses people's strengths, and supports individuals aging in community with dignity.

Last week we had Pandora Paschal on the call speaking about voter registration. I checked with Pandora yesterday and there is no update from her. The bill she discussed with us is still in the State Legislature. This week we have another special guest.

She is a neighbor and friend of Liz. Kathy Holland, Senior Customer Success Manager with Zoom Video Communications is here to give us an overview of Zoom. She has shown a real passion for helping our Council on Aging.

So, let me turn the microphone over to Kathy. Kathy, let Krista know when you are ok taking some questions and we will open the lines.

Thanks so much Kathy.

Now Jackie will comment about this and update us on any activities. We just recently started the June calendar.

Krista—please also brief us about the upcoming Listen-and-Learn-A-Thon series that starts this coming Wednesday.

Krista, let's keep the lines open a bit longer as I am going to share a few trivia facts and questions—in keeping with what we have experienced this week, these questions are about civil rights:

On August 28, 1963, Dr. Martin Luther King, Jr. delivered his "I Have a Dream" speech from the steps of what Washington, D.C. location?

a) The White House b) **The Lincoln Memorial** c) The U.S. Capitol d) The U.S. Supreme Court building

In 1890, which was the first state in the Union to grant women the right to vote?

a) California b) **Wyoming** c) Massachusetts d) Rhode Island

Which amendment to the U.S. Constitution guarantees due process and equal protection rights to all citizens?

a) **The 14th Amendment** b) The 15th Amendment c) The 16th Amendment d) The 17th Amendment

The Americans with Disabilities Act, which protects persons with disabilities from discrimination in many aspects of life -- including employment, education, and access to buildings and businesses -- was signed into law in:

a) 1970 b) 1980 c) **1990** d) 2000

True or False: The Equal Rights Amendment, passed by Congress in 1971 and explicitly guaranteeing equality to all persons, regardless of gender, was later signed into law.

Answer: False. The Equal Rights Amendment did not receive enough votes for ratification by the individual states, and was never signed into law.

South **Carolina**: State House of Representatives voted to **ratify the ERA** on March 22, 1972, with a tally of 83 to zero. ... **North Carolina**: State House of Representatives voted to **ratify the ERA** on February 9, 1977, with a tally of 61 to 55. But NC did not ratify—only the House.

The Congressional Research Service concluded that the 1972 ERA formally died when its ratification deadline passed on June 30, 1982.

What happened on June 5th in history?

1752 - Benjamin Franklin flew a kite for the first time to demonstrate that lightning was a form of electricity.

1922 - The US Supreme Court decided that Union organizations are liable for damage or injury caused during strikes. The decision was regarded as one of the biggest blows to labor unions.

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1944 - Following a number of crushing defeats in Europe the Allies prepared for the D-DAY landing on the Normandy coast. This proved to be the turning point for the war in Europe.

1956 - Elvis Presley introduced his new single, "Hound Dog," on The Milton Berle Show. and scandalized the audience with his suggestive hip gyrations.

1968 - Senator Robert Kennedy was assassinated at the Ambassador Hotel in Los Angeles after winning the California presidential primary. My oldest brother was at the hotel that evening hoping to hear him speak after campaigning for Senator Kennedy.

1981 - The Centers for Disease Control and Prevention issued a report announcing that cases of rare pneumonia were found among five homosexual men in Los _____ Angeles, California which was later identified as the Aids Virus.

Krista, please mute the phones again.

Please know that we are still working hard for you. Someone recently referred to us as "COVID Crushers"—I wish that were the case. Just know that you can call on us at the Council on Aging if you need assistance with food, supplies, assistive equipment, or just want a friendly call. We also have a supply of **box fans**. While the 1st official day of summer is June 20th, temperatures are already getting a bit warm, especially with the humidity. You know our numbers: at the Pittsboro Center, 919-542-4512, or the Western Center in Siler City at 919-742-3975.

In addition, let me remind you of a few numbers and share a few new ones:

"The Hope Line," run by the NC Baptist Aging Ministry, provides comfort to isolated seniors daily from 9 am until 9 pm. Call: 866-578-4673

"The Friendship Line," 800-971-0016, provides crisis counseling by phone for seniors over 65 and adults with disabilities.

"211" or 888-892-1162 is a free, confidential referral and information helpline and website that connects people of all ages and from all communities to the essential health and human services they need, 24/7.

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Dementia Alliance offers a virtual support group for caregivers, as well as one-on-one support and resources during business hours: 919-832-3732

For those of us who may be experiencing emotional or mental health distress, you can call 855.587.3463 for support 24 hours a day, 7 days a week. It is called the **Hope4NC Helpline**. You can also call the **Cardinal Innovations Help-line** at **275.

Before concluding my remarks today, I want to remind and update you on a few other items:

Calls wanting to schedule Tax appointments

Taxes are due July 15th. While we are no longer scheduling any more VITA appointments for this year, Orange County is still providing some assistance and has opened their service to Chatham residents as well. **Call 919-245-4242.** ____

Medical rides

We are still working through Chatham Transit to schedule essential medical rides. Again, before you call us though, contact your medical provider to be sure they still want you to come to their office. If they do and you need a Chatham Transit ride, you can schedule through Sigi Markworth by calling 919-542-4512, ext. 222.

Again, Chatham Transit is now requiring riders to:

1. wear a face covering (a mask, or anything covering your mouth and nose, i.e., a bandana)
2. let Chatham Transit or us know if your healthcare provider requires you to wait in the car/van before entering for your appointment.

SHIIP

All NC SHIIP/Medicare related calls are still being handled by the State SHIIP Office through their toll free line at 1-855-408-1212.

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Census

Don't forget to participate in the Census. This is very important. We want every person counted—it makes a difference in our funding.

Make Chatham count by completing your 2020 Census online (my2020census.gov), by phone (844-330-2020), or by mail when the questionnaire arrives to your home!

Some Added Good News: We have been awarded a grant from the **Home Depot Foundation and Meals on Wheels America** to help older Veterans in Chatham with needed home modifications and repairs. We are one of only three agencies across the country to get this award. If you or someone you know needs help, please give us a call.

I want to encourage us all to **continue being smart and careful. Remember staying at home means:**

- Avoid gatherings, hang-outs, and parties, even with family that do not live with you. Remember: If one person at your family gathering is infected, your whole family will be at risk.
- Keep distance from others if you must go out, wear a cloth face covering, and limit the number of trips you make.
- Stay in touch with loved ones by phone or video apps.
- Look out for each other, but from a distance.

Stay home. Stay safe. Save lives.

Take care of yourself and let us know if you think we can assist in some way.

Remember to wash your hands often –try not to touch your face; keep your distance from others; sanitize contact surfaces (especially if someone has entered your house). And a few more things: Stay hydrated—drink lots of water. Get plenty of sleep.

3Ws= Wear ... Wait ... Wash [Do you remember what the 3Ws stand for?]

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Krista, let's open up the phone one last time for any questions and comments.

If you want to say something, just state your name first. Please try not to speak over someone who is already talking.

Thanks for sharing. Remember we will meet again at 10:15 next Friday morning.

In the meantime, take care. Know that we at the Council on Aging are working as hard as we can for Chatham seniors and their families.

I will end the call today with a 1991 rendition of the song **We Shall Not Be Moved** by the New Freedom Singers: [and exercise your hands with this song]

<https://www.youtube.com/watch?v=duvoETGVvYU>