

Senior Citizens Advisory Committee Meeting
5 October 2020, 10am
Hampton Community Development Conference Room

Present

Linda Kindred-Chair, C’Faison Harris-Vice Chair, Martha Clark, Doris Farmer, George Gwynn, Martha Johnson, Sandra Waldo, Dave McCauley-HPRLS, Susan Elswick-Hampton Senior Center

Guests

Mrs. Angela Leary

Call to Order and Welcome

Ms. Linda Kindred called the meeting to order at 10:05am, welcoming all in attendance and providing opening prayer.

Roll call was performed and a quorum was present. Ms. Angela Leary and Mr. Dave McCauley were acknowledged. Board Member Doris Farmer thanked Linda for the gift bag given to everyone that included face masks and hand sanitizers. These items were provided by Linda and were appreciated by all.

Linda then introduced featured speaker, Ms. Irene Ferrainolo, Population Health Manager and Public Information Officer for the Hampton & Peninsula Health Districts.

Presentation

Ms. Ferrainolo provided in-depth information about COVID-19, using handouts and a slide presentation. She began explaining COVID-19 originates from the Greek word Corona (crown), noting that there are 9 to 10 varieties of the Corona virus. From Corona comes SARS-CoV-2, and then COVID-19, designated as such because it was discovered in 2019. This virus is air-borne and spreads mainly from person to person through respiratory droplets produced from sneezing, coughing, etc. Symptoms may be fever, cough, shortness of breath or difficulty breathing, fatigue, body aches, and/or loss of taste and smell. Symptoms may present themselves differently for each individual, but normally appear 2-14 days after exposure to the virus. Irene cautioned that it might be best to first rule out the possibility of strep throat or other maladies prior to being tested for COVID-19.

Additionally, persons 65 years of age or older, those with chronic lung disease or moderate to severe asthma, those with heart conditions, and those who are immunocompromised are at a greater risk for severe illness from COVID-19. Irene and Dave McCauley emphasized the need to continue safe practices through the wearing of masks, washing of hands, and social distancing.

The slide presentation showed how Hampton compares in the number of COVID-19 cases to other cities in the region. As of this meeting date, Hampton had 1,833 reported cases, 69 hospitalizations, and 27 deaths.

Martha Clark asked if having Blood Type O prevents one from having the illness. Irene noted that having either O positive or O negative seem to be a defense mechanism against contracting the virus.

Contact tracing for COVID-19 was discussed. Irene stated that the Virginia Department of Health has hired over 2,000 people to act as tracers. Contact tracing protects you and the community by letting others know they may have been exposed to COVID-19 and should monitor their health for signs and symptoms of the virus. Contact tracing also aids in slowing down the spread of the virus. Irene also advised that contact tracers would not ask for any personal information about you, such as your social security number, bank account information, etc. Tracers are bound by HIPAA (Health Insurance Portability and Accountability Act) which provides security provisions and data privacy that keeps medical information safe. Contact tracing also provides much needed demographic data that helps to determine those groups most affected by the virus and at a greater risk.

Free flu shot clinics will take place Saturday, October 19, 9am-12pm in Newport News at the Peninsula Health District (416 J. Clyde Morris Blvd.) and at the Hampton Department (3130 Victoria Blvd). Shots will be first-come first-served while supplies last. Another free clinic will be held on October 24 at the Peninsula Regional Animal Shelter (5843 Jefferson Avenue) - please call 757-933-8900 for more information. Commercial providers like Velocity and area pharmacies will also provide flu shots.

Irene provided a handout describing the differences between COVID-19, a cold, the flu, strep throat, and seasonal allergies (handouts will be attached). She advised members to contact the Virginia Department of Health COVID-19 hotline at 877-ASK-VDH3 or the Hampton and Peninsula Covid Call Center at 757-594-7069 (M-F, 8a,-5pm) for more information.

After a short question and answer period, Linda thanked Irene for an informative presentation and discussion and noted that she is welcome to return at any time to provide updates and more information.

New Business

Susan Elswick and Dave announced that several updates are being made to the Senior Center, including a new awning for the rear patio, painting, and updated exercise equipment. They are looking forward to more renovations and are hoping everything will be ready for patrons as soon as COVID-19 restrictions and safeguards are lifted.

Dave added that all recreation centers are receiving facelifts and that recreation, Parks, and Public Works personnel are pitching in to facilitate the many changes. Dave noted that all recreation centers are still closed, but virtual and outdoor classes are in session. Pools still are not open to public but are being used for special events. Additionally, the carousel, playgrounds, volleyball and basketball courts are still closed

The new Hampton Aquatic Center has been approved and will be built on the vacant lot in the Hampton Roads Convention Center complex. Construction is scheduled to begin in the spring of 2021, and the facility will have a 1500 seat capacity.

Bike & walk paths, golf courses, tennis courts, and shelters are open; however, the history museum, Clean City Commission, BMX bike trails, and campsites are under reduced capacity guidelines.

The James Wilson Fishing Pier has been completed but is not yet open due to the cranes and barge that were there for repair and construction is still in the area. Efforts are underway to have it moved.

Linda then spoke about the need to make changes to the name of the Senior Center, noting that it was brought to her attention that many of the elder population chose to use the other recreation centers because the name "Senior Center" denoted that only an older demographic used the facility. The other centers did not draw attention to their ages as did the Senior Center. Linda then brought forth a proposal for Dave's approval that would be a contest for a new name for the Senior Center. Dave gave his approval, and Sandra Waldo made a motion to rebrand/rename the Senior Center. That motion was seconded by Martha Johnson, but the motion was later rescinded and revised to include a 90-day time

period suggested by Angela Leary. Again, Sandra offered a revised motion that was seconded by Ms. Johnson. The motion carried. Linda then asked members to use the index cards she distributed to write their suggested names on the front and their names on the reverse. The cards would be collected through the end of December, with a winner being announced in January 2021. Linda is hopeful to be able to present the winner with a gift prize.

Old Business

Linda asked members to quickly review the September 14 meeting minutes and offer any revisions. When none were presented, a motion to approve the minutes as written was made by Sandra and seconded by Doris Farmer. The motion carried.

Closing Remarks

Linda encouraged members to let her know if they knew of anyone who may be in distress or in need of food or other resources. She also reminded everyone that their votes count and if transportation is needed to the polls, to please contact her.

Guest Angela Leary also reminded everyone to be aware of who is standing around them, especially those without masks. She experienced an incident where an individual not wearing a mask had sneezed in her face, but then later pulled a mask out of her pocket.

George Gwynn noted that he had received a letter from Riverside Foundation that made him wary, thinking it may be a scam or security breach. He will be contacting a family member to have it checked. Linda advised everyone to be extra vigilant about scammers who use the phone, internet, and US mail and even come to your home to play tricks.

Dave announced that C’Faison Harris was recently selected as Clean City’s interim executive coordinator upon the December retirement of its current coordinator, Debbie Blanton. Congratulations were given and humbly received.

Closing prayer by Linda.

Adjournment

Meeting adjourned at 11:36am.