

Rotary



Club of Medford Rogue

September 9th Communicator

Medford Rogue Rotary: Chartered April 20, 1977

Paul Robinson, President

Meeting Link: [Click Here for Meeting Link](#)

Zoom opens at 11:30am with entry into six-member Break-out groups; the general meeting opens at noon.

Involved Rotarians

INSPIRATIONAL MOMENT: Peter Sage

SERGEANT AT ARMS: Gene Taylor

GREETERS: Lindsay Berryman

ATTENDANCE: Shaun Franks

TECHNOLOGY: John VanSickle

Song For Today:
🎵 O' America 🎵
[Click Here for Song](#)

Thanks to Frank Pulver

Today's Speaker September 9, 2020

How Medford Water Commission's Forest Management Practices Improve Drinking Water

Speaker: Brad Taylor, Medford Water Commission

September 16 Speaker:

Rachel Hall

Forest Health and Forest Under Stress

A focus on the Rogue River/Siskiyou National Forest areas. Covers the smoke in the valley and reasons why there is smoke. Also, the "Mega Drought Southern Oregon 2020.

Health Notes

Flu Shot Alert

For years, the flu shot was recommended in November, then October. This year, because of the Covid-19 virus, it is recommended, Now! There is no way to know how severe the symptoms of simultaneous Covid-19 & the Seasonal Flu will be, but seems prudent to assume they will be quite severe.

The best way to prevent getting the seasonal flu is to receive the vaccine; fortunately, an adequate supply is already available. Until an effective vaccine is available for Covid-19 (which appears to be at least several months away), the best way to prevent it, is to continue the measures we have been doing for the past several months.

Should I get a Flu Vaccine?

Yes, the CDC recommends that all people 6 months and older get a yearly flu vaccine. The flu vaccine is available at most drug store chains and at your physician's office. The cost is minimal.

Submitted by Bud Bergstrom and Gary Newland

Coping with Stress during the Pandemic

Stress during the Covid-19 outbreak can cause the following: -Fear and worry about your health or the health of loved ones, your financial situation or job, or Loss of support services. -Changes in sleep or eating patterns. -Worsening of chronic health conditions and mental health conditions. -Increased use of tobacco, and/or alcohol, and other substances.

Healthy ways to cope with stress:

Know what to do if you are sick and concerned about Covid-19.

Know where and how to get treatment and other support services, including counseling or therapy.

Take care of your emotional health.

Take breaks from watching, reading, or listening to news stories including social media. Repeated pandemic reports can be upsetting.

Take care of your body.

Take deep breaths, stretch, or meditate.

Eat healthy, well balanced meals.

Exercise regularly.

Get plenty of sleep

Avoid alcohol and drug use.

Make time to unwind. Do activities you enjoy.

Connect with others. Talk to people you trust about your concerns and how you are feeling.

Connect with your community- or faith-based organizations. While social distancing measures are in place, consider connecting online, through social media or by phone or mail.

Source: Centers for Disease and Prevention

Submitted by: Gary Newland