



MEETING NOTES: February 10, 2021

Call to Order: Steve Elefant opened the meeting, and Hogie led the Pledge of Allegiance, patriotic song "God Bless America."

Sunshine: Jean D. told us about Ruth R's recent fall while walking her dog and suffering a broken neck. Apparently, she is at home and her son is taking care of her needs. Please send her notes of support and good wishes. We also welcome back Wolf M. who is on the mend. Jean also talked briefly about the article in today's Rossmoor News about Kaiser giving vaccinations here at Rossmoor.



Thought for the Day: John King chose to talk about the wonderful trip his family took to Tahoe, the snowman building with Eliana, her surprise when first seeing snow, and the personal experience his family had with Covid-19, rather than his usual humorous stories. His thoughts: "hold those you love close; don't take Covid-19 for granted; appreciate the seriousness of this disease; don't let anyone you don't know come into your home to provide service; and count your blessings."

Happy Dollars: We want to thank Bill Broxham, again. Joy who is happy about getting her second vaccination. David Brown for his new cast, and Tillie who is getting her first vaccination.

ANNOUNCEMENTS

Interact- Please look for announcements from Patrice about upcoming events

THE POLIO PLUS SOCIETY- Joy announced that Jim Olson will act as a "polio warrior" for the club and will

periodically send out announcements about how we as members can join in effort to end polio.

PROGRAM

Guest Speaker- George Rutherford, MD, Covid-19, "Looking Backwards, and Forward."



Dr Rutherford gave a thorough presentation about the state of things re: Covid-19 here in Contra Costa County, California, the U.S., and World. Without going into all the details (if you want you can view the recording of the meeting), here are some topics he showed slides on. **Covid-19, Deaths are falling in the U.S. and California. The number of cases per day in the State and Contra Costa County. Statewide infections indicators, such as, the number of hospitalizations per day, ICU capacity, deaths per 100,000, etc. Infections by age group (most in 18-34 range); deaths by age group (most 80plus). The cases of Covid in cities in Contra Costa County-Walnut Creek are at the low end of incidence. There was discussion about Covid-19 mutations/variants in England, S. Africa, and Brazil, and their incidence in California. He gave a complex overview of the biology of the virus and its mutations and whether or not these increase the likelihood of infection and disease complications. Most of the variants seem to be occurring in S. California. He showed the seven Biden administration objectives in controlling Covid-19, which he heartily agrees with. He talked about disease control strategies i.e., isolation/quarantine, case finding, immunization, early diagnosis and treatment. Finally, he gave an overview of the types of vaccines being employed and their effectiveness.**

Dr. Rutherford said that Contra Costa County is doing a "good job" in responding to the pandemic.

CALENDAR

Feb 15	FAB5 Zoom meeting of the local clubs hosted by Lamorinda . Joy will send out a link to this annual event.
Feb 17	Las Lomas H.S. students Camp Royal competition.