

ROTARY -

Meystrik Joseph M. <mailservice@dacdb.net>

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My dear fellow Rotarians,

I hope everyone has had a chance to enjoy this beautiful November weekend! I am always stunned by the beauty that is around us. The brilliant trees have faded and now many of us are having to deal with the leaves on the ground. On the bright side living in the country I was able to burn some of mine today and the smell of the burning leaves was incredible!

I would like to thank all of you who have reached out to me the last few weeks as I had to deal with COVID-19. I can't say enough good things about my Rotary friends who stopped by, brought groceries, or food, and those of you who offered to help me as well. It really shows that you all take the "Service Above Self" motto to heart!

After almost a month off work with this illness I go back to work tomorrow!

I will share a few things I learned about COVID-19. I hope none of the rest of you get it. But if you do here is what you need to know. While having the virus can make you feel lousy it is your inflammatory response that makes the difference between a mild, moderate, or severe case. You may not feel too bad. However, if your oxygen saturation levels start to drop... That is the signal to head to the hospital.

For \$20.00 you can get finger pulse oximeter from Amazon or I have a few to loan out. It may be 2-3 weeks from onset of the disease until you have problems. For me it was 2 weeks and 2 days from time of exposure to hospital admission. Keep doing what you do to stay safe.

This week! Our program is Matt Amick who is with the Soybean council.

Don't forget to make your Polio Plus Donations if you have not already done so. I still need to send my check since COVID just really took the wind out of my sails for few weeks.

Stay safe and well.!