A message from the Governor

Rather than wait till the end of the month to bring you updates on D5300 Response to COVID-19, we felt it prudent to issue this special release. Please take a moment to read the actions we are taking and the opportunities for you to help from your home.

This is an unprecedented time in our global history; a time where all nations are coming together to help mitigate the effects of COVID-19. This is also a time where all service clubs are coming together to work hand-in-hand to effect hope and assist our first responders and medical professionals.

This is a time for Rotary to shine - it is what Paul Harris envisioned could be done when Rotarians come together, utilize our unique set of skills and expertise, to create change. This is the Promise of Rotary in action at all levels.

I am saddened at the loss of members we have lost to the virus, those that are suffering in hospitals or in quarantine at home and shelters. Yet, I hold strong to their passion for service and each morning wake asking "What more can I do". I know that it is in our actions of service we honor their memory, create courage to continue their fight, and remind them that this too shall pass.

United We Are Stronger!

I could never tire of telling you all how much you are appreciated and how blessed we are to have you at the table of Rotary. With much love, respect, and admiration.

Hugs
Mama Lu

Volunteer Surge - Urgent Action Needed

I have an exceptional and extraordinary request of you, and all members in our district, to join the fight against COVID-19. What if there was a way to help, from the safety of our homes, and make a real difference?

Our district is being asked to participate in this extraordinary new effort, and your participation is critical to its success. In the past week, this program has been announced via press release with national coverage, and the hope is that it will be adopted by Rotary Clubs across the nation in the next few weeks.

The background is this: Only a few weeks ago, Rotary Members in a Bay Area, California club engaged Rotary
International to recruit **1 million volunteers** in two weeks to sign up with **Volunteer Surge**, a new program that allows us to train online, for free, to become a Telehealth Worker, or a Community Health Worker. These volunteers will provide basic assistance, and will reduce suffering and save lives, locally and across the nation. How? By helping our health care providers to focus more of their attention where it is most needed.

Click [HERE](#) to watch a video of the presentation of this inspirational effort to a large group of district governors which will answer a lot of your questions.

**TIME IS CRITICAL.**

Please click [HERE](#) to learn more and decide how you, your friends, and family can participate. And share this link with as many as you can, on Facebook, email, and other social media.

The world is watching, and we, as Rotary Members, People of Action, are now truly defined by our actions in this crisis.

With appreciation, respect, and many many thanks!

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**Multi-Club Face Mask Project**

By Roy Barry

District 5300 has become aware of the urgent need for PPEs at area hospitals and elsewhere throughout our District. One of the most important pieces of equipment, and one that we as Rotarians can help procure is the face shield for medical workers. We have been working for the past several days to locate the materials assemble and distribute this gear. Clear plastic is quite scarce, but we believe have located one or two likely sources. Our goal is to acquire enough plastic and related parts to assemble as much as 20,000 or more shields. We anticipate parts to cost about $2.00 per shield. Our ability to reach our goal will depend on overall materials availability, financial resources, and volunteers. We are already receiving offers of volunteers willing to assist with the project as well as offers of financial support.

We are asking the club presidents to bring before their board of directors a proposal to make a donation to District Foundation to support our efforts. We are suggesting donations of between $500 - $1,000 from each club (or what the club can afford). Individual donations to District Foundation are also greatly appreciated and are tax deductible. Checks should be made payable to District 5300 Foundation with a memo: coronavirus relief and mailed to: 10624 S. Eastern Ave, Suite A-16, Henderson, NV 89052.

We will keep you up to date with the progress of our efforts. Please also look for more information from your AG in the next few days.

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**Help for our First Responders**

By Yulanda Davis-Quarrie
Coping Strategies During a Pandemic Crisis

By Yulanda Davis-Quarrie

Rotarians, friends and family are welcome to join in a conversation with a licensed therapist who will share with us coping strategies to help us manage the many uncertainties that have impacted our day to day life with the onset of the COVID 19 pandemic.

April , 21, 6:30pm Lynda Harbert, LMFT
Lynda has been licensed as a Family Therapist for over 30 years. She specializes in trauma, anxiety/stress, disability and grief.

April 22, 12:00pm, noon Deedee Mascarena, LMFT
Deedee has been working in the mental health field with individuals and families for over 30 years. A bilingual clinician, she has addressed many issues including grief, anxiety, loss and stress management.

Lectures will be held via Go To Meeting. Login details are shown below. For questions, please contact Yulanda Davis-Quarrie, Chair, Health & Wellness, District 5300.

Yulanda Phone: 909-910-0513 cell
Email: ydavisquarrie@healthyoptions4all.com
#weareinthisTogether.

Calling on Rotarians!

Join your fellow District 5300 Rotarians by providing care kits for Healthcare professionals on board the USNS Mercy, and, 1st Responders in the greater Las Vegas area. These kits will help these courageous individuals who are in the front line. Each kit will provide an energy fizz stick, protein snack bar, protein shake powder and hydration supplement. The cost of each kit is $8.00.

Kits for the USNS Mercy will be delivered by our local USO. Kits for the 1st Responders in the greater Las Vegas area will be distributed at a local Salvation Army site. If we are able to obtain donations for shaker cups, we will provide the products for the kits enclosed in the cups.

To participate, please send your donation to Rotary International District 5300 Foundation, c/o COVID-19 Care Kits Fund, 10624 S. Eastern Avenue, Ste. A-16, Henderson, NV 89052. Checks payable to the Rotary International District 5300 Foundation.

For further information, please contact Yulanda Davis-Quarrie, Chair, Health & Wellness
Phone: 909-910-0513
Email: ydavisquarrie@healthyoptions4all.com
#weareinthisTogether.

Coping Strategies During a Pandemic Crisis

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