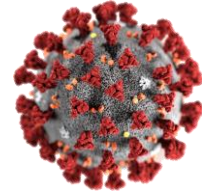


COVID UPDATE



Professional Football games cancelled !?

Public schools closed !?

Political leaders experience illness !?

'Sanitizing Stations' everywhere !

'New Normal' : masked population, 'stay back' distancing from others, specified tracking of activities in public for 'contact tracing' !

It is a very different world today for sure! But we all know (especially as Christians) things will be better soon. It is our job as individuals to behave responsibly, be more aware of personal health issues, and be kind to others. There is more updated information coming out regularly now regarding the disease symptoms and treatments, including the development now of a vaccine. Here is the **latest description of early symptoms** for most people who have been exposed to the virus:

Symptoms usually begin about one week from exposure;

Dry cough [that is, without any mucus], fever, fatigue;

Difficulty breathing [shortness of breath];

Muscle pain, sore throat, headache;

Change in smell or taste sense.

If you experience any of these with no definitive explanation, don't hesitate to seek medical help.

Many people report an early symptom sign of 'just not feeling well' or 'feel like about to get the flu'.

We all must continue to be very aware of our own health condition and still reduce as much as possible public contact situations.



I know the schools are doing what they can to protect everyone, even reducing group activities, constant sanitizing classroom desks and tables, and assigned cafeteria seating during lunch [to facilitate easier tracking in event someone does become exposed]. They also are limiting campus visitors including volunteers.

So let's do our part as well and continue to pray, be patient and courteous, and watch out for yourself.

VOLUNTEER HOURS REPORT

Hey, don't forget about reporting your **Volunteer Hours** ! You certainly have served a lot 'in person' earlier this year, and even through this 'isolation' period, anything you have done 'virtually' as a volunteer should be counted. Remember to consider time for our Unit Meetings, food donations [probably doing more of this these days to local food bank sources ?], school volunteering, school supplies donations, church related service, etc. etc.

Please report via email, postal mail, or telephone to

Barbara Leech
8239 Oregon St.
Jacksonville, FL 32220
904-781-5831
bleech@bellsouth.net

Remember too, all Barbara really needs is your 'total number of hours' for the year. Send her your info in January 2021.

TELEPHONE TREE

Thanks so much to our faithful '**Telephone Tree**' **contacts!** It is times like these that the true value of such communication avenues as this is realized. Unfortunately, usually when my Tree messenger calls me, she has to leave a message, but I do enjoy getting that message.

So Thank You all very much!



UNIT MEETING INFO

Just to help remind all members of our meeting schedule during this unprecedented time, here is what is planned right now:

OCTOBER 20 : CANCELLED! Please see more information in special article on next page about the Regional Symposium.

NOVEMBER 17: "Thanksgiving Covered Dish – Covid Style" -please see more information in special article on next page-

DECEMBER 15 : "Holiday Gathering" ?? Still need to collect Quality Health gift donations?

JANUARY 19, 2021: "Zoom" virtual meeting ?? Program : Information Services (Charles Albert); Volunteer Hours total report due to Barbara Leech; Unit Nominating Committee prepares slate for 2021- 22; Executive Board meets.

FEBRUARY 16, 2021: "Zoom" virtual meeting ?? Program: Volunteer Services (Barbara Leech & Elaine Rafter); Officer Election by membership; collect children's book donations [drop-off site announced if needed]; annual Retirement Seminar [depending on school district plans]

MARCH: "Fun Outing" ?? – plan depending on Covid situation

APRIL: "End of Year Gathering" - again, depending on Covid situation

MAY 25 – 27: FREA State Convention – Double Tree Inn at Sea World

FREA REGIONAL SYMPOSIUM

The FREA sponsored *Regional Symposium* was a virtual event attended by **Stephanie Manwell and Jody Scruggs**, October 13 and 14. On the first day, presentations from NRTS-FREA and AARP-FL really stressed the importance of unit involvement in communicating with legislative representatives to enhance our membership benefits. The next day was highlighted by special training from AMBA and FRG reminding members it is now time for open enrollment for Medicare benefits. Additional training from AMBA demonstrated how to use the list of potential new members our unit will receive from their contacts.

AND, the **Nassau County REA** was recognized with several awards and honors:

1. Congratulations to our *Volunteer of the Year* **Barbara Grass!**
2. Congratulations for the *FREA unit Membership Awards!*
3. Congratulations for recognition of student **Sarah Beck** of Wildlight Elementary School, Yulee – *District 5 Fifth Grade Essay Winner!*
4. Congratulations for *our unit volunteer service*: District 5 honored for 21,518.50 volunteer hours valued at \$547,215.45!
5. Congratulations to Nassau County REA for *FREF Certificate of Recognition!*

Thank you Stephanie and Jodie for representing our award-winning unit!

THANKSGIVING FEASTING TOGETHER

At this time, plans are progressing for our unit members to enjoy some 'face-to-face' social time together for our **November 17 Unit meeting**, from **11 am – 1pm**. The condo facility where member **Stephanie Manwell** resides has a wonderful area that we can safely use for this event. It is an outdoor area that is comfortably covered and equipped with adequate tables and chairs and even a small 'outdoor kitchen'. Members should be able to 'distance' safely but comfortably from others, and certainly wearing a mask when possible can be a personal choice. Unless there is an unusually freezing cold spell or rain storm, we should expect to enjoy mild, pleasant weather. If weather forecast does not look good, we will just have to cancel this affair.

So planning for the positive, plan to bring a covered dish to share. Members are urged to **RSVP Stephanie by Friday November 9** to indicate your attendance and also what food dish to prepare [vegetable, dessert, etc.] The main dish meat, all paper goods, and drinks will be provided. ALSO: please bring a non-perishable food donation for the *Salvation Army Hope House*.

Stephanie's address and contact information:

The Palms of Amelia Condos, outdoor pool dining area
1601 Nectarine Street
Fernandina Beach, FL 32034

Phone: 904-310-6010 or 904-515-8714
stephanie.manwell@comcast.net



BIRTHDAYS

SEPTEMBER

Ernie Albert
Mamie Hill
Sherry Quattlebaum
Patricia Sparkman

OCTOBER

Sara Dixon
Deloris Gilyard
Stanley Lofton

NOVEMBER

Peggy Dennard
Barbara Leech

DECEMBER

Joyce Patten
Linda Proctor
Elizabeth Tisdale

HEAR YE! HEAR YE!

A wonderfully fun and valuable volunteer opportunity: help with the **Salvation Army Red Kettle Campaign** this year! Ring the bell at the Kettle on **Saturday November 28**, Yulee Winn-Dixie grocery store. We will ring together for two-hour shifts, and truly, the time spent here will be so enjoyable and blessed. Contact **Stephanie Manwell 904-310-6010**.



MEETING SCHEDULE

2020 - 2021

3rd Tuesday monthly

9:45 A.M.

Full Service School, Yulee
[unless otherwise indicated]



**MEMBERS WILL BE NOTIFIED AS SOON AS
'ON SITE' MEETINGS
ARE ALLOWED TO RESUME-**

MEANWHILE, SEE YOU ON 'ZOOM' !

AND UNTIL THEN, PLEASE KEEP IN TOUCH WITH EACH OTHER

FRG / AMBA

FRG: The *Florida Retirement Group* is very helpful with any questions or needs regarding assistance with Health Insurance [Medicare, etc.], Financial Planning, and Retirement Benefits. Give our friend **Haitham Aboul-Rosn** a call at 321-295-7226 or use www.flretirementgroup.com.



AMBA: The *Association Member Benefits Advisors* can also offer valuable assistance regarding Health Insurance and other benefits. Ask for information or help at www.amba.info or 800-258-7041, ext. 332.

