

Dear Sisters and Brothers,

We all continue feel the challenges of these unusual times. I hope you are staying positive and looking for the positive in everyday as it is out there. It is just sometimes we have to look a little harder or a little closer to see it.

In one of my COVID-19 task force meetings, this interesting poem was shared with the group. I wanted to share it with you as it really is true. Regardless of where you stand on the issue of COVID and group socials or wearing a mask, these are words that really make sense. I wanted to share it with you as I love and respect each of you, praying you will stay safe and we can meet very soon again in person.



### Poem: A Layered Approach

*Outdoors is better than Indoors*  
*Short is better than Long (exposure time)*  
*Masked is better than Unmasked*  
*Socially distant is better than Too Close*  
*Sparse is better than Crowded*  
*Quiet is better than Loud*  
*Gentle breathing is better than Vigorous Breathing*  
*Risk can be lowered indoors, but not eliminated by improved ventilation and air filtration*

by William W. Nazaroff



I also hope you will join me for a Zoom Host Training session tomorrow evening, 9/17/20, at 7p. Just email me your request for the Zoom invite. If you want to learn how to host a meeting or just want to start having your own meetings with friends or family, this is a simple training to help you get started. I know that technology for many of our older generation can be overwhelming. I am here to help it not be so. You can do this! We can do this! We can stay connected, meet virtually within our chapters and have fun doing so. [sabrinapack@gmail.com](mailto:sabrinapack@gmail.com)

Star Hugs,  
Sabrina Pack-GC