



CARA Alert – March 20, 2020

A publication of the California Alliance for Retired Americans

COVID 19 AND CARA's RESPONSE

We are reminded everywhere about the danger of the Coronavirus, especially for older adults and those with underlying health issues. CARA is cancelling all of our in-person CAT meetings, committee meetings, FORUMs for March (and longer if necessary) and moving to teleconferences and zoom meetings when appropriate. If you are interested in participating in a CAT meeting by phone, call our office at 877-223-6107 and we will tell you about an upcoming phone conference that you can join. CARA staff are going to be working remotely as well, but you can still reach us by phone or email as always. It is important at this time to stay in touch with our families, friends and networks – even if by phone or email or social media. It is a very scary time for sure, but we can take the necessary steps to keep ourselves and families safe.

If you need anything to help you get through this difficult time, please do not hesitate to contact one of the CARA staff members listed at the end of this email. We will try to help you get what you need – or just talk if that is what you need to do. There are a lot of organizations and volunteers in every county to help you – and more are being added every day. If you need assistance immediately, click on the link below and then go to your county – it will give you a number to call to get assistance.

https://aging.ca.gov/Find_Services_in_My_County/#tblServicesInMyCounty

A BEAUTIFUL POEM TO HELP US AT THIS DIFFICULT TIME

LOCKDOWN, By Fr. Richard Hendrick, OFM
(Shared by Liz Larew, Sonoma County CARA CAT)

Yes there is fear.
Yes there is isolation.
Yes there is panic buying.
Yes there is sickness.
Yes there is even death.
But, They say that in Wuhan after so many years of noise
You can hear the birds again.
They say that after just a few weeks of quiet
The sky is no longer thick with fumes
But blue and grey and clear.
They say that in the streets of Assisi
People are singing to each other
across the empty squares,

keeping their windows open
so that those who are alone
may hear the sounds of family around them.
They say that a hotel in the West of Ireland
Is offering free meals and delivery to the housebound.
Today a young woman I know
is busy spreading fliers with her number
through the neighborhood
So that the elders may have someone to call on.
Today Churches, Synagogues, Mosques and Temples
are preparing to welcome
and shelter the homeless, the sick, the weary
All over the world people are slowing down and reflecting
All over the world people are looking at their neighbours in a new way
All over the world people are waking up to a new reality
To how big we really are.
To how little control we really have.
To what really matters.
To Love.
So we pray and we remember that
Yes there is fear.
But there does not have to be hate.
Yes there is isolation.
But there does not have to be loneliness.
Yes there is panic buying.
But there does not have to be meanness.
Yes there is sickness.
But there does not have to be disease of the soul
Yes there is even death.
But there can always be a rebirth of love.
Wake to the choices you make as to how to live now.
Today, breathe.
Listen, behind the factory noises of your panic
The birds are singing again
The sky is clearing,
Spring is coming,
And we are always encompassed by Love.
Open the windows of your soul
And though you may not be able
to touch across the empty square,
Sing.

Get Social With CARA. Did you know that CARA is on Facebook? Learn about our local activities and meetings, town halls and about other news affecting retirees. **Be sure to like our CARA Facebook page here.** Make sure your friends and family like this page too. Help retirees build power by liking CARA's Facebook page. Every like and share helps spread our message.

You can contact CARA at:

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