

Rotary Club of Sugar House



District 5420 | Salt Lake City, Utah

“CONNECTING THE WORLD!”

Vol. 64 No.

CLUB #1085

The Sugar House Rotary The Sweetest Club in Rotary District 5420

April 8, 2020

<http://www.sugarhouserotary.com>

PO Box 526102, SLC, UT 84152

Thursday Noon, Forest Dale Golf

OPENING – 12 PM

Greeter

Song:

Pledge/4-Way:

Prayer/Thought: Dale Lambert

Guest Introduction

SGT at Arms: Barry Bank

Conductor: DaBaron

Music: Craig Kaelin



Along with volatility and disruption in the markets, COVID-19 is disrupting our way of life both personally and professionally in ways that we never could have imagined – from social distancing, working from home, distance learning for children now at home, businesses closures and canceling of travel/recreational activities globally.

As we cope with this new current reality, Alger would like to share some helpful resources we compiled to hopefully help you and your family or that you can share with you.

We are having zoom meeting tomorrow! Dave will send the link before its starts at 12PM

Important healthcare information links

- WHO: <https://www.who.int/>
- CDC: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/index.html>

Being productive working from home:

- <https://www.goodmorn-ingamerica.com/living/story/working-home-amid-coronavirus-best-tips-productive-69534622>
- <https://www.bbc.com/work-life/article/20200312-coronavirus-covid-19-update-work-from-home-in-a-pandemic>

Managing a remote team:

- <https://www.forbes.com/sites/forbescoachescount/2018/05/30/top-15-tips-to-effectively-manage-remote-employees/#5e27bcd1503c>
- <https://hbr.org/2015/02/how-to-manage-remote-direct-reports>

Tips for managing children who are home and distance learning:

- Scholastic free learn at home resources: <https://classroom-magazines.scholastic.com/support/learnathome.html>
- <https://www.ny-times.com/2020/03/13/parenting/kids-playdates-coronavirus.html>
- <https://qz.com/1814589/how-to-give-your-kids-stability-when-coronavirus-closes-schools/>
- <https://www.goodmorn-ingamerica.com/family/story/kids-busy-coronavirus-quarantine-69531272>
- <https://www.today.com/parents/coronavirus-schools-closed-here-s-how-teach-kids-home-t175904>
- List of free online resources: <https://school-choiceweek.com/37-free-online-resources-for-schools->

[shifting-online-during-coronavirus/](https://www.brightside.com/shift-online-during-coronavirus/)

- Brightside- virtual psychiatry sessions, no insurance accepted: <https://www.brightside.com/>

This material is provided for informational purposes only and is not meant to constitute medical or healthcare advice. Please consult a doctor for medical information.

Resources for the elderly:

- <https://www.cnn.com/2020/03/12/health/what-60-older-need-to-know-coronavirus-wellness-trnd/index.html>
- <https://www.pbs.org/news-hour/health/4-tips-for-seniors-to-stay-connected-during-coronavirus-outbreak>
- <https://www.bbc.com/news/uk-51855011>

Online Fitness Resources:

- Beachbody 14 day free trial- <https://www.beachbodyondemand.com/>
- Obe Fitness- free trial- <https://www.obefitness.com/>
- Glo - free trial- <https://www.glo.com/>
- Sweat App – <https://www.sweat.com/>

Mental Health:

- Calm – Mediation App for phone: <https://www.calm.com/>
- Headspace- Meditation App <https://www.headspace.com/headspace-meditation-app>
- Talkspace- text-based therapy sessions, limited insurance taken: <https://www.talkspace.com/>
- Larkr- on-demand virtual mental health, no insurance accepted: <https://larkr.com/>

Importance of social distancing

- <https://www.washingtonpost.com/graphics/2020/world/corona-simulator/>

How to prepare:

- <https://www.wsj.com/articles/how-to-prepare-for-the-coronavirus-11582834561>
- <https://www.nytimes.com/article/prepare-for-coronavirus.html>

What to do if you get sick:

- State by state listing of how to find testing: <https://www.nbcnews.com/health/health-news/coronavirus-testing-information-covid-19-tests-according-state-health-departments-n1158041>
- <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

Tips to pass the time at home

- <https://www.foxnews.com/health/how-to-avoid-going-stir-crazy-at-home-during-coronavirus>
- <https://www.ipost.com/HEALTH-SCIENCE/Coronavirus-seven-tips-on-how-to-avoid-going-stir-crazy-in-quarantine-620767>

Calendar

Sugar House Rotary Club

2019-2020

President	Chuck Baker
President Elect	Dale Lambert
Immediate Past Pres.	Margie Waltz
President Elect Nominee	TBD
Director	Frank Medina
Director	Dick Fox
Director	Tom King
Director	Jim Beck
Director	Errol EerNisse
Sgt. At Arms	Barry Bank
Chili Open Chair	Paul Halliday
Secretary -treasurer	David Baranowski

Greetings..interim bulletin...ideas for the next several weeks..