

Baker: Non-Essential Businesses Closed Until May 4

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son contact during this time period. Residents who are considered at high risk when exposed to COVID-19 should limit social interactions with other people as much as possible.

Executive Branch Employee Guidance: The Baker-Polito Administration Tuesday also extended

the guidance issued to Executive Branch employees on protocol during the COVID-19 outbreak to ensure state government can continue to provide key services while protecting the health and safety of the public and the Executive Branch workforce. Under the guidance, all employees performing non-core functions who are able to work remotely

should continue to do so until May 4. Full guidance was sent to Executive Branch employees Tuesday.

Some Executive Branch services and walk-in offices remain open, but residents are encouraged to use online services when available.

Field Medical Station Announcement: The Commonwealth, through MEMA, has requested and received approval for a Field Medical Station that

will provide additional medical care capacity as the state plans for a surge in cases. The federal Strategic National Stockpile has approved a 250-bed field medical station that will be deployed to the DCU Center in the City of Worcester this week. This temporary facility will be managed by UMass Memorial and staffed by a partnership including the City of Worcester and others. The temporary field medical center

will be used to treat lower acuity patients who still need monitoring.

Nursing/Rest Home Program: The Commonwealth is implementing a pilot project that allows for safe, on-site testing of symptomatic residents of nursing and rest homes with a quick turnaround. The pilot will operate under the auspices of the Massachusetts National Guard in partnership with the Department of Public Health and Broad

Institute of Cambridge, and samples will be collected by trained personnel from the Massachusetts National Guard. Prior to this launch, the only way for nursing home residents to be tested would be to be transported to a hospital or physician's office.

Members of the public should continue checking www.mass.gov/covid19 for the latest information on impacts from the COVID-19 outbreak.

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Caregiving In The Age Of Coronavirus

By **MIKE FESTA**
AARP Massachusetts State Director

Even in ordinary times, the 840,000 of unpaid family caregivers in Massachusetts face a daunting set of daily tasks. Oftentimes with little or no training, they may be responsible for wound care, tube feedings, dressing, managing the finances and medical bills of their loved ones, transportation and more.

Of course, these are not ordinary times.

The coronavirus pandemic has complicated the lives of family caregivers, especially those with older loved ones who are most susceptible to COVID-19, the disease caused by the virus. It has added fear, anxiety and isolation to an already-stressful situation. Here in Massachusetts, routines have been upended as communities cope with this disease.

Since the outbreak of the virus, AARP has been urging family caregivers to develop a plan in case they get sick or their loved one does. Our recommendations include:

Pull Together a Team. Develop a list of family and friends who can perform daily caregiving tasks. If available, identify local caregiving services who may offer a respite for family and friends.

Identify Local Services. In response to the virus, many restaurants and pharmacies are adding or increasing their delivery services. The federal government's Eldercare Locator at www.eldercare.acl.gov can help you find support services in your area. The new online "AARP Community Connections" at www.aarpcommunityconnections.org enables people to enter their zip codes and find informal groups of neighbors and friends offering help right in their own communities.

Inventory Essential Items. Determine how much food, medication, and basic supplies your care recipient has on hand. We recommend a two-week supply of food, water, household cleaning supplies and medical materials and equipment.

Get Prescriptions in Order. Make sure you have a list of medications, medical contacts and important information about your loved one, such as drug allergies. If there are upcoming routine medical appointments, reschedule those or, if possible, switch to a virtual visit. The Centers for Dis-

ease Control & Prevention (CDC) recommends having an extra 30-day supply of essential medications on hand. Don't forget over-the-counter medications such as cough suppressants and fever reducing drugs like acetaminophen.

Stay Connected. Isolation is a big issue as we all follow the social distancing guidance from the CDC. However, social distancing doesn't have to lead to social disconnection. Develop a communication plan and identify times when members of the care team will check in on your loved one. Skype, Zoom and Facetime are useful digital apps that can help, but so are lower-tech options like email and telephone calling. To help fight the isolation, encourage people to send cards, letters, magazines, puzzles or other items a loved one would be happy to receive.

Protect Yourself. Like they tell you on an airplane, "Put your own mask on first." Now more than ever, it is important for family caregivers to take care of themselves. Follow the CDC guidelines of washing hands frequently, avoiding crowds, practice social distancing and, by all means, if you feel sick stay home. If you develop the virus, you will be of little use to those who are counting on you.

To help caregivers, AARP has a dedicated, toll-free family caregiving line for people looking after a loved one. Agents are available to take calls Monday-Friday, 7 a.m. to 11 p.m. (ET) at 877-333-5885.

AARP also has a Facebook group where caregivers get tips from experts, share their own stories and sometimes just get a little encouragement from others in a similar situation. You can also find answers to many of your questions online at the AARP Caregiver Resource Center aarp.org/caregiving.

Though we would welcome your membership, our caregiving information and services are available to everyone. Our founder, Ethel Percy Andrus, said, "What we do, we do for all." That has never been more important than in the face of this coronavirus as we all pull together to find our way through it.

Mike Festa is state director of AARP Massachusetts.

Quincy Pride Postponing All Activities

A copy of the following letter was submitted via email for publication in *The Quincy Sun*:

Dear Quincy Pride Community,

Our primary concern is and always will be the wellbeing of the community. That's why we have been closely following the latest developments surrounding COVID-19. We are deeply grateful to the public health officials and community leaders who have been working tirelessly to provide guidelines on how to stay safe and healthy during this troubling time.

In light of recent advisories from Governor Baker and the CDC, Quincy Pride is officially postponing all scheduled public events until we are confident that we can hold such events safely, including our annual fundraiser. As sad as we are that we will not be able to gather with you all, it is far more important that we engage in social distancing at this time.

Though the future is uncertain, we are determined to bring the spirit of Pride to Quincy in one way or another. Through commitment and creativity, we will press on, and we hope to do so with your help. If you are interested and able, we will still be collecting online donations at <http://bit.ly/qpride2020>. These donations will allow us to come back swinging as soon as it is safe to do so, with events

and activities that are bigger and better than ever before. We would greatly appreciate your support and generosity at this difficult time.

It is through the difficult times that as a community we are able to come together and find strength in one another. The Quincy Pride Organization invites you to look at our website for updates on what we are doing and what we hope to bring to the future.

Thank you all for your kindness and support. Stay healthy and stay safe.

Sincerely,

Your Friends at Quincy Pride:

Sheika Babin, President
Richard Ash, Vice President
Rafe Johnson, Treasurer
Amy LaPlume, Clerk
Genevieve Santili, Fundraising Director
Lia Cohen-Odiaga, Communications Director
John McDonald, Entertainment Director
David Swenson, IT Director
Frank Rubino, Director-At-Large
Nolan O'Brien, Social Media Director



Moments in time

THE HISTORY CHANNEL

- On **April 14, 1818**, Noah Webster, a Yale-educated lawyer with an avid interest in language and education, publishes his American Dictionary of the English Language. Webster's dictionary was one of the first to include distinctly American words, introducing more than 10,000 "Americanisms."

- On **April 13, 1870**, the Metropolitan Museum of Art is officially incorporated in New York City. The city stipulated that the collection be kept open to the public year-round and free of charge. The first object the Met acquired was a Roman sarcophagus.

- On **April 16, 1881**, on the streets of Dodge City, famous Western lawman and gunfighter Bat Masterson fights his last gun battle. He would live another 40 years. Masterson had his first shootout in 1876 in Texas over the affections of a dance hall girl named Molly Brennan.

- On **April 19, 1897**, John J. McDermott of New York wins the first Boston Marathon, a measured distance of 24.5 miles from the Irvington Oval in Boston to Metcalf's Mill in Ashland. The marathon's distance was changed in 1908 to its current length of 26 miles 385 yards.

- On **April 17, 1945**, U.S. Lt. Col. Boris T. Pash commandeers over half a ton of uranium at Strassfurt, Germany, in an effort to prevent the Soviets from developing an A-bomb. Pash headed a group searching for German scientists to prevent the Soviets from capturing them.

- On **April 15, 1959**, new Cuban leader Fidel Castro visits the United States. President Dwight Eisenhower, however, had no intention of meeting with the communist revolutionary and instead went to the golf course.

- On **April 18, 1983**, the U.S. embassy in Beirut, Lebanon, is almost completely destroyed by a suicide car-bomb explosion that kills 63 people, including 17 Americans. The terrorist attack was carried out in protest of the U.S. military presence in Lebanon.

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