

These gloomy days seem to all string together. So much so that even when a beautiful day like Saturday comes along it disappears into a distant memory by Sunday evening. This insipid virus has already robbed us of our normal, now the weather is trapping us in our homes. How many projects can we do? I cannot think of a better roommate to spend my time with, but how many games of cribbage can we play? I think we have completed our spring cleaning three times already. I share today a response from E. B. White to a letter he received predicting a grim future for humanity:

Dear Mr. Nadeau,

As long as there is one upright man, as long as there is one compassionate woman, the contagion may spread and the scene is not desolate. Hope is the thing that is left to us, in a bad time. I shall get up Sunday morning and wind the clock, as a contribution to order and steadfastness.

Sailors have an expression about the weather: they say, the weather is a great bluffer. I guess the same is true of our human society—things can look dark, then a break shows in the clouds, and all is changed, sometimes rather suddenly. It is quite obvious that the human race has made a queer mess of life on this planet. But as a people we probably harbor seeds of goodness that have lain for a long time waiting to sprout when the conditions are right. Man's curiosity, his relentlessness, his inventiveness, his ingenuity have led him into deep trouble. We can only hope that these same traits will enable him to claw his way out.

Hang on to your hat. Hang on to your hope. And wind the clock, for tomorrow is another day.

Sincerely,

E. B. White

This is a week that public safety and government leaders will be observing COVID-19 data closely. We are hopeful that we see the beginning of a steady decrease in confirmed cases, hospitalizations, and deaths. Now, as much as ever, we need everyone to continue to help prevent the spread of the virus. Please, maintain your physical distancing – try and stay six feet away from others. Wear your facemask when in public. Do not participate in group activities of more than five people. Wash your hands often. Remember that your actions affect the health (and lives) of others.

Whether you are grocery shopping for yourself or helping friends and family in need, here's what the CDC advises about staying safe while running essential errands. <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html>

Another interesting resource can be found here: https://www.northeastern.edu/covid-19-how-to-be-safe-and-resilient/#/lessons/nNJsY1O73ZJEUAr3gXoijG_nkYr5pPNf

With the need to adhere to physical distancing and stricter hygiene habits likely to continue for some time, experts stress the importance of consistency — especially for us older adults who may need to rethink daily routines and habits that have been set in place for many years. It might be a good idea to map out your strategies. If we keep using the same strategies, they will become our daily routine.

It might not feel like it this week, but eventually we will be rewarded with some warm weather. When it finally arrives we will be tempted to head straight to the parks, and we should. Physical activity, sunshine, and fresh air are great relievers of stress. We are doing our best to keep our parks open to the public, but we will need to be vigilant in our distancing and other safe practices. Again, the CDC offers good advice and guidelines that will help keep us all safe. <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/visitors.html>

We do not know how long this phase of our lives will endure. Nor can we foresee the world into which we will emerge. Hang on to your hat. Hang on to your hope. Wind your clock.

Be well, be safe, peace

Angus