

February 2021



GIAC Senior Program

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Zoom mindfulness & meditation	2 Zoom Craft Group	3 Movie talk about 76 Days , Cinemapolis Virtual Cinema	4	5 Hot Tea & Poetry	6
7	8 Zoom mindfulness & meditation	9 Zoom Craft Group	10 Virtual Slide Presentation Zack's experience in Nepal	11 Southside Shopping	12 Douglass Day 2021 virtual celebration	13
14	15 President's Day — GIAC Closed	16 Zoom Craft Group	17 Eagles dinner delivered	18	19 Senior Breakfast with the Senior Troupe of Lifelong	20
21	22 Zoom mindfulness & meditation	23 Zoom Craft Group	24 Frederick Douglass's Rochester virtual presentation	25	26 BHM Talent Show	27
28	 Funded Partner					

See reverse side for program details. See the newsletter for information about mindfulness & meditation and Crafts group.

Wednesday, February 3rd, 3 pm Movie discussion: 76 Days

Miss going to the movies? While we cannot watch together in the theater, here is an opportunity to chat about a movie that we watch on our own. Check out the newsletter for details about this date: *Meeting ID: 852 6091 3706, password: GIAC2021*

Friday, February 5th, 10 am Hot Tea & Poetry

Join us to share both original and favorite poems and writings. Poems can be funny, sad, or just strike you as worth sharing. It's a friendly supportive atmosphere, everyone is welcome: *Meeting ID: 851 6586 7139, password: GIAC2021*

Wednesday, February 10th, 1 pm Virtual Slide Presentation

Since returning from the Peace Corps, I've given a slide show sharing my experiences from time to time. It's been a while and I recently digitized my pictures, so this is a nice opportunity to share again. *Meeting ID: 811 5357 5871; Password: GIAC2021*

Thursday, February 11th, 11 am-1 pm Southside Shopping

Give me a call if you would like to go shopping (you choice where) on southside of town.

Friday, February 12th, 12 noon Douglass Day 2021 virtual celebration

This is an interesting event commemorating Frederick Douglass. I'm not sure how it will go, but let's check it out for some of the afternoon. It will include speakers on Douglass and Mary C. Terrell & other activities. *Meeting ID: 836 0125 7296; Password: GIAC2021*

Wednesday, February 17th, 5 pm Eagle's Dinner

We'll deliver a takeout dinner from the Eagles (or you can pick it up yourself). Dinner includes spaghetti & meatballs, bread, vegetable, and dessert. Please order with me by 2/15, \$9 paid at delivery.

Friday, February 19th, 10 am Virtual Senior Breakfast

Join us for a performance by members of the Senior Troupe of Lifelong over Zoom. The usual breakfast is an option, check the newsletter for details: *Meeting ID: 893 6605 0642; Password: GIAC2021*

Friday, February 24th, 10 am Frederick Douglass's Rochester

Join us for a virtual presentation by José Torre, Professor of History SUNY Brockport, a scholar of Douglass and NY history. *Meeting ID: 826 8275 5487; Password: GIAC2021*

Friday, February 26th, 6:30 pm Virtual BHM Talent Show

Our talent show is going virtual this year, watch social media or check with me for details.



News and Notes – February 2021 GIAC Senior Program



The days are lengthening, and temperatures will rise soon. Despite how you might feel here at the end of January/beginning of February, the Equinox will soon be here, and more enjoyable outdoor weather is on its way. Keep the faith.

The first item of business is dues for the year. You may recall that last month's newsletter discussed dues for 2021 and outlined that we have automatically renewed all 2020 members. That said, we do need revenue so the program will continue to have city support. Several you have made that contribution, but we need more of you to make a payment in support of the program. Please step up with a donation, this will ensure the program continues through the pandemic and can return to normal later this year.

For those of you that are on-line, there are many interesting virtual programs. For those who are not, we are providing a shopping opportunity, as well as the delivery of dinner from the Eagles (details below). If there is sufficient interest, I plan to set up a dinner delivered every month until the pandemic subsides. Furthermore, as the weather improves, we will have outdoor lunch gatherings on the schedule and hope for good weather...probably we will shoot for March.

With all of the pandemic restrictions, one of the things I miss is regularly going to the movies. I have a movie date on the calendar (2/3) to share our thoughts about a movie we can all watch individually in advance. To do this, go to the Cinemapolis website and purchase the movie for virtual viewing (it will cost \$12):

<https://watch.eventive.org/virtualcinemapolis/play/5fad4a3f9a7000075cefe05>

The movie, **76 Days**, is a documentary about the emergence of COVID-19 in Wuhan, China. Watch it on your own, and we will get together and talk about it

a bit... a way to watch a film but debrief with a group of friends. If this catches on, we will do another movie next month.

There are a few new virtual dates for February. I will be showing my newly digitized slides of the time I spent in Nepal. I think that you will be impressed with some of the shots. Since this is online, I will be able to add context and detail with google maps and other resources. *Douglass Days* is an opportunity to learn about Frederick Douglass and some of his associates and participate in some archival work (this is new to me, tune in to see how it's done). Our annual Community Talent show is virtual this year and scheduled for Friday, 2/26. Of course, there are our usual virtual events: for poetry, we will listen to inauguration poems, among others; we have a Brockport professor sharing about Frederick Douglas; and our senior breakfast guests are from the Lifelong Senior Troupe.

Remember, virtual programming is available on a computer using the Zoom app, but also to anyone that has a phone. If you are interested but have not been able use either your computer or your phone to access this type of program, get in touch with me in advance...it is not too difficult, I will give you a tutorial. I have already helped a few people successfully connect. *To join via your telephone: Dial 1-929-205-6099; Enter the Meeting ID and password (see above), followed by the “#” sign; Enter the “#” sign again to skip the participant ID.* First the regular meetings:

- **Zoom Craft Group**, *Tuesdays at 12 noon*. A group of 5-10 people have been getting together to talk crafts and just check in. Everyone is welcome. **To join:** <https://us02web.zoom.us/j/278922636?pwd=QTRXTStaR1dBcVRDRFIocUoxMjdVUT09> , 1-929-436-2866 (for phone) ; Meeting ID: 278 922 636; Password: 007992
- **Mindfulness, Meditation & Chair Yoga**, *Mondays at 1 pm*. The purpose of our class will be to calm and center our minds, to provide a way to manage stress, and have clarity and to use gentle movements to stretch. To participate: <https://us02web.zoom.us/j/88613136156?pwd=aEhKZVRpTXZyRDJ0L2pVM>

[OIYNXU5QT09](#), 1-929-436-2866 (for phone) ; Meeting ID: **886 1313 6156**;
Password: **GIAC2020**

- **Hot Tea and Poetry, Friday, 2/5 at 10 am**– Grab a cup of your favorite beverage and enjoy listening to poems written by members and guests. Please feel free to share a favorite poem or one that you wrote yourself. It is a friendly supportive atmosphere, so join the fun. To participate on a computer: <https://us02web.zoom.us/j/85165867139?pwd=bjBDWmtRREFwSHJHWUIKb3FEWWZLUT09> : Meeting ID: **851 6586 7139**; Password: **GIAC2021**
- **Virtual Slide Presentation, Wednesday, 2/10 at 1 pm** – From 1998 to 2000, I spent two years in Southern Nepal volunteering with the Peace Corps. I have given many slide shows over the years and received many complements on my photography. I recently digitized my slides and there are ways to combine Google maps and other website to improve the show, I look forward to it! To participate on a computer: <https://us02web.zoom.us/j/81153575871?pwd=VkpFZ053cHFFSjkzL3ZHQMVMkcxUT09> : Meeting ID: **811 5357 5871**; Password: **GIAC2021**
- **Douglass Day 2021 virtual celebration, Friday, 2/12 at 12 noon** – What is this? I am not entirely sure. Let’s tune in and learn a bit about Frederick Douglass and Mary Church Terrell and see what they mean by crowdsourced transcribing:
 - Live broadcast – 12 to 12:30 pm: Welcome & introductions, Sing “Lift Every Voice and Sing”, Overview for the Douglass Day 2021 program, & Speakers on Douglass and Mary Church Terrell.
 - Activity – 12:30 to 1:30 pm: A transcribe-a-thon is an event in which people gather in person or online to work simultaneously on a crowdsourcing project.
 - Live broadcast – 1:30 to 2:00pm: Sing “Happy birthday”, Speakers on Terrell’s life and legacies, Highlights and recap from the day, Announce the first three Bake Off winners, & Closing remarks & reflections.<https://us02web.zoom.us/j/83601257296?pwd=M3h1NXhqMTBrdTJiak1Bb0ExdUVPUT09> : Meeting ID: **836 0125 7296**; Password: **GIAC2021**

- **Eagles dinner delivered, Wednesday, February 17, 5 pm** – The Eagles are preparing dinner on Wednesday, 2/ 17 and a GIAC driver will bring it to your door. The meal, consisting of spaghetti & meatballs, bread, vegetable, and dessert, costs \$9 (due at delivery). **Please order with me by 2/15.**
- **Zoom Breakfast with guest Senior Troupe of Lifelong: Friday, February 19, 10 am** - This troupe performs poignant, sometimes humorous, often touching original works written by the members. The themes are often universally relevant, and the perspectives come from the personal lives of the group.
As usual, we will deliver breakfast from Shortstop Deli to your door for \$4. You have the choice of an English muffin sandwich with egg & cheese, egg/cheese & bacon, or egg/cheese & sausage. Please **let me know your choice by 2/22.** To participate on a computer:
<https://us02web.zoom.us/j/89366050642?pwd=U0tidnJPZUhuckRaRnkxWXpHK1Jodz09> : Meeting ID: 893 6605 0642; Password: GIAC2021
To join via your telephone: Dial 1-929-205-6099; Enter the Meeting ID and password (see above), followed by the “#” sign; Enter the “#” sign again to skip the participant ID.
- **Frederick Douglass’s Rochester Virtual Presentation, Wednesday, 2/24 at 10 am** – José R. Torre, Professor History SUNY Brockport, a scholar of Douglass and NY history. Prof. Torre will talk about Douglass’s time while lived in Rochester. To participate on a computer:
<https://us02web.zoom.us/j/82682755487?pwd=N0ZGaWRpSGp5enYrVmtQc1l0cklWQT09> : Meeting ID: 826 8275 5487; Password: GIAC2021
- **Black History Month Talent Show, Friday, 2/26 at 6:30 pm** – This time and date are tentative, so look for updates and links on social media. Tune in for several GIAC acts and some outside guests. The Talent show was one of the last events we held last year before the beginning of lockdown...it is surreal to think an entire year has passed.
- **Grocery Delivery** – Since the beginning of the pandemic, I have been facilitating the delivery of groceries to members’ homes. Perhaps with the local and national spike in cases, you might want to avoid grocery stores. Interested participants should contact me. I will submit your order through the

Walmart website and set the delivery time (usually within two days). There is a \$35 minimum order for any delivery. I get a message when the delivery departs Walmart and I alert the recipient to be ready to meet the delivery. GIAC will bill you directly, there is no need for payment at the time of the delivery.

- **FYI, Scams Targeting Senior Citizens:** Thursday, February 11, 11am-1pm: The NYS Assistant Attorney General will discuss scams and frauds that may affect older adults, including how to recognize scams and protect yourself and others from becoming a victim. This presentation will begin at 11am on ZOOM, register at: <http://cctompkins.org/events/2016/02/11/scams-targeting-senior-citizens> to receive the ZOOM meeting link and passcode by email.
- **Help with COVID-19 vaccination** - The COVID-19 vaccine has been released and is slowly being disseminated to the public. All of you 65+ are eligible to receive it. I understand that registering online is the easiest way to get on the list (and registration slots are only opened when new vaccine is provided to the Department of Health). Since many of you may not be comfortable with computers/the internet, GIAC is prepared to help. If you would like help, let me know and we will assist you to reserve a spot. Be forewarned, GIAC has no special knowledge of when spots will become available or advantage to set aside a spot...but we can help to input your information and reserve them when we learn of their availability. Additionally, we can transport you to receive the vaccine, as long as it is being administered within Tompkins County. The list of questions that we will need responses to are below. Call or email me if you would like assistance.
- **Where to watch for vaccination scheduling:**
- Tompkins County Health Department: <https://apps3.health.ny.gov/doh2/applinks/cdmspr/2/counties?OpID=50501047>
- Kinney Drugs: <https://secure.kinneydrugs.com/pharmacy/covid-19/vaccination-scheduling/ny/>

- Rite Aid: <https://reportsonline.queue-it.net/?c=reportsonline&e=RITEAIDNYS2021>
- TOPS: <https://www.topsmarkets.com/Covid19Vaccinations/>
- Other pharmacies without scheduling websites currently, but may soon: Wegmans, Walmart, Walgreens

Please do not hesitate to contact me for information and clarification, allow me to be a resource. Stay well! Zack

Moderna Vaccine – Screening Questions

- 1) Are you currently under the age of 18?
- 2) Are you feeling sick today?
- 3) In the last 10 days, have you had a COVID-19 test or been told by a healthcare provider or health department to isolate or quarantine at home?
- 4) Have you been treated with antibody therapy or convalescent plasma for COVID-19 in the past 90 days (3 months)?
- 5) Have you ever had an immediate allergic reaction, such as hives, facial swelling, or difficulty breathing or anaphylaxis, to any vaccine or shot or to any component of the COVID-19 vaccine, such as PEG or polysorbate?
- 6) Have you had any vaccines in the past 14 days (2 weeks) including flu shot?
- 7) Are you pregnant or considering becoming pregnant?
- 8) Do you have a bleeding disorder or are you currently taking a blood thinner?
- 9) Do you have cancer, leukemia, HIV/AIDS, a history of autoimmune disease or any other condition that weakens the immune system?
- 10) Do you take any medications that affect your immune system, such as cortisone, prednisone or other steroids, anticancer drugs, or have you had any radiation treatments?
- 11) Have you ever received a dose of the COVID-19 vaccine?