

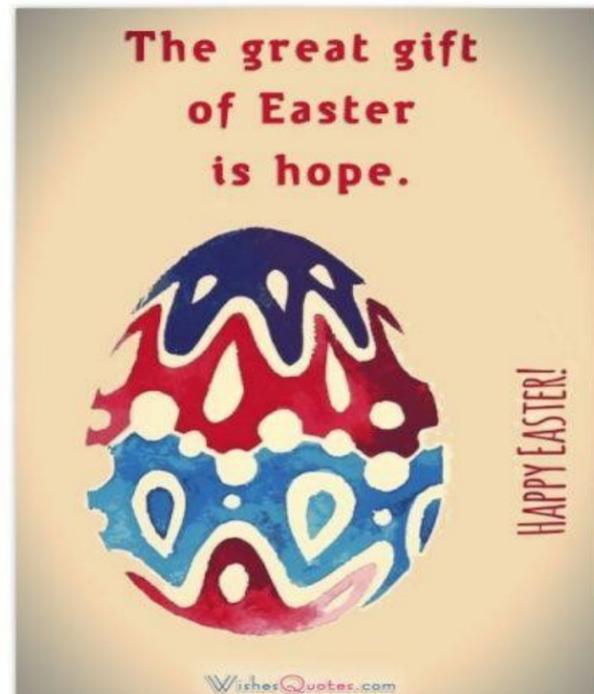
## MONTHLY TRAINING OPPORTUNITIES

New Employee Orientation April 6 - 9  
April 20 - 23

MANDT Recertification April 29

*If you have not watched March's Mandated Topic on "Infection Control" please do so on the G-Drive.*

April 3rd	SUGAR RUSH FRIDAY
April 10th	BURGER/PIZZA DAY
April 17th	THANK YOU DAY
April 24th	HAPPY FRIDAY



*As of April 1st, the Friends of Hudspeth Center Golf Tournament has been moved to October 9th. The Employee of the Year luncheon and the Service Award Ceremony (Pin Ceremony) will be scheduled as soon as the Pandemic has subsided.*

*The EIRC has not cancelled the Books are Fun fundraiser that is to be held on April 14th, but in all likelihood, the fundraiser will also have to be postponed.*

Hope walks through the  
fire and faith leaps over it.

Jim Carrey

quote fancy



# HUDSPETH REGIONAL CENTER CAMPUS NEWS

April 2020

A Newsletter for HRC Employees

## **HUDSPETH CENTER STRONG**

I would like to extend my sincerest appreciation to all staff members during the COVID-19 outbreak. The measures taken and adjustments made have not been easy, but I appreciate your cooperation in ensuring the safety of fellow staff members and the individuals we serve. Your dedication to the individuals has not gone unnoticed nor unappreciated. We have shown during this crisis that we are indeed a family and as a family, we take care of one another. I ask that you continue to follow the guidelines set in place by our Facility, State and Federal government. Once this pandemic has subsided, I look forward to thanking every single one of you in person.

Jerrie. T. Barnes  
Director

**Together**  **We are strong**

### **ABOVE AND BEYON**

A little over a year ago we started the Above and Beyond monthly recognition. In those months we have recognized some amazing people. In light of what is going now with COVID-19 it is difficult to single out one person. I see folks in every department giving their all and going above and beyond. Many staff have told me whatever you need me to do just let me know. My hat goes off to all of you. These are difficult times that require us to conduct business in a different way. And, it is changing on a daily basis. Please know that you are very much appreciated for all you do for the people that we serve. They are counting on us and you are delivering. I am praying for you and your families and I ask you to remember me and my family during this difficult period. Together we can do great things. My daughter called me the other day and was worried and looking for fatherly advice. I told her that we needed to do all the things that we knew to do to decrease the spread and that we needed to trust God. To all employees of Hudspeth Regional Center, congratulations for going Above and Beyond.

Tim Drane  
Assistant Director

The following was copied and pasted from BlackDoctor.org:

### HIGH RISK PEOPLE: WHAT TO DO TO PROTECT YOURSELVES FROM CORONAVIRUS

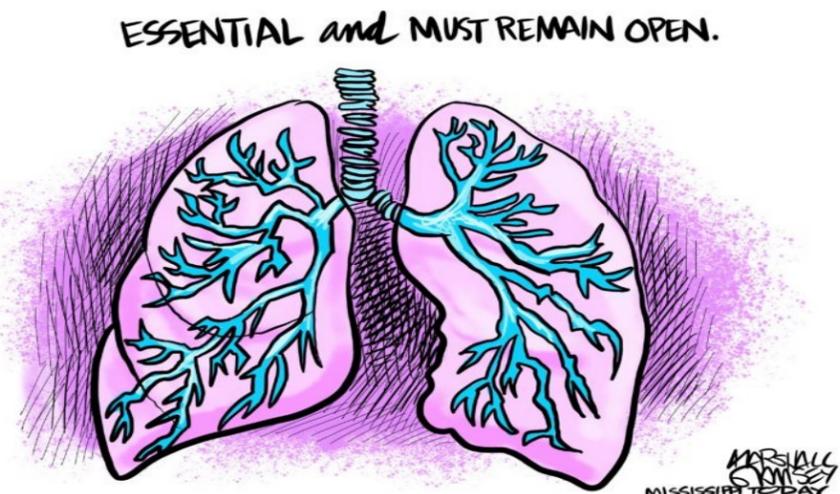
The CDC reports that while individuals of all ages can contract the novel coronavirus, older individuals (60 years and older) and individuals with serious chronic medical conditions such as diabetes, heart disease and lung disease are at a higher risk of getting very sick from this illness. Other high-risk conditions include hypertension and cancer.

Data from China showed that even though 3% of cases were in patients 80 years and older, the death rate was 14.8%. Death occurred in 8% of those between 70 and 79 years old. The rate is under 1% in individuals under the age of 50.

If you fall into one of these high-risk categories, there are a few things you can do to protect yourself:

#### Stay home

Stay home as much as possible to reduce your risk of being exposed. If you do venture out, avoid crowds especially in poorly ventilated spaces. Stay at least 6 feet away from others. According to the CDC, you should also avoid non-essential air travel, and now is not the time to take the cruise.



#### Take everyday precautions

Avoid touching your face and wash your hands with soap and water for 20 seconds or use hand sanitizer with at least 60% alcohol content. The virus can survive on surfaces, so avoid touching high-touch areas in public places such as elevators, door handles and light switches. Use a tissue or your sleeve to cover your hand if you must touch, and once again, wash your hands!

#### Cancel non-urgent appointments

Cancel all routine, non-urgent doctor's appointments. Many hospitals

have already cancelled elective surgeries. If the visit can wait, it should. If you must absolutely keep your appointment, check to see if your doctor can do this via telehealth technology.

#### Have a supply of your medications

Ask your doctor if you could switch to a 90-day supply of your medications in case you have to stay home for a prolonged period. Make sure loved ones know what medications you're on as well as any supplies such as oxygen, dialysis or wound care. Determine who will take care of you if you become ill.

#### Stock up on the essentials

Stock up (not hoard) on toiletries, household items and nonperishable foods so you can minimize trips to the grocery store. You can even make meals and freeze them. Be sure to also stock up on over the counter medicines such as fever relievers and medical supplies such as tissues.

This was also copied and pasted from BlackDoctor.org:

### WILL CORONAVIRUS-INFECTED PEOPLE DEVELOP IMMUNITY TO THE DISEASE?

God forbid, but lets say you have caught the COVID-19 virus and recovered – are you now immune for life, or could you catch it again? The short answer is complicated.

An infectious disease expert speculates that its possible that COVID-19 may never fully disappear, becoming endemic like the common cold. In this scenario, the virus is likely to make less of an impact as it is currently because more people will have immunity to it.

A vaccine works by mimicking the immune response of a naturally occurring infection. So you mimic that response and then your body become “used to” or immune to that infection.

**There are four main sub-groupings of coronaviruses that account for about 10 to 30 percent of common colds.** Most people have been exposed to these coronaviruses before and may have developed some immunity against one or more following infection. But immunity doesn't appear to be lifelong, Ann Falsey, a professor of medicine at the University Of Rochester School Of Medicine, told NPR.

**“Almost everybody walking around, if you were to test their blood right now, they would have some levels of antibody to the four different coronaviruses that are known,”** she said, but added that “most respiratory viruses only give you a period of relative protection. I'm talking about a year or two, that's what we know about the seasonal coronaviruses.”

Scientists and researchers agree that more testing needs to be done because the virus could mutate. A recent study conducted by Chinese scientists suggests that it has once already — meaning the same people infected once before could be infected again with a new strain, ultimately causing a second wave of illness. The severity could be weaker or the same. We honestly don't know yet.

**You know how it seems as though every year there's a flu shot because there is a new strain of the flu?** It's sort of like that concept. If there is a new strain, your immune system that was immune to the old strain may not be immune to the new strain.

“We've gone back and gotten samples from patients who had SARS in 2003 and 2004, and as of this year, we can detect antibodies,” Stanley Perlman, a professor of microbiology and immunology at the University of Iowa, also told NPR. “We think antibodies may be longer-lasting than we first thought, but not in everybody.”

Aside from scientific evidence and facts, there's one person who says a whole group of people are immune: The governor of the central Mexican state of Puebla told reporters Wednesday that poor people “are immune” from the coronavirus.

“The majority are wealthy people, you know,” Gov. Luis Miguel Barbosa said. “If you're rich you're at risk, but if you're poor, no, well us poor, we are immune.”

**There is no scientific evidence to suggest the virus effects people differently due to economic status. His remarks sparked an uproar on social media, with many questioning why a government official would spread information that has no basis in fact.**

Please be smart and stay safe during this time. Do not gather with friends to socialize, wash you hands often, and stay at home as much as possible.

**WE ARE HUDSPETH CENTER STRONG!**