

Chat record from WebChat #42

Keeping Healthy in Community, AKA Coronavirus in Community

From Daisy Birch to Everyone: 04:59 PM

we're having skype and zoom dinners!!

use water instead of tp like in the mid east and asia!

From Susan Hedgpeth, Pleasant Hill Cohousing to Everyone: 05:06 PM

are you going to cancel common meals?

From Eric Henry to Everyone: 05:08 PM

What can we do to support the wider communities that we are situated within.

From Commons cohousing Santa Fe to Everyone: 05:09 PM

Meet outside if possible - keeping social distance of 3 feet.

From Kat to Everyone: 05:10 PM

CDC recommends 6 feet.

From Michelle Rodriguez to Everyone: 05:11 PM

Here at Casa Verde in Colorado Springs we have suspended meals for 2 months (and will reassess), we have also suspended group meetings (over 10 people) in the Common House. We're looking at options for our upcoming Community Meetings - probably will just Zoom.

From John Goldberg to Everyone: 05:11 PM

We are talking about having designated food servers at common meals rather than everyone holding the serving spoons.

From Mike S to Everyone: 05:11 PM

Mike Slama of a newly forming group in Puyallup, WA. Any ideas on how to form a core group without physical meetings?

From Jamie Tubmen to Everyone: 05:12 PM

How do I access that spreadsheet about different scenarios?

From Eva Passalacqua to Everyone: 05:14 PM

http://l.cohousing.org/Coronavirus_Preps.xlsx

From Donna to Everyone: 05:15 PM

I think that if March Madness and other sports events have been cancelled, we as co-housing participants could NOT have common meals.

From Sunnyside to Everyone: 05:16 PM

Is anyone able to obtain test kits?

From Susan Green-ARIA- DENVER to Everyone: 05:18 PM

Anything specific to suggest when neighbors return from traveling within and outside of the US?

From Carrie West to Everyone: 05:18 PM

what type of materials can be used for sterilization without using bleach?

From Carrie

From Val- Rocky Hill coho, Northampton MA to Everyone: 05:19 PM

Carrie - see CDC materials for ideas.

From Karin Hoskin to Everyone: 05:19 PM

Carrie West, we're very cautious to offer specific advice, consider looking at CDC recommendations

From Michelle Rodriguez to Everyone: 05:19 PM

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

From Judy Wilkinson, Harmony Village to Everyone: 05:19 PM

Have homemade meals outside when the weather is warm.

From Donna to Everyone: 05:21 PM

It doesn't take 1,000 people together to spread this virus - it's unsuspecting. It takes one person only.

From Pat-Linden Cohousing Madison WI to Everyone: 05:22 PM

Safety Group (includes 2 nurses) who monitors local public health recommendations and makes recommendations to Board and Community regarding prevention activities and next steps regarding limiting events.

From Jim Becker Woodard Lane Cohousing to Everyone: 05:22 PM

Alcohol 60% minimum

From Oakcreek Stillwater to Everyone: 05:23 PM

I personally use Shaklee Germicide which is effective for COVID-19. I don't tolerate bleach well, but I do tolerate Shaklee Basic-G (germicide).

From Donna to Everyone: 05:24 PM

I saw on a doctor's program a specific way to wash hands which I believe the CDC recommends. It requires at least 20 seconds and lots of rubbing to remove germs.

From Heartwood Commons - Tulsa to Everyone: 05:27 PM

the virus is sensitive to heat and sunlight. It survives longer on metal surfaces than cloth.

From Kat to Everyone: 05:27 PM

One man was tested (had been exposed) and during his quarantine (at home), his wife (immunocompromised) stayed at another member's house.

From Karin Hoskin to Everyone: 05:27 PM

From Daisy: making sure they have skype and zoom capabilities if they are self-isolated due to their age or susceptibility

From Karen Lombard - Rocky Hill Cohousing-MA to Everyone: 05:28 PM

Thinking about offering shopping/errands for those folks.

From David -- Jamaica Plain Cohousing to Everyone: 05:28 PM

Washing hands is talked about widely. What about frequently washing one's face?

From Robyn Tierra Nueva to Everyone: 05:29 PM

From CDC right now: Products with EPA-approved emerging viral pathogens claims are expected to be effective against COVID-19

https://www.epa.gov/sites/production/files/2020-03/documents/sars-cov-2-list_03-03-2020.pdf

From vicky wason to Everyone: 05:29 PM

COMMUNITY MEETINGS: We had our ACM on Wed. We moved it to a larger room so we didn't have to be so close to each other. One person didn't want to come to the meeting, so she simply called someone who DID go to the meeting and the phone speaker was good enough for her to hear the meeting. We will start using zoom but are still learning.

From Robyn Tierra Nueva to Everyone: 05:29 PM

Also they say Alcohol min 70%

From Val- Rocky Hill coho, Northampton MA to Everyone: 05:30 PM

does taking a temp tell you if you are in the incubation period which can be 14 days.

From Kimi Nakamura to Everyone: 05:31 PM

when community members return from trips, do communities recommend that they be tested or self-isolate?

From vicky wason to Everyone: 05:32 PM

EVA! YES! I like your statements (regarding concern for emotional impact) very much!!

From Jim Becker Woodard Lane Cohousing to Everyone: 05:33 PM

Someone earlier mentioned having common meals by

Zoom

From Judy Wilkinson, Harmony Village to Everyone: 05:33 PM

Saw reports from China re identification of coronavirus starting with sore throat and dry cough.
When at risk of exposure, drink water every 15 minutes.

From susancjensen to Everyone: 05:33 PM

I've heard practicing compassion meditation (for self and others) is useful.

From Judy Wilkinson, Harmony Village to Everyone: 05:34 PM

Coughs with sputum are not a problem, according to article from China.

From Karin Hoskin to Everyone: 05:34 PM

A basic ZOOM account is FREE

From Val- Rocky Hill coho, Northampton MA to Everyone: 05:35 PM

zoom is not free for more than two people on the call more than 40 min

From Karin Hoskin to Everyone: 05:35 PM

Uhhh, I did a zoom family with multiple members last night on our free account...

From Dori, Nubanusit Neighborhood & Farm, NH to Everyone: 05:35 PM

Just checked on the CDC website, and they say 60% alcohol minimum in hand sanitizer.

From Jim Becker Woodard Lane Cohousing to Everyone: 05:37 PM

A number of members of our community are computer challenged so hate to leave them out.

From margaretporterSilver Sage to Everyone: 05:37 PM

For me personally there is a tension between safety and connection. I think it is a challenge when the advice is one of the best protections is social isolation. In our community those who feel vulnerable are self-isolating. I like the ideas I've heard so far about how to keep connection and would welcome more.

From Karin Hoskin to Everyone: 05:37 PM

If not computer users an 'old fashioned' phone call could work too!

From Karen Lombard - Rocky Hill Cohousing-MA to Everyone: 05:38 PM

Outdoor walks could be good too

From Carolyn Salmon to Everyone: 05:38 PM

I just had a Virus Team meeting teleconf. Worked well for 6 people

From patricia to Everyone: 05:39 PM

Is the general consensus that common meals should be temporarily stopped?

From Michelle Rodriguez to Everyone: 05:39 PM

My son is sick (we don't know with what) with a fever and we just put a sign on our door that says he can't play so his friends don't come to the door. He's 6 1/2.

From vicky wason to Everyone: 05:41 PM

LIZ: Love and hugs to you and your community! :)

From Judy Wilkinson, Harmony Village to Everyone: 05:41 PM

May need to boil all foods if handled by people who have bee

From Val- Rocky Hill coho, Northampton MA to Everyone: 05:41 PM

Janet, please tell us more about how the community is managing mentally?

From Kate from Temescal Commons in Oakland CA to Everyone: 05:42 PM

Sorry to hear Janet

Blessings and healing

From Joann Terranova to Everyone: 05:43 PM

Wondering about how people are handling laundry, if your common house has laundry and there are people who are sick. How do you help people who use the common house laundry get their laundry done safely/

From Judy Wilkinson, Harmony Village to Everyone: 05:43 PM

Be careful of eating foods prepared by workers who do not have paid sick leave. Includes restaurants and grocery stores.

From Eric Henry (Mosaic & Camelot in Sawyer Hill) to Everyone: 05:44 PM

Hearing Janet's story makes me think... I wonder if there is any chance that the sick family is hesitant to take advantage of other community members because there isn't a specific designee? I really like Barb's suggestion about forming small groups. One of my core fears is that more quiet/shy/introverted members will end up really suffering and end up hospitalized unnecessarily.

Personally, I think it is reasonable to set up the expectation that if anyone has a sick house-member, they rely on the community to do their shopping.

From Val- Rocky Hill coho, Northampton MA to Everyone: 05:44 PM

Great point, Eric.

From Judy Wilkinson, Harmony Village to Everyone: 05:45 PM

Prayers for the community in WA.

From vicky wason to Everyone: 05:49 PM

Wasatch Commons has NOT canceled meals. Wasatch Commons: We said: Bring your own dishes. Don't come if you are sick.

From David -- Jamaica Plain Cohousing to Everyone: 05:52 PM

JP Cohousing would only cancel meals in Scenarios 4-6 in spreadsheet (i.e., if Massachusetts had a lot of cases, which it doesn't, or if a JPC member were exposed or infected, which hasn't happened yet)

From Robyn Tierra Nueva to Everyone: 05:52 PM

Hopefully another webchat will expand on the topic of the emotional aspect of this

From EKING6@i.art.edu to Everyone: 05:52 PM

Muir Commons in Davis, CA near Sacramento. We've canceled common meals for the time being. Will suggest some of the ideas like zoom. We are having a little "insta-node" Friday with byob, outside with good distance between folks. Probably canceling CH reservations for groups. Discussing kids hanging out in groups in the CH... Best wishes for health to all

From Judy Wilkinson, Harmony Village to Everyone: 05:52 PM

Runny nose was listed as a symptom of CV, but this info from China is that if you have a runny nose it's not CV.

From margaretporterSilver Sage to Everyone: 05:52 PM

At Silver Sage, we have since the beginning had a manual system in which we ask every member to fill out a questionnaire that includes relative/friend contact info, doctor and medicine info, allergies, health conditions, etc. We ask each member to put the form in their freezer or on the refrigerator. We have had pretty good compliance. Our members have not wanted an automated data base because of privacy concerns.

From Karen Lombard - Rocky Hill Cohousing-MA to Everyone: 05:54 PM

Some of us have to do remote work while kids are off so will be challenging. Don't want them on computer all day.

From Susan Green-ARIA- DENVER to Everyone: 05:54 PM

At Aria, we use FILE FOR LIFE forms that are enclosed in plastic. We keep them in our refrigerator vegetable bins.

From Kat to Everyone: 05:54 PM

People with flexible schedules can offer child care to those parents who need to keep working.

From EKING6@i.art.edu to Everyone: 05:55 PM

We have a little Safety group and some have suggested we not have groups of kids together in the CH, because this increases the risk for the vulnerable in the community.

From Eric Henry (Mosaic & Camelot in Sawyer Hill) to Everyone: 05:56 PM
Thank you everyone for the excellent conversation!!! I'll join again in the future.

From Kelly to Everyone: 05:57 PM
This is Kelly from East Lake Commons. Waldorf School will be closed after tomorrow. Most area public schools are also closing (Decatur, Dekalb County, APS). Waldorf is working on "age-appropriate distance learning". Georgia has had 1 death, 12 confirmed and 19 presumptive cases.

From Karin Hoskin to Everyone: 05:58 PM
<https://www.cohousing.org/past-web-chats/>

From Judy Wilkinson, Harmony Village to Everyone: 05:58 PM
Put kids to work for the community! We here at Harmony Village in Golden CO have two children who have picked up people's compost for years! They started at 5 and 7 years old. We each pay them \$5 per month.

From Susan Green-ARIA- DENVER to Everyone: 05:58 PM
Thank you everyone. Hearing from so many of you has made a huge difference to me.

From Raines to Everyone: 05:58 PM
great ideas from all. much inspiration. remember to support Coho/US !!!!
From margaretporterSilver Sage to Everyone: 05:59 PM
Since I have been traveling, I am self-isolating and not using the common laundry for two weeks; using commercial laundromat instead.

From Liz (Bull City Commons in Durham, NC) to Everyone: 05:59 PM
Thank you CoHoUS!

From Susan Hedgpeth, Pleasant Hill Cohousing to Everyone: 05:59 PM
Thank you!

From Michelle Rodriguez to Everyone: 05:59 PM
Stay healthy, everyone! Thank you for the meeting!!

From Judy Wilkinson, Harmony Village to Everyone: 05:59 PM
Where is the donate button?

From margaretporterSilver Sage to Everyone: 05:59 PM
Karen and Karin—Thanks for doing this chat. It was great!

From Karin Hoskin to Everyone: 06:00 PM
Donate here: <https://interland3.donorperfect.net/weblink/weblink.aspx?name=E346363&id=9>

From patti to Everyone: 06:00 PM
thank you for the creating the space for conversation

From Judy Wilkinson, Harmony Village to Everyone: 06:02 PM
Thank you!

From Mary Beth Prairie Hill (Iowa City) to Everyone: 06:02 PM
Thank you all - continue to BREATHE.

From margaretporterSilver Sage to Everyone: 06:02 PM
Good luck to everyone at Quimper Village. You are living what we are all apprehensive of

From Kelly to Everyone: 06:03 PM
This was wonderful. So glad to in community with all these amazing communities!

From EKING6@i.art.edu to Everyone: 06:03 PM
Much gratitude, very helpful!