

Health & Fitness

Blood drive cancellations are an emergency-within-an-emergency

By Anna Repole
Account Representative
American Red Cross Blood Services
Passaic | Bergen | Hudson

Over the last few days, we have seen blood drive cancellations grow at an alarming rate. Through March 13, about 2,700 Red Cross blood drives have been canceled across the country due to coronavirus concerns, resulting in some 86,000 fewer blood donations. That number is rising every minute. Blood drives are being canceled at workplaces, college campuses and schools as more people are being told to work remotely and practice social distancing.

As blood drives are canceled due to coronavirus concerns, the American Red

Cross strongly urges healthy, eligible individuals to give blood or platelets to help patients in need.

We understand why people may be hesitant to come out for a blood drive, but want to reassure the public that we are taking additional precautions to ensure the safety of our donors and staff:

- We are checking the temperature of staff and donors before entering a drive to make sure they are healthy;
- We have hand sanitizer for use before entering the drive, as well as throughout the donation process;
- We are spacing beds, where possible, to follow social-distancing practices between blood donors.

Red Cross employees follow strict safe-

ty procedures, including:

- Wearing gloves and changing them often;
- Wiping down all donor-touched surfaces and equipment;
- Sanitizing donor beds between every donor ;
- Preparing the arm for donation with an aseptic scrub.

These measures will help to keep blood recipients, staff and donors safe. There is no evidence of the coronavirus – or any respiratory virus - being transmitted by a blood transfusion; and there are no reported cases of the coronavirus – or any respiratory virus - being transmitted by a blood transfusion.

A blood shortage could impact patients

who need surgery, victims of car accidents and other emergencies, or patients suffering from cancer.

In a prepared statement, our medical director Pampee P. Young, M.D., Ph.D. said the following:

“As organizations limit all ‘non-essential activity,’ your blood drive is an essential activity, as outlined by the Center for Disease Control (CDC) and the Food and Drug Administration (FDA). It is an imperative part of community health and public preparedness plans to maintain blood collection during this challenging time to ensure patient survival.”

One of the most important things anyone can do to ensure we don’t have another health care crisis on top of the coronavirus is to give blood.

Wappinger Recreation

By Donna Lenhart
Recreation:

Coronavirus updates happen daily, sometimes hourly. Staying mindful, informed and continuing to practice good hygiene now and after the threat is over is important for all of us to remember.

In these days of stress, worry and tension, it is easy to lose one’s cool. I’ve witnessed it myself in a grocery store – a shopper snapping unnecessarily at a store employee for no reason; one of our volunteers being shoved by a person with their shopping cart. Fistfights breaking out in stores over supplies. Really? We’re better than that, folks. We’re in this together. Instead of fighting, we need to be helping each other. Call your neighbors, especially the elderly, and make sure they’re okay. Ask if they need anything. Maybe they’re lonely and just talking with you brightens their day. Simple yet meaningful things that go a long way. We will get to the other side of this and when we do, wouldn’t it be best if we could look back knowing that each of us did all we could to make it as easy as possible for ourselves, our family, friends, neighbors and even strangers.

Here in the Recreation office, we have started up a non-perishable food drive to assist churches and restaurants that are providing free meals to folks in need. As well, we have a pet food drive to help area shelters because they are seeing their donations dwindle in this time of need.

Since Town Hall is officially closed to the public (except by appointment), we will be putting a collection box at the front door under the portico for collection between 8:30 am – 3:30 pm. We thank you kindly in advance for any support you can give. Even one item will help. We’re at 20 Middlebush Road. Thank You.

All Recreation events have been postponed through at least May 2. Registration for summer camp, fishing and tennis are ongoing online at: www.wappingerrecreation.com.

We’re still accepting applications for summer camp counselors. If you’re age 15 and up, submit your application to be a camp counselor or counselor-in-training (CIT). We are accepting counselor applications through May 8 for our camp, located at Martz Field off Pye Lane. Ours is a seven week program that runs June 29 to August 14. You must be 16 by June 29 to apply for a counselor position, or you can apply for a CIT (counselor-in training) position if you are 15 by June 29. You can find applications online at www.wappingerrecreation.com.

Senior Center:

The center is closed until further notice. But, keep your eye on this column or call us at 297-3670 for reopening information. We’ll let you know as soon as we can open our doors again.

Many thanks, stay safe and take care of each other.

East Fishkill Recreation

By Bill Green

The Community Center will be closed until May 1. The Dutchess County Office of the Aging

Nutrition Program will continue to provide meals for those in their program. With the East Fishkill Community Center closed, all activities scheduled for March and April (meetings, activities, rentals, Senior Citizen Program) have been cancelled.

The following activities have also been cancelled or postponed until further notice:

- MARCH 29 Town Clean-up Day
- APRIL 4 Opening Day & Parade
- ADULT CO-ED VOLLEYBALL & BASKETBALL (Cancelled)
- APRIL 11 – EASTER EGG HUNT & PARTY
- APRIL 19- CASINO TRIP –POCONOS

The NYC trip scheduled for Wednesday, April 22 to see TINA, THE TINA TURNER MUSICAL has now been cancelled. There is the possibility Broadway will still be closed into May. Attempts will be made to reschedule when this "unwanted intruder" finally goes away. Full refunds will be available.

Our new six Pickleball Courts and tennis courts, along with Julie’s Jungle, are open at Lime Kiln. All sports leagues are on hold and all fields are closed.

There are still seasonal jobs available in Recreation Maintenance for this spring and summer. The job includes mowing, lining and maintaining playing fields, minor repairs, etc. Applicants must be 18 years and older. If interested please email information to: Recreation1@EastFishkillNY.gov.

If you haven’t already done so, pick up one of our 2020 East Fishkill Recreation Guides in Town Hall, Lime Kiln, the Community Center or the East Fishkill Community Library. Complete information on all activities, programs, facilities and events can be found in the “Guide!”

The new East Fishkill Co-Ed Youth Volleyball League at John Jay High School on Friday nights has also been postponed to a future date. The League is for grades 2-5 and 6-8 from 6:30 to 7:30 (\$50 residents, \$60 non-residents) and high school – grades 9-12 from 7:30 – 8:30pm (\$30 residents/\$40 non-residents). Call 845 226 8395 for additional information.

For updated information on East Fishkill Recreation activities and events follow us on Facebook at www.facebook.com/efrecreation or send emails to recreation1@eastfishkillny.org if you have any recreation questions or wish to rent one of our facilities.

Stay safe and enjoy those reruns on the "tube."

Town of Poughkeepsie Recreation

By Tom Meyering CPRP

The Recreation Department in the Time of This Pandemic

We are in the middle of unusually trying times. The Recreation Department is struggling to balance the needs of community health and safety with your legitimate need for relaxation, exercise and socialization. Here is how we are striking that balance.

The Senior Center and all organized

programs are closed or cancelled until further notice. This is to meet the requirement to limit gatherings and thus slow the spread of the virus.

We are accepting provisional registrations for activities after May 1. This includes our Greenvale Day Camp, Summer Drama Program, Tennis Lessons, Senior Programs and Basketball “Skills and Drills”. We are postponing the required payment of the program fees

until two weeks before the start of the activities. Please note these activities may be cancelled, if conditions warrant, as we get closer. You must register for these activities on our website, www.PoughkeepsieTownRec.com.

All twenty-one of our Town Parks are open from sunrise to sunset. It is important to note that:

- Groups of 20 or more, including organized sports activities, are not permitted
- Please make sure that you (and your kids) maintain the “social distance” of six feet.

The use of playground equipment is not recommended. The surfaces of this equipment have been identified as a possible location for spreading the virus.

To help meet the state requirements to reduce worker cross-contamination, the Recreation Department Office is currently closed. We will be posting updates on our website (www.PoughkeepsieTownRec.com) and on our Facebook page. If you need to contact us you may email us at rec@TownofPoughkeepsie.ny.gov.

This situation changes by the day. Please stay up to date. Stay healthy.