

COAST VILLAGE REPORTER

May 2020

COAST VILLAGE PROPERTY OWNERS CORPORATION
131 Rhody Loop, Florence, OR 97439 (541) 997-3312

VOLUME 27 ISSUE 5

Board of Directors 2019-2020

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Director
noel.smith2@gmail.com
(360) 421-5704

Business Office: (541) 997-3312

Fax: (541) 902-0103

**Available for general business
9am - 12pm**

**Office staff: Nancy Brock
Park Operations Manager:
Carla Van de Vyver
POM@CVPOC.COM**

Maintenance Office:

(541) 997-3583

Hours of Operation

Maintenance staff on premises
Mon - Fri from 7am - 4:30pm

**Available 24/7 for
park maintenance emergencies
(360) 521-8428**

Website:

www.coastvillageflorence.com

CVPOC President's Message

As May approaches, we have all begun to get used to changes being asked of us in how we conduct our daily routines and what are the new social norms. It seems that the confusion won't ever make its way to being clear cut and I don't think it will make its way back to the way it was for a while, if ever. To bring this idea down to what we are doing here in Coast Village, I'm sure that a lot of you have felt some of the changes in how things are operating here. The clubhouse is closed, the office is closed. The pool is still closed, but now for a different reason.

Yet, there is still a lot that is the same. People still gather in the street during their walks. It's just that now we stand a lot further apart from each other and yell our news so everyone in the group can hear. We still go into the post office to get our mail and see what's on the free table. Some have laundry to do that won't get done by itself. Please wash your hands or use sanitizer before and after touching door handles and surfaces, even though Dennis does a thorough job of sanitizing each evening. While we aren't allowed into the office to say hello or have our dogs get treats, Carlla and Nancy are still keeping the wheels running in the office. Just give them a call (541-997-3312) first to see how they want to handle your specific situation.

Our Board of Directors have been struggling--like every other HOA BOD--to figure out how to have board meetings and still meet the requirements of an open meeting. Most, like us, are following the advice like that given by our lawyers to just cancel or postpone the meetings as long as possible. We will still not be having a board of directors meeting in May, as Governor Kate Brown's executive order on public gatherings is still in effect. Our CVPOC BOD members are still conducting essential business through the Action Without a Meeting (AWM) process and there will be a read-out of all AWMs these past couple of months further on in this newsletter. Until we get the "all clear" from Governor Brown's office, we are taking the meeting situation day-by-day. If you have issues that should be taken up by the BOD, please contact the office to

NOTICES

- ◆ **Facility Hours:** Hours for the laundry room 8 a.m. —10:00 p.m., Clubhouse bathrooms—24-7. Clubhouse are 8:00—3:00 p.m. mailroom is 8 am-10:00 pm. Satellite Bath with code only.
- ◆ **BOARD MEMBER MEETING:** Notice will be given when Oregon allows meetings again. It will be posted at the post office, and on our website. Please watch for updates.

Pool: Pool is closed at this time. Sauna is closed until further notice.

submit an agenda item. Even though we won't be having a meeting this month, we do have a COVID-19 Committee who will put the item into an AWM format for the BOD to vote if appropriate.

Until things get back to where we can all meet together in the same room, please practice social distancing and elevated hand washing regimen.

To fill the vacant position on the Board of Directors, Noel Smith (Lot 261) was appointed by an AWM vote to serve for the three months remaining until elections in July. Noel has lived in Coast Village for five years and has already served a two-year term on the Board, as well as several committees. He currently is serving on the Architectural Review Committee and the Greenbelt Preservation and Advisory Committee. If you see Noel walking Sophie around the Village, tell him congratulations!

Jay Guettler
CVPOC President

OPERATIONS

While everyone is trying to stay isolated and safe, we are still staying busy in the office. Many issues that previously were handled by someone coming in are now being managed via phone calls and e-mail. I want you to know that I am assessing the COVID-19 situation daily with regards to Coast Village residents and how this affects our community both now and going forward. How will this change how we do things in the future? How will we manage meetings, especially the Annual Meeting? There currently is a Committee in place which can put an item out to the BOD in an AWM when needed.

Water Project Infrastructure: We have experienced a delay on our West side work due to material shortages. I expect to be back on schedule the first week in May. The West side out gate has been in an upright position due to the gate valve work. It should be back in working order by Wed. the 6th. Thank you for your understanding.

Our cleaning staff have taken the opportunity to really achieve some deep cleaning by taking advantage of the clubhouse closure. A huge shout-out to Dennis for deep cleaning the rug in the Rose Room, removing every dish, pan, etc. washing everything in every drawer, cupboard etc. washing and disinfecting all of the drawers and cupboards and painting the inside of the bottom cupboards for easier future cleaning.

We have also done extra cleaning on all of the entrances to our buildings. We have amazing staff. Please thank them for all they do when you see them.

The water bill for the month of April is \$9,780.25 this is up \$430.00 from the month before. We had a leak at the water transfer station and I want to thank Glenn for advising us. This could have run up a much larger bill had it went unchecked. We do check the water transfer station often, but it is great that owners who walk on the trail along the south fence are aware and advise us if they see or hear something that raises alarm.

Currently we are experiencing some issues with transients/street people coming into the park and using our laundry and taking things from the free table in the post office. We are also having issues with some of these same people setting behind my office after hours using the Wi-Fi. That these people can gain access to the laundry and post office tells me that someone is giving them the gate code. That they can log onto our internet by the clubhouse tells me that someone is giving out the password for our Wi-Fi.

Please stop! I have had a number of altercations with these people. I have had the police twice.



in

Please also stay in the laundry room while you are doing your clothes. We have cameras there but cannot always see who is taking things. The best way to avoid losing your clothes is to stay with them until finished.

Maintenance is finding 100's of cigarette butts along the road and on the path by the Satellite bath. This is where we live! Please do not discard your butts on our streets or paths for others to clean up. Please take your butts with you and use an ashtray in your car. Do not toss your butts out the window—it's a fire hazard!!

Currently the clubhouse is closed but we have allowed small gatherings in the garden. We will continue doing that and we ask that should you decide you want to have a gathering you let us know. That should avoid conflict for space. Remember you have gardeners and others working out there some of the time so take them into consideration as well.

I appreciate all of you very much that are respecting our decision to keep the office off limits. Thank you for using the mail slot outside of the office to pay fees.

There has been further complaints given to the office regarding a problem with someone kicking cats over near the Manzanita street area. Please stop!!!! If you are caught there will be consequences. If you don't want a cat on your property you can spray them with water—it won't take long before they stop dropping by!

Park Operations Manager,
Carlla van de Vyver



It was a long closure on Friday as we replaced the main gate valve to the West side. Good news, in future we will not have to turn off the park in order to work on water issues on the West Side.

The hole was deep and there were some unexpected issues so our trusty staff guarded the opening while part runs were being made.

Thank you to Scott Ryland for his continuing good work and to our staff for all they do on this huge project.

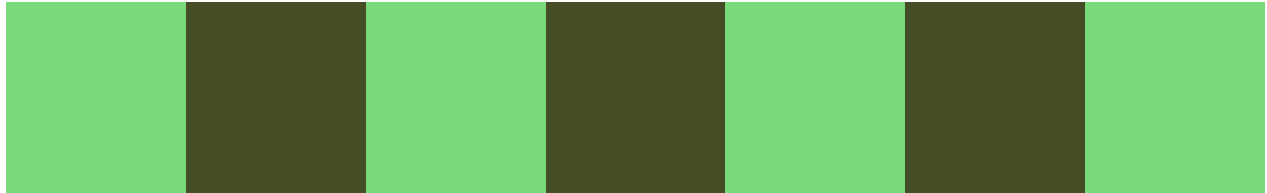


FOR THOSE OF YOU WHO DO NOT KNOW WHERE THE DROP BOX IS PLEASE SEE THE PHOTO TO THE LEFT.

THE MAIL SLOT IS "UNDER" THE RED FLAP.

Our editorial goal is to provide residents and guests with information that both educates and entertains. But we would also like to get input from you, the reader. What topics outside of clubs and committees are of interest? Want

to contribute an article of your own? Have news for next month? Send us your comments, article ideas, club notes, and tid-bits to: POM@CVPOC.COM



Please remember to vote!!!

This is how our democracy works!

Architectural Review Committee Report April 2020 Edition: Mose Starkie, ARC chairperson

Greetings! I hope that all are well and surviving the current situation. I for one am ready for things to get back to normal, if they ever do again. In the meantime I sure am getting a lot of yard and garden work done. It's been great that the weather has been cooperating for outside activity. Daytime TV gets so old so quickly.

As I walk around the Village I see that I am not the only one doing yard work, so I thought this would be a good opportunity to remind every one of the greenbelt rules so that we don't get carried away and cut out something we aren't supposed to.

The Greenbelt guidelines are spelled out in our CC&R's in section 10.2A as follows:

Greenbelt:

1. The primary design feature which makes Coast Village a unique Planned Community is (sic) the specifications of greenbelts to serve as a visual screen and to protect privacy between adjacent lots. Side and rear setbacks are to be developed and maintained as greenbelts. Greenbelts may not be used for lot development, storage or lot access other than emergency.

2. Greenbelts are determined by the setback requirements. Greenbelt vegetation shall not be disturbed or removed on any lot within five (5) feet from the side and back property lines. The greenbelt must be fostered and maintained. A three (3) foot walkway between the greenbelt and dwelling unit must be kept cleared in accordance with applicable ordinances and regulations.

3. A property line fence may not replace a greenbelt requirement.

Also, see CVPOC Guidelines for Lot Owners Wishing to Modify Their Lots for further greenbelt requirements. The Greenbelt Committee is always available to help with plant choices, and they are there for you as a resource.

The other issue to be aware of are the requirements for fencing. According to the already mentioned Guidelines section 5:

Fences Restrictions:

Fences will not be higher than six (6) feet, and will not be higher than three (3) feet within twenty (20) feet of road. No electric, barbed or razor wire fence is permitted on any property within Coast Village. (Florence City Code 10-2-14).

Also note, no fence will be approved that affects the existing greenbelt.

A permit for the approval of fencing may be picked up at the Office. Fences must be approved by the ARC and the Board of Directors.

Since the beginning of the current coronavirus shutdown we have not held regular meetings to avoid contact as much as possible, but we have been busy anyway. Following is a list of what we have been doing:

Lot: #115 request for fence and gate
#178 evaluate greenbelt cutting
#181 evaluate greenbelt cutting
#198 request for fence
#126 request for park model or Airstream
#34 request for property line fence and shed repair
#8 request for fence
#26 request for entryway covering, lean to off of garage
#213 request for Tuff Shed
#144 request for dwelling exchange
#154 request for Rubbermaid Shed
#164 request for fence
#154 request for carport

#76 investigate temporary construction cover
 #202 request for fence and gate
 #117 investigate complaint about fencing/greenbelt
 #228 investigate complaint about fencing/greenbelt

That about covers this year to the present. Again, I would encourage you to get copies of the governing documents to answer questions you may have, and remember we on the ARC are happy to meet with you and answer any questions in person. We may not know the answer off of the top of our heads, but we will sure find out for you. Contact me at 541-350-3658 (text is fine) or at my ARC email: arc@cvpoc.com.

Always remember, we are here to help you. We would rather not sanction folks for violations, but instead advise in order to avoid penalties. Nobody likes being fined. Nobody likes enforcing fines. We're all here to enjoy the natural beauty of our Village, let's all work together to keep it that way.

Stay safe, stay healthy, stay optimistic. We will get through all of this.

GREENBELT COMMITTEE

Enjoying Your Rhododendrons and Azaleas

Published by the American Rhododendron Society website: www.rhododendron.org

Rhododendrons and azaleas are best planted in early fall or spring but can be planted nearly year around with extra care. Plants grown outdoors in most of the United States and Canada are generally classified in four categories: large-leaf rhododendrons, small-leaf rhododendrons, evergreen azaleas, and deciduous azaleas.

How to Select Plants Best for Your Enjoyment

Select plants that show no signs of neglect by the retailer especially inadequate watering, as evidenced by wilting or by brown edges or tips of leaves. Be sure plant size, shape, foliage texture and flower color fit your landscaping needs.

Where to Plant

All rhododendrons and azaleas grow best in a porous, moist, well drained, acidic soil, high in organic matter. Large-leaf rhododendrons and evergreen azaleas generally prefer a site protected from drying winds and hot summer/winter sun. Small-leaf rhododendrons and deciduous azaleas tend to be tolerant of more exposed planting sites. Seek specific advice from nursery experts in your area. Before choosing the site, consider the plant growth rate and how it will fit as it matures. Avoid planting in dry soils, too close to your foundation, under roof overhangs, or under trees with aggressive root systems or dense shade.

How to Plant

Soil Preparation: Dig the planting hole wider, but no deeper than the root system of your plant. If your soil is poor quality, mix in peat moss, and/or fine pine bark, and good loam to the soil excavated from the hole (but limit organic additions to 25% to enable roots to quickly re-establish in the ground).

For plants in pots and burlap: Remove the container or root-wrapping material from your plant. Expose root ends an inch or more by abrading with your fingers or a scratcher, or by washing with water before setting the plant in the hole.

Backfilling: Make sure the top of the root systems ends up no lower than final ground level. Hold extended root ends up and gently pack the soil around the roots, and form a saucer or berm near the outer edge of the hole to hold water to irrigate the roots.

Mulching: Add 2-3 inches of bark mulch or other porous material to help control weed germination, conserve moisture, and hold the soil. Avoid covering the root crown at the base of the plant. (Cont. pp 7)

Watering-in: As soon as you finish backfilling and mulching, add enough water to thoroughly soak the soil and root system. This helps pack soil around the roots and assure rapid root growth into the surrounding ground.

Maintenance Recommendations:

Watering: During the first year add water once or twice a week to avoid drying of roots and ensure proper establishment of the roots. Thereafter water only as soil conditions require. Soil should not stay wet.

Mulching: Maintain 2-3 inches of mulch.

Fertilizing: Most rhododendrons and azaleas require very little fertilizer. Seek advice from experts in your area.

Deadheading: Twisting off faded flower heads soon after blooming enhances bud-set the following year. Be careful not to damage vegetative growth shoots.

Pests and diseases: Healthy and vigorous plants tend to have few pest problems, but rhododendrons and azaleas can be susceptible to root weevil and leaf chewing insects as well as root disease problems. Consult with experts in your area for advice.

Pruning: Properly sited rhododendrons and azaleas need minimal maintenance. If branches must be trimmed, this is best done right after flowering finishes to enable the best regrowth and flowering the following year.

Remember our Oregon Coast Humane Society during these times.

Dog and cat food and cleaning supplies are always needed.



NOTICE NEW E-MAIL ADDRESSES FOR THE OFFICE

PARK OPERATIONS MANAGER: POM@CVPOC.COM

OFFICE: OFFICE@CVPOC.COM

CARLLA VANDEVYVER: CARLLA@CVPOC.COM

NANCY BROCK: nancy@cvpoc.com

PHONE NUMBERS AND FAX NUMBERS REMAIN THE SAME AND ARE LISTED ON THE FRONT OF THE NEWSLETTER



NOTICE

If you get mail in your mailbox from a previous owner, just mark it “no longer here” and put in the outgoing mail slot.

There is no need to bring it to the office.

**Do you want to advertise something for sale or a service?
Let the office know and we will list it here.**

There are face masks available at the office. Please feel free to come to the door and knock and we will be happy to give you one or two.

A huge thanks to the ladies that made these masks for our community.

Wear them in good health!

**Marshall’s Maintenance: Call Marshall’s if you need a sewer cleanout.
541-991-3022**

Do you have a dead tree? Need a tree limb removal over a roof? Call Josh Johnson at 541-999-7989 Licensed and Bonded.



CHECKING THE MAIL AT
COAST VILLAGE—A GIRL
AND HER BEST FRIEND
TUFFY!



Live. Life. Healthy



RECIPE PAGE

Shepherd's pie is great comfort food made with pre-cooked meat and veggies covered with a layer of mashed potatoes. In Europe, ground lamb is the meat of choice. But this recipe uses beef hamburger -- an American staple.



- 4 large potatoes, peeled and quartered •
- 8 Tablespoons (1 stick) butter
- 1 medium onion, chopped
- • 2-3 cups vegetables—diced carrots, corn, peas, bell peppers
- • 1 1/2 lbs. lean ground round beef
- • 1 cup beef broth
- • 1 Tablespoon Worcestershire sauce
 - • Salt, pepper, other seasonings of choice
- Boil the potatoes for about 20 minutes in medium-size pot of salted water. While potatoes are cooking, add 1/2 the butter to a large pan and sauté the vegetables until tender (6-10 minutes).
- If you use peas, put them in at the very last as they cook quickly. Add ground beef to the pan with the veggies and cook until hamburger is no longer pink. Add the Worcestershire sauce and beef broth. Bring to a boil then reduce heat to low. Let it simmer, uncovered, for 10 minutes.
- Season as needed. While the meat/veggies are simmering, drain the potatoes, put in the remainder of the butter, mash well, (add 1/2 cup milk if desired), and season with salt and pepper. Spread the meat mixture evenly in a 8x12-inch casserole dish. Spread the mashed potatoes evenly over the meat mixture.
- Use a fork to create “texture” to the top of the potatoes. Place casserole dish in the oven set at 400 degrees. Bake for 30 minutes, then broil for 3-4 minutes more, or until the top layer of potatoes is light brown. Remove from oven, let cool for a few minutes, and serve.

Maintenance

If you have an emergency maintenance issue on the weekends you may call the Park Manager at 360-521-8428 and we will do our best to assist you. If it can wait until Monday please call the office after 9:00 a.m.

All of the staff are here to serve you, please let us know if there is something we can do for you.

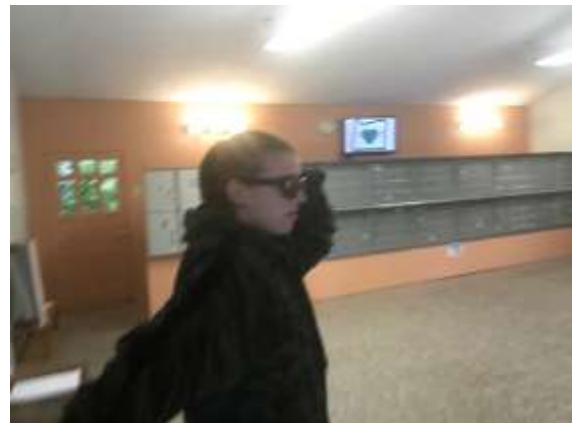
Our Maintenance Staff: Mikhail and Mike

NOTICE:

Residents are once again putting out their garbage and not securing the garbage inside "closed" garbage bags. This causes excess time to be spent tying bags closed before they can be thrown in the back of the truck.

People are also putting their dog poop bags loose in the garbage cans so staff must reach in and take out dog poop bags, put them inside a larger garbage bag. We do not have a dump trailer, we cannot put a million little doggy poop bags into the trailer and haul to the dump!

The bear proof cans are also being mis-used by people putting garbage inside the cans and not using a garbage bag. ALL GARBAGE MUST BE SECURED INSIDE A BAG! PLEASE!!



This person is a trespasser and is taking items from the laundry room and post office! If you see her call 911 for trespass or call the park operations manager.

MAINTENANCE TEAM

(541) 997-3583

Carlla van de Vyver, Park Operations Manager

Mikhail Renner, Lead —Days

Michael Brady—Days

Dennis Barker—Janitorial Monday thru Friday

Remember to call the Park Manager on weekends if there is an issue.

360-521-8428

COMMUNITY CORNER

Just Catting Around!!
Nancy's cat is feeling the love!



Send me a photo of your pet to POM@cvpoc.com and I will include it in the newsletter.

It would be fun to feature a new pet each month.



Jerry and Ollie enjoying a stroll on our deserted beach.

A beautiful day in Florence Oregon!

Boris and Twink enjoying life.



Ollie's growing up!

Remember, all game nights, and coffee times will be cancelled until the end of COVID-19 Pandemic crisis. If you have any questions about activities or Coast Village Board meeting, ARC meetings, please call of the office @ (541) 997-3312 or call Carlla (POM) @ (360) 521-8428. You can also contact board and committee members thru the website or email.

May 2020

SUN	Mon	Tue	Wed	Thu	Fri	Sat
					1 Water Shut Off 8 am to 1pm	2
3	4 Garbage 9 am	5 Brush 9 am	6 No Coffee Klatch thru COVID-19	7	8 Water Shut Off 8 am to 1pm	9
10	11 Garbage 9 am	12 Brush 9 am	13 No Coffee Klatch thru COVID-19	14	15 Water Shut Off 8 am to 1pm	16
17	18 Garbage 9 am	19 Brush 9 am	20 No Coffee Klatch thru COVID-19	21	22 Water Shut Off 8 am to 1pm	23
24	25 Memorial Day no garbage	26 Garbage and Brush	27 No Coffee Klatch thru COVID-19	28	29 Water Shut Off 8 am to 1pm	30
31						



Here's to celebrations! Happy Birthday!



Karolynn Hiam May 24th
 Roger Emigh May 11th

An anniversary is a time to celebrate the joys of today, the memories of yesterday and the hopes of tomorrow.

No Anniversaries!



We have a quite a few new owners in the park. For those of you who are new, we encourage you to attend at least one Board meeting to see how the HOA functions.

Here are some photos you may enjoy of our Board—hard at play!

Pat Thompson, Director



Donna Rudd, Director

Glenn Singley, Director

Jay Guettler,
President



Diana Wolf-Newman,
Vice President



Dory Hethcote,
Treasurer



Coast Village Activities Report

May 2020

Coffee & Donuts

The Activity Committee can't have the "Coffee Klatch" until the Corona Virus Pandemic is over. This may be quite some time; we have been informed that we shouldn't share food or drinks, everything has to be brought from your home and served to each person, not potluck style or boxes of donuts.



Odd Thursday Game Night

Odd Thursday game night suspended due to Corona Virus Pandemic.

Low Impact Exercise

Low impact exercise classes suspended due to Corona Virus Pandemic.

I would like to encourage everyone to take walks, you may meet neighbors in the Coast Village garden to visit, making sure to maintain the 6 ft.' social distancing guidelines, and keep your group number under the recommended 10 person limit.



We also have several low impact walking trails here in Florence; I know the trail to the beach is still open in the area south of Driftwood Shores at the end of Heceta Beach Road; Beach Access Trail; **4535 Lookout St, Florence, OR 97439. All the parks are temporarily closed, but there are several pocket parks here in Florence, and you can still walk along the boardwalk in Old Town.**

I thought maybe when the Corona Virus Pandemic comes to an end; we can have a small celebration in the Garden area. Hopefully our pool will be heated and we can enjoy a swim before summer is over. At this time; all public pools have been ordered closed; and our pool repair/parts/service people have closed due to the virus.

It will take a long time for our community to get back to normal, but stay positive. There are many craft projects you can do at home. Gardening, painting decorative rocks, playing virtual games with family and friends, and of course, cleaning out all our closets. If you have extra cat or dog food; our Oregon Coast Humane Society always accepts donations; just by appointment only at this time.

If you have any suggestions for a craft project or get together after we can open back up, please call me at the Coast Village office or my Cell phone. Thanks for your continued support.

Nancy Brock
Activities Chairperson
(541) 997-3312 or (541) 991-9675

POOP PATROL: Be a courteous neighbor. Pick up your pet's poop and help keep the neighborhood cleaner. Use a plastic bag or one of those provided at several locations around CV. Please observe CV/city "leash law" as well.

HELP YOUR NEIGHBOR: COVID-19 has disrupted everyone's daily lives. To help alleviate some of that stress, check in on your neighbor to see if they are OK, or need assistance of any type. As inspirational author Shannon L. Adler said, "One of the most important things you can do on this earth is to let people know they are not alone."



THE BEARS ARE BACK IN TOWN! PLEASE MAKE SURE ALL GARBAGE ETC. IS KEPT INSIDE.
OUR COAST VILLAGE BEARS ARE AWAKE AND BACK IN THE PARK.

THANKS JERRY FOR YOUR PHOTO!



IN THE GARDEN



SO MANY NEW THINGS GROWING IN THE GARDEN
EVEN IF YOU DON'T PLANT, COME AND SIT DOWN AND
ENJOY

Charley fixing the water line.



Remember this is for “looking at
only” no one is allowed to pick
with the exception of herbs.

CURRENT BANK ACCOUNT BALANCE:

\$150,731.00

All accounts payable are current.

A statement of accounts from our CPA will be available at the July Annual Meeting. If the meeting is postponed it will be available on our website with a password or as an owner you can request a copy be mailed to your home.



Free Range organic chicken eggs for sale. You can check with Carlla in the office if you would like to purchase.

\$4.00 per dozen

Delivery day is usually Tuesdays.



offthemark.com

MarkParisi@aol.com 5-3
©2014 Mark Parisi Dist. by Universal UClick

Coast Village Activities May 2020

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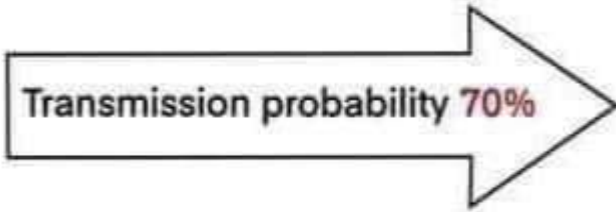
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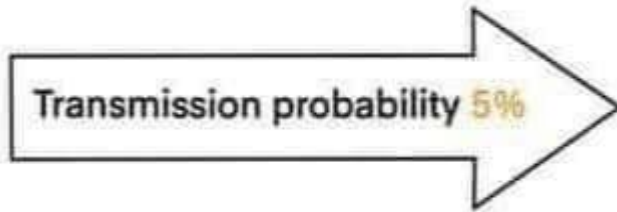
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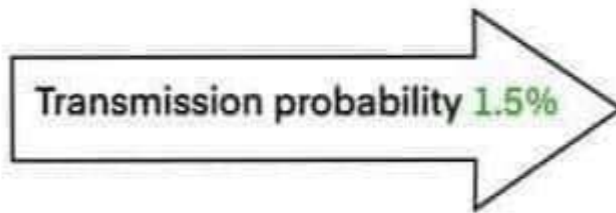
Nancy Brock
Activities Chairperson
(541) 997-3312 or (541) 991-9675



Artwork by @abi.m.salami



Artwork by @abi.m.salami



Gathering in the Garden!! Celebrate birthdays and life!



THE IMPACT OF ISOLATION AND LACK OF TOUCH WITH COVID 19

What are we feeling and how do we cope with not being able to touch one another....separated from each other by space, wearing masks we can't see each other's faces, fears of dying alone and not being able to comfort our loved ones....

Abraham Maslow, a psychologist, defined a list of human needs that people now call the Hierarchy of Human Needs. He published this list in the 1940s, and his studies dramatically impacted the way I lived my life and my work as a nurse practitioner. His work has been updated and changed so that it is more relevant to us almost a century later. But the importance of touch and the devastating impact of isolation and not being able to touch is still as relevant as it was in the 1940's, especially with our orders to "shelter in place", isolate, and touch becomes something dangerous. This really has long term implications...it changes the rituals of our lives and places us in great emotional conflict.

A modern list of 6 human needs that are imperative to life

This list benefits from nearly 75 years of psychology, neuroscience, and sociology research beyond what was known when Maslow wrote his list.

Food - The body needs calories and a variety of nutrients including protein, fat, and carbohydrates everyday to grow, function, and repair. Without food, the body begins to atrophy.

Water - Ample hydration allows for the processes of the body to occur. Without water the body cannot process food or remove wastes.

Shelter - We require protection from blazing sun, freezing temperatures, wind, and rain. Without shelter, human skin and organs are damaged from extreme temperatures.

Sleep - 6–9 hours of sleep every 24 hours allows the brain to process new knowledge and deal with emotional information. Without ample sleep we cannot learn new things or get past emotional pain.

Others - Adults require connection (physical or emotional) with other humans to release certain hormones like **oxytocin**. **Human touch** is so important that when we are young, our brains don't develop correctly without it. Regular connection to others allows us to maintain a sense of well-being that allows for self-care. Without this we can not be our authentic selves, set appropriate boundaries and fully understand our full potential.

Novelty - Novelty creates the opportunity to learn and the potential to fail, which stimulates **dopamine** release in the brain. Without regular novelty, motivation wanes and a healthy sense of well-being is lost. Isolation can impact our strong need for "novelty" which suppresses the dopamine released

I read an article that well before the onset of the Covid 19 pandemic, Cigna, an insurance company, reported that in a 2019 survey that at least **61% of Americans over the age of 18 are lonely** (before we isolated even further) and this loneliness and isolation is problematic because it is associated with a host of negative outcomes including:

poorer cognitive performance

impaired executive control and self-regulation

lower levels of self-rated physical health

substance abuse

depressive symptoms

suicidal ideation

Previous research has shown that large-scale disasters lead to increases in depression, post-traumatic stress disorder (PTSD), substance use disorder, and other mental and behavioral disorders. Psychiatry on Monday, researchers warned that the numbers of death by suicide in the United States and coronavirus could create “a perfect storm” for increased risk of disconnection and suicide.

So we know humans have basic needs per Dr. Maslow in order to just survive and on top of this we have added the component of a pandemic promoting further disconnection, isolation, depression and a myriad of physiological and psycho/social concerns. We know that connection is essential because, insufficient connection has a wide-ranging impact on our bodies, including increasing the negative effects of stress and diminishing resilience. Here are some practical actions you can take from researcher and writer **Michael Lee Stallard** and from my own beliefs and experiences.

1. Cultivate a connection mindset. Boosting connection begins with adopting a mindset that connection is desirable and necessary. Some people find that when they feel out of control they want to withdraw and hunker down. We are recognizing that this only leads to escalating anxiety and depression.

Open conversations about how people are feeling during the pandemic are really important. If there's no opportunity to hear about other people's experiences, to hear someone say, 'Me, too,' about the things you're struggling with, it can really exacerbate things. That's the kind of antidote to the feelings that can contribute to being depressed and suicidal.

2. Maintain an optimistic mindset. I was born with a natural sense of optimism and feel fortunate to have it to buffer me during the hard times. My life was one of adversity and loss and somehow with journaling, exercise, and helping others I learned how to strengthen my sense of optimism. I believe the US and many other countries will in time develop a vaccine, but not in the time frame we are hoping for. It's extraordinary

what people can accomplish when they pull together to serve a cause greater than themselves.

Please monitor your tv and news viewing-let's face it right now the news is overwhelming and can make us feel more hopeless, anxious, and if we hear something repeated 10 times a day we soon start believing it...try to be creative with your day, set a schedule so you feel like you have a real life and not a life dictated by the television.

3. Take care of yourself. You can't give what you don't have. To be a good connector with others, we need to make sure we are physically and emotionally strong and steady.

We do this by making sure we are connecting with people who energize us. Each day, schedule phone calls or video calls online with people you enjoy. Take virtual coffee breaks in the morning and afternoon while connecting on a video call. Schedule a call each evening with relatives and friends who may need connection. This is a good time to take the initiative and reconnect with friends from your childhood or college days who you may have lost touch with over the years.

Also, be sure to get adequate sleep, exercise (check out exercise videos on YouTube) and eat healthy. When we are stressed or lonely, these practices often get pushed aside. (Why make a salad when the potato chips are so handy and sweets, carbohydrates, mood altering substances like alcohol and social drugs can take over as a coping mechanism that often makes our lives more challenging rather than assisting us in our outlook and sense of optimism).

4. Cultivate practices that produce contentment and avoid excitatory practices. Constantly checking your smartphone, email or social media stimulates the production of dopamine, an excitatory neurotransmitter that in excessive amounts makes us anxious. (We want to stay current with the evolving situation, but slowing the pace a bit would be better for our nerves.) Do one task at a time rather than multitasking.

It's preferable to focus on practices that produce the positive emotion of contentment because they stimulate the production of neurotransmitters including serotonin. These are activities like engaging in conversation, painting or coloring, reading, assembling puzzles and playing games.

5. Get creative on how you might engage in activities with others. Have you seen the videos of spontaneous outdoor concerts as Italian neighbors stand on their city balconies and sing? We saw one video of a man in a public square leading exercises and people in a row of apartments joining him in doing jumping jacks. In Coast Village we could agree on a day to take over the parking lot (leave a way for people to go to the post office). Each family, or person to bring a chair their own plate, napkin, and drink. We could BBQ sausages with buns, and personal bags of chips or carrots and space ourselves out 10 feet apart. Have music, enjoy our neighbors. One of community members suggested we each put up inspiring signs outside our homes to convey the support and care we have for each other...

6. Pause to be grateful. Every day, take a few minutes to write down at least three things you are grateful for. Gratitude helps keep you emotionally strong and will help you connect better with others.

7. Go for walks. If local authorities allow it, go for a walk each day to get fresh air and sunlight. Remember to maintain a six-foot separation from others. If possible, walk

among nature. Breathe smell and absorb the beauty of the nature around you—and we have so much nature around us here in Coast Village.

8. Play music. Throughout the day, play music you enjoy. Music has been found to calm anxiety. Have your own dance party —I do this fairly often even if it is only for 5 minutes and it stirs up energy, grounds me to my body, totally makes me feel better.

9. Learn something new. Boredom is one risk of being physically isolated. Check out cultural institutions such as The Metropolitan Opera in New York City and museums (and even zoos) that are thinking outside of the box about how to virtually share their treasures with you within your home. Travel the world by TV via many cruise/travel companies.

10. Set aside time each day for a quiet period. This may include contemplation, meditation, prayer and/or journaling. I love journaling...it allows me to get my thoughts in order, plan, take the time to fully express myself.

11. Never worry alone! Whenever you feel anxious or stressed, call up a friend and talk it through. Doing this will move your brain activity from the amygdala where threats are processed to the cortex where we make rational decisions. Make a list of people you feel you can call on and write their numbers down. This is a two way street, they may need to have someone they can check in with also. It is a win/win situation.

12. Serve others. Reaching out to help others in need boosts neurochemicals that produce positive emotions. In the current climate of encouraging physical separation, this may include writing a card or letter to an isolated elderly parent, relative or friend, or calling to find out how he or she is doing. Check out local or national nonprofit organizations that serve populations in need and see how you can help safely.

Anything you can do to help others meet their need for connection also helps you.

There is satisfaction, even joy, to be found in serving a cause greater than self.

While we are in this pandemic there is much uncertainty we believe it is temporary. Still, it will be difficult and last longer than we'd like it to. We will face individual and societal challenges that we have not faced before. It's important that you recognize that disconnection is a super-stressor; it makes other stressors feel even heavier and it weakens the effectiveness of any resiliency practices you may be using.

As humans, we are hardwired to connect; we are drawn to “doing life together” -- talking through our issues; learning from each other; being encouraged, corrected and motivated by those around us. Now is not the time to have little or no meaningful connection in your life.

By intentionally boosting our “superpower” of connection while still maintaining physical separation, we will make a meaningful difference in the lives of others. We will lift our own spirits as we lift the spirits of our family members, friends and community, and we will bring out “the better angels of our nature.” In harnessing the power of connection as we combat COVID-19, we will be combating the epidemic of loneliness, as well.

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someone say, 'Me, too,' about the things you're struggling with, it can really exacerbate things. That's the kind of antidote to the feelings that can contribute to being depressed and suicidal.

If you or someone you know is thinking of suicide, call the National Suicide Prevention Lifeline at 1-800-273-8255 or text TALK to the Crisis Text Line at 741741.

<https://suicidepreventionlifeline.org/>

Your list of things that might help you through this difficult time..what works for you?

- 1.
- 2.
- 3.
- 4.
- 5.

