Portland Friends Meeting Newsletter

Tenth Month 2022

Meeting for Worship: 10:45a Sundays **First Day School:** 10:30a Sundays

Connections

Co-Clerks
Rob Levin
Peter Woodrow
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Recording Clerks
PFM.recordingclerk@gmail.com

Treasurer, Contributions
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immmaine@aol.com

Treasurer, Operating Account Kathy Beach, 207-233-2065 katherinegbeach@gmail.com

Treasurer, Special Funds
Special Needs Funds
Elizabeth Szatkowski 207-274-3564

Pastoral Care Coordinator Muriel Allen, 207-420-1021 murielpfm@gmail.com

Childcare Coordinator
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Religious Education Adult: On Hiatus

Youth: Bart Czyz btczyz@gmail.com

Youth Religious Education Coordinator: Emily Troll etroll@wesleyan.edu

Use of the Meetinghouse meetinghouse@portlandfriendsmeeting.org

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Imagine... Community activities that bring us all together

Imagine... Sharing prayerful discernment of what the Quaker path is and how we might walk it

Imagine... Doing more to nurture worship and ministry

Imagine... Being neighbors

Imagine... Spaces for deep sharing about our spiritual journeys

Imagine... Creativity together!

Imagine... Whole community intergenerational worship space

—Portland Friends Meeting Ministry and Counsel

Calendar

October 15 9:30a-1:30p Falmouth Quarterly Meeting (at Durham Friends)

October 28 10a-6p drop off for rummage sale (Portland Friends Meetinghouse)

October 29 10a-3p Cuba fundraiser rummage sale (Portland Friends

Meetinghouse)

Every Month

Every Sunday: 10:45a Meeting for Worship* on Zoom and at the Portland

Friends Meetinghouse;

10:30a First Day School/All Ages Youth Programming at the

Meetinghouse

Every Wednesday: 7p Young Adult Friends Mid-Week Worship

email yaf@portlandfriendsmeeting.org for location

Every Weekday: 10:30-11a Meeting for Worship on Zoom*

*contact Clerks for online Meeting for Worship links



Dear Friends.

It's time to clean out those books and household items that no longer bring you joy!

The Library Committee and the Cuba Sister Committee are collaborating on a book/rummage sale at the Meeting house on Saturday, October 29 to benefit Portland Friends' ministry to our Sister Meeting in

Velasco, Cuba. Any items you wish to donate can be dropped off at the Meeting House on Friday 10/28 from 10:00-6:00. Feel free to ask your friends for items, also.

If you have more than a handful of books, please bring them in a box. For the rummage sale, we will not be accepting electronics or large, heavy items (i.e. couches).

If you would like to volunteer, please contact Sue Calhoun, 776-5308 or Theresa Oleksew, 449-0700

Portland Friends Meeting Meeting for Worship for the Conduct of Business October 2, 2022

We began in silent worship at 9:00 a.m. on October 2nd, gathered in person and remotely, and connected via Zoom. There were 48 members and attenders present for this meeting. Our presiding Co-Clerk, Rob Levin, opened the meeting by sharing Imagining Invitations from Ministry and Counsel:

Imagine ... Community activities that bring us all together

Imagine ... sharing prayerful discernment of what the Quaker path is and how we might walk it

Imagine ... Doing more to nurture worship and ministry

Imagine ... Being neighbors

Imagine ... Spaces for deep sharing about our spiritual journeys

Imagine ... Creativity together!

Imagine ... Whole community intergenerational worship space

1. Clerk's Welcome

Co-Clerk's Land Acknowledgment

We sit today on the traditional homeland of the Abenaki people, and their ancestors dating back thousands of years. And in particular, the home of the Aucocisco, who lived along the Presumpscot River, steps away from this Meetinghouse.

The headlines that dominate today's news tell of wars of aggression, a pandemic, and refugees. These themes would be quite familiar to the Abenaki, who experienced hundreds of years of such suffering at the hands of European colonizers. Quakers were a part of this injustice back then, and we continue to benefit from it today.

And so, we ask ourselves, how do we turn our land acknowledgments from words to actions? How can we as individuals and as a Meeting repair the harms done to indigenous peoples, to the Abenaki? How can we take steps toward right relationship with the survivors of this genocide and land theft?

Holding us in the Light during Meeting for Business was Chris Beach with Sophie Michelewicz providing tech support.

2. Minutes of September 2022

The minutes from our September Meeting for Business were approved as published in the newsletter.

3. Discernment Steering Committee - Dorothy Grannell

The October 2, 2022 Report from the Discernment Steering Committee was provided to Friends in advance of Meeting for Business and a copy of which is attached to these minutes.

Dorothy gave thanks to all Friends who participated in the September 18th Discernment Session and shared with the Meeting a sense of what took place. Elizabeth Reuthe led an imagining session by posing the question, if you had any amount of money, what would you imagine doing with it? Dorothy described one of the exercises in which each Friend was given twenty dots and had the opportunity to add a dot to the ideas listed on flip charts that represented how they felt the meeting should invest its resources. Dorothy showed one of the resulting charts.

Friends expressed a strong support for the building and the community, that the building is our home, but it is also a resource to the world that can be used as a witness. There was also strong support for the many ways to invest to help the world.

Friends found the exercise grounding and came away with a sense of healing, and a re-building of trust.

Rob discussed next steps and that there could be a decision on the questions of process and how much money by December's Meeting for Business or by January but that those are not fixed dates, as this process is Spirit-led. There are three or four groups who will be presenting information over the coming weeks: the HVAC Committee (examining options for how we might update and green our building), the Long Range Capital Budget Work Group, the Process Proposal Group

(Minutes continued from p.2)

(designing a structure to help us follow Spirit's calls for work in the wider world) and possibly the Reparations Group (asking us to consider a reparations framework for our work in the wider world). The Co-Clerks will also be convening a small group to organize quantitative information for an upcoming threshing session, as the next iteration of the question "How much is enough?"

Emily Troll will be the convener of the Steering Committee through the rest of the year.

4. Discernment Process Proposal – Mary Tracy and Wayne Cobb

The Process Proposal Group provided a draft proposal to Friends of the Process for Sharing Wealth with the Wider World in advance of Meeting for Business and a copy of which is attached to these minutes.

Mary Tracy opened the discussion by asking Friends if they had any questions about the proposal. A question was asked regarding who to reach out to with an urgent request for funds, should it go first to the Co-Clerks? Rob expressed that there needed to be more discernment around this. He also recognized the work put into the proposal by the group and its thoroughness.

There was some clarification of the Leadings Committee grants being for leadings of a single individual with smaller dollar amount request, while this proposed process would be more in line with a group but that the dollar amount may not be the best distinguishing factor.

Co-Clerk, Peter Woodrow, expressed that the proposed new standing committee would need to have the Meeting's direction/guidance early in the year in regards as to where we are with our corporate witness at that particular time, and the Meeting would need to discern how to give preliminary guidance on how the Meeting is thinking as a whole.

There was a discussion around donations to Friends organizations, which are currently comprised of somewhat small contributions to nine organizations, and the need for these organizations to have dependable sources of funding.

Friends expressed that the Meeting needs to be Spirit-led in creating this process and that we need to integrate what we have learned as a community through the discernment sessions and, with spiritual listening, create a way forward.

Rob expressed that his perception was that Friends had a sense of optimism and support for the process proposal, balanced with some hesitation about not focusing on the details of how the committee would work before we know where we want to go. Rob asked Friends to get in touch with Mary and Wayne with any suggestions and concerns.

Rob ended the conversation with the assurance that this will be an ongoing discussion and that we will come back to the proposal later in the year or in January depending how the Spirit leads us. He also gave thanks for all the work that went into creating the proposal.

5. Ministry and Counsel

a) Discussion of hybrid worship

The Co-Clerks noted that we are now back in the Meetinghouse indefinitely for worship and asked if Friends had any ideas or guidance to share around the idea of moving to more frequent hybrid Meetings for Worship than once a month.

A number of Friends spoke in favor of more hybrid meetings and shared what being able to connect to the Meeting by Zoom had meant to them over the past two years. Heather Denkmire shared that Friends who frequently attend Zoom worship were particularly eager to see more frequent hybrid meetings.

Concerns were expressed regarding finding the technical support needed to have more hybrid meetings for worship and around how to move toward becoming a truly integrated Meeting.

The Meeting <u>approved</u> the clerks to experiment with having hybrid meetings more frequently, and to work toward creating a technology team to support those meetings.

b) Family Promise Update - Ann Dodd-Collins

The October 2, 2022 Report on Family Promise Housing Needs was provided to Friends in advance of Meeting for Business and a copy of which is attached to these minutes.

(Minutes continued from p. 3)

Greater Portland Family Promise has been allotted 12 apartments in West End II, a new Avesta apartment building in South Portland slated to open in November, and Portland Friends Meeting has the opportunity to support one of the families in their move.

Ann shared that the most urgent need is for a place(s) to store the furniture and household goods they are receiving and asked if Friends have a dry basement, a garage, or an outbuilding that could be used as storage, to please reach out to her at: doddco@gmail.com

She is in the process of creating a master list of items needed which she will share this coming week and noted that one of the needs would be for vans for moving items.

Ann also shared that on October 23rd, First Day School will be putting together move-in kits for the families.

A request was made for information on how Friends could contribute. September, which was Portland Friends Meeting's fundraising month for Portland Family Promise, has wound down but Ann asked that Friends reach out to herself or Lise Wagner if they would still like to contribute.

- **6. Rising Concerns of Members and Attenders –** Rob asked Friends to bring any rising concerns to himself or Peter Woodrow.
- 7. Closing Our meeting closed at 10:38 am, purposing to meet again, at 9:00 a.m. on November 6th, 2022.

Respectfully submitted,

Patricia Pyle, Recording Clerk

Materials provided in advance of Meeting for Business included with the Minutes:

- Report from Discernment Steering Committee
- Proposal for Process for Sharing Wealth with the Wider World
- Report on Family Promise Housing Needs
- Clerk's Tools If Time Is Running Short at End of Meeting for Business
- Treasurer's 2022 PFM Quick Summary

Portland Friends Meeting Email Lists

Our Meeting has two email lists, also sometimes referred to as "e-groups" or "Google groups:"

- 1) Life of the Meeting: Announcements about Meeting for Worship, committee work, Quaker business or events, and gatherings for the Portland Friends Meeting community. To send an announcement to this list, email: pfm-life-of-the-meeting@googlegroups.com.
- 2) **PFM Wider Community:** Everything else! To send an announcement to this list, email: pfm-wider-community@googlegroups.com.

For any questions related to the lists, including requests to add yourself to one or both: pfm.email.list.owner@gmail.com.

Quick Summary of Income and Expenses for PFM Through September 2022 (9th Month, 75% of the year)

	Year-to-Date	% of Budget
INCOME		
Donations	\$34,900	55%
Rent	\$175	18%
Endowment	\$13,500	75%
Other		
TOTAL	\$48,575	59%
EXPENSES		
Meetinghouse Expenses	\$14,414	49%
Meeting Community	\$27,592	61%
Meeting Monetary Contributions	\$7,700	100%
TOTAL EXPENSES	\$49,706	60%
Balance	(\$1,131)	

Clerk's Tools If Time Is Running Short at End of Meeting for Business

October 2022, Portland Friends Meeting Prepared by Rob Levin and Peter Woodrow, Co-Clerks

Due to higher attendance at Meeting for Business, the technical challenges of zoom and hybrid formats, and the many promptings of Spirit asking for our discernment, we have been increasingly challenged to finish our business within the regularly scheduled time period (approximately 9am-10:30am). Some in our Meeting have wondered if we should consider changing the timing of our Meeting for Business so that it does not immediately precede Worship. Ministry and Counsel and the Co-Clerks discussed this question over the summer but chose not to recommend any changes in the schedule at this time.

As an alternative, at the July 2022 Meeting for Business, we discussed a variety of tools that the Clerk may employ, if time is running short towards the close of Meeting for Business. This summary of that discussion is intended as an ongoing resource for the Clerks and the Meeting.

As always, the primary tool for the Clerk is following Spirit and love as best as these can be channeled. In addition, the following more procedural options are offered for the Clerk's discretion. This list is not intended to be exhaustive. In addition to these Clerks' tools, members and attenders play a large role in how we pace our Meetings, by reading the advance materials and listening within before speaking.

- 1. **Start the Meeting for Business Early** Depending on the breadth and depth of the agenda, we can often foresee that we will be challenged by time considerations. With proper notice, the Clerk may decide to begin the Meeting for Business 15 or 30 minutes early, to allow more spaciousness in our discernment.
- 2. **Delay the Beginning of Worship** Sometimes we are in a very sensitive moment and need a little more time to hear what Spirit is telling us.
- 3. **Continue Meeting for Business the Same Day after Meeting for Worship** If we are close to finishing but need a little bit more time, the Clerk may suspend Meeting for Business in order to begin worship, and then resume Meeting for Business at the rise of worship that same day.
- 4. **Call Another Meeting for Business within a Week or Two** If we need more than a little time to finish our business, then the Clerk may end the Meeting for Business but schedule an extra called Meeting for Business within a week or two and before the next regularly scheduled Meeting for Business.
- 5. **Call a Listening Session or Threshing Session** Sometimes a topic will generate the engagement or passion of Friends in a way that suggests that deeper conversation is required. In this event, the Clerk may call for a listening session or threshing session separate from our regular Meeting for Business.

Report from Discernment Steering Committee — Submitted to Meeting for Business October 2, 2022

On September 18, from 1-4 pm, several dozen Portland Friends met at Friends School of Portland under the facilitation of Vassalboro Friend Elizabeth Reuthe to reach a better understanding of where Spirit is calling us around our finances. Hearts were open and opened. People listened deeply to one another and dived into the complexities of many perspectives. We received many messages. Some about abundance, and our ability to serve in multiple ways at once. Others about our role in the world as Quakers, and ways that we might continue to listen to Spirit. We affirmed our love and need for our Meetinghouse, while acknowledging that we, as people, make our Meeting. We heard a strong concern for fairness, and an eagerness to move forward together with work in the wider world. This short description touches only the tip of the iceberg, so please forgive us for all that is not included here.

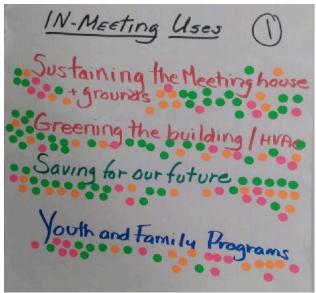
Where are we going next? Two big questions remain: the question of proportion (how much), and the question of process (how to do it). Several groups reported out briefly on the 18th, and we will hear more from them in the coming months to help us prepare to answer both questions. These groups include:

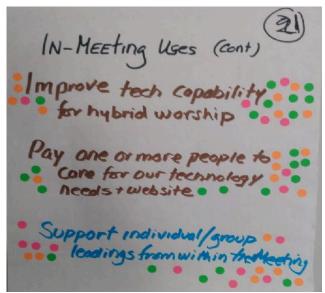
- HVAC Committee examining options for how we might update and green our building,
- Long Range Capital Budget Work Group (affectionately, the "Long Rangers") working on the big picture of how much is enough
- Process Proposal Group designing a structure to help us follow Spirit's calls for work in the wider world
- Reparations Group asking us to consider a reparations framework for our work in the wider world

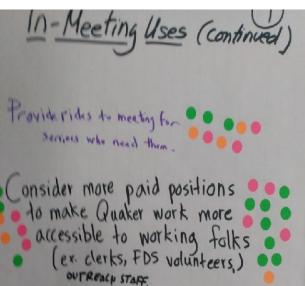
Additionally, a new group, we are pulling together representatives from these other committees, perhaps called the "Synthesis and Integration" Working Group. This group will meet soon to try to organize and distill the work of the above groups into some discrete options for proportions and amounts for different purposes going forward. We hope to have these options ready to be presented for full-community consideration at a discernment workshop some time in November, and perhaps for final seasoning and decision making at the December Meeting for Business.

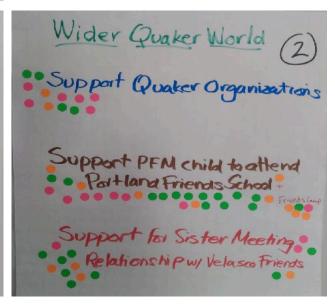
So many thanks are called for here - to all the people on all the committees and working groups, to all those who have brought their presences, both speaking and listening, to our discernment sessions. Thanks to you all for your patience and your presence. Spirit is with us. And we are stepping forward.

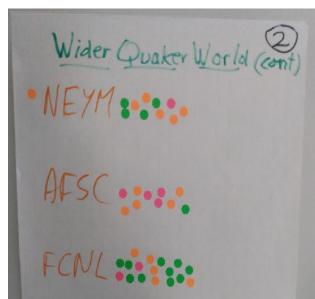
Dots Dreaming Exercise

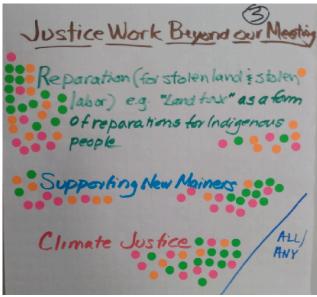


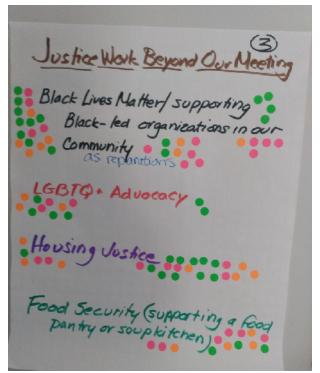


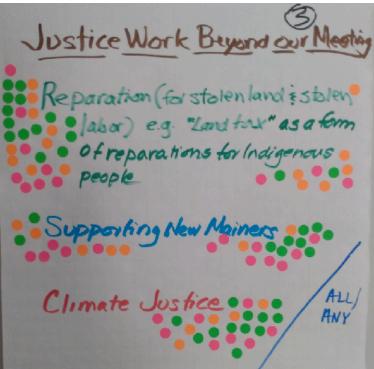












Welcoming Name Tags

As a member of Welcoming
Committee, I urge everyone to find
and wear their name tags when
attending Meeting for Worship in
person. If you do not have a name tag
there are some blank ones in the front
entry way on the table against the front
wall in a box. Please make sure they
are labeled in such a way that you can
read your name from a distance 3 feet.
This is listed as the first step on the
poster that was put out by the last
Welcoming Committee: wear a name
tag and a smile!

You can store your name tag in a boxes on the same table mentioned above, until we come up with a better storage system.

Thank You So Much, Paula Rossvall

Scarborough area drivers needed for transportation to PFM:

The Pastoral Care committee is looking for drivers willing to transport two individuals from Scarborough to Meeting for Worship on Sundays. We are hoping for a once a month commitment if possible but are also interested in generating a list of potential drivers to fill in when needed. Car must be able to fit two walkers.

Please contact Muriel Allen at

murielpfm@gmail.com if you are able to offer a ride one way or both ways to PFM from Scarborough (i.e. pick up/and or drop off).

Thank you!



Report on Family Promise Housing Needs Meeting for Worship with for the Conduct of Business 2 October 2022

Last week I reported that Greater Portland Family Promise has been allotted 12 apartments in West End II, a new Avesta apartment building slated to open the first of November in South Portland. As a host congregation for GPFP, we have the opportunity to support one of the families in their move.

I am really excited about this new opportunity for Portland Friends and grateful for the positive response I have already received. A lot of things – including the actual date the apartments will be ready – are still up in the air, so I can't tell you the moving date or who our family will be. But I can tell you that the family we will be supporting has been living in a motel room for almost a year, maybe longer.

Sue Nelson and I have started sorting through the items we have collected for Family Promise and stored in the Teen Room closet. We're thinking some of the items, the bedside tables and lamps, for example, could be given to our family. Emily Troll and I have had a conversation about involving our First Day School children in putting together move-in kits for our family. I have already received offers of furniture. And one person has committed to finding a team of movers to help on moving day.

Right now our greatest need is a place to store the furniture and household goods our family needs. If anyone has a dry basement, a garage, or an outbuilding that we could use for a couple of months, please let me know: doddco@gmail.com.

I am working on a master list of everything our family might need and hope to get it out in the next week or so. Items will range from a dining table and chairs to plates and cereal bowls, from dressers and bedside tables to pillows, from a couch to a TV and digital antenna. And if our family has a baby, we'll also need a crib and a changing table.

And Friends, this is just the beginning. The State of Maine is working with developers to bring 175 new units on the market between November and March. These apartments are located in Brunswick, Portland and South Portland and will be dedicated to housing New Mainers who are currently experiencing homelessness. The State of Maine will be paying the family's rent for the first 2 years of tenancy. Family Promise hopes to move at least 48 families into these new units.

With gratitude for your ongoing support,

Ann Dodd-Collins

PFM Coordinator for Greater Portland Family Promise

Faithful Always: Transitions and Endings for Quaker Meetings Near the End of life Cycle

A group of Friends from eight yearly meetings, have been working on a presentation and the End of Life of a Meeting within the Life Cycle of a Meeting with Emily Provance and Friends World Committee, Section of the Americas. The first product of this international group is the September Issue of NY Yearly Meeting's SPARK newsletter https://nyym.org/content/spark-september-2022-life-cycle-meetings

Here is a link that describes the project and a way to register for the conference on November 7 and again on November 14. tinyurl.com/meetinglifecycle

We are also working to produce a booklet that will include nine blog posts by Emily Provance, an article by Robin Mohr on the topic, four sample End of Life letters from meetings which were laid down and a series of queries adapted from the SPARK issue. The booklet (Faithful Always: Transitions and Endings for Quaker Meetings Near the End of life Cycle) is designed to be used by a meeting or in a workshop to determine where it is in its life cycle or, if you will, as a final directive when a meeting does come to its natural end. It will be available by November 7, and can be used as a companion to the Sept SPARK newsletter.



By Mihku Paul, who will speak at rise of Meeting October 9, the day before Indigenous Peoples Day:



THRALL

Six fingered sepals reach outward, lilting curves cupped and graceful, as if to weave the air.

Strands of altered cellulose, water nourished, earth origins grown from Sol's bright fire.

A new vessel formed, man's harmony from perceived discord, the striated map tight and well planned. Time will change everything and nothing but perception.

We know the blue world that birthed us is shifting, struggling. The plants do not always return in spring.

Still, we gather together the pieces; brown, red, green echo of chlorophyll, yellow memory of flowers

We will always be simply a part of the whole, caught in the weaving, our imagination the engine that drives the making, enslaved by a desire to capture all the beauty we have been born into.

A COVID-19 Health Message from Sharon McDonnell

Greetings Friends: Take some breaths. Notice something in your immediate environment and then breathe

If you are tired focus on your in breath -- let it rise you up a bit and energize you

If you are restless or anxious, focus on your exhale and let it help you settle.

I was asked to speak of COVID and to encourage you to take a breath and be glad we have many tools (tests, vaccines, air filtration, medicines to treat people with COVID) but don't forget this is the season of respiratory viruses, including COVID and wearing a mask is sensible.

Where the heck are we? Each week I review the data and news stories about the pandemic and report to partners across the state that are working to mitigate the effects of the pandemic in social services, schools, and communities. These are my drafty notes. Usually I deliver them orally with gusto. and I am sharing them here with you.

On of my favorite recent reads was, "The terrific news about COVID that no one is hearing (see NYT article - below)

For the first time, the United States is rolling out Covid vaccines updated to match variants that are currently dominant, as well as the original strain. This bivalent character will provide a better response to the most threatening variants today but probably to future variants, too, because when the immune system faces different versions of the same virus it generates broader protections overall.

This is terrific news, and there's more. Not only will a booster with the new vaccines decrease the likelihood of infection and severe illness and help reduce transmission of the virus; it could also decrease the likelihood of developing long Covid.

However, only about half of adults in the United States get the flu vaccine, and most haven't gotten the earlier Covid boosters (only about 1/3 in US but more like 50% in Maine). Without a vigorous outreach program and promotion, millions of Americans who are not anti-vaxxers but could use a powerful nudge won't get this helpful dose.

There are so many constraints in the US to get the vaccine compared to a year ago including funding, staff shortages in the health system, limitations on which personnel can vaccinate people of different ages, which health workers can get vaccine to bring it to the community and regrettably, importantly, many people have lost track of all the boosters and not sure if this one will make a difference. Also people are hearing the scientists argue and are not sure what to make of it all

Key message: A straightforward message could rebut all of this: It's true that variants can cause breakthroughs, but vaccines still prevent serious illness and death, and even more so with boosters.

Many European countries and Canada, for example, did a better job of making sure more of their population got boosters. Their cumulative death and illness tolls from the Omicron wave are sharply lower than those of the United States, where only about a third of eligible adults had gotten boosters, compared with two-thirds of adults in many European countries. The United States has had a death rate 80 percent greater than Canada's from the Omicron wave — a similar pattern holds globally. Countries like Japan, South Korea and Taiwan have about 80 percent or more of their adult population boosted, and their death tolls are even lower.

And these new boosters can be expected to do even more going forward — including providing better protection against future variants, by better training both antibodies and memory cells, which are different parts of the immune system. As on expert told me, being exposed to different versions of the virus (as will happen with these updated boosters) further deepens and broadens the kind of antibodies that get generated, including ones that can work against future variants. A new variant vaccine can also "create new, more diverse memory cells that will help protect from Omicron variants and new variants that we have yet to encounter." (immunologist)

In the dynamic (chaotic) ever-changing messages over the last years we have to help each other know what to do now.

- Make sure the kids get vaccinated 2 shots for moderna, 3 shots for pfizer.
- If you have not had a vaccine or an infection in the last 2-3 months get the new booster vaccine. ALL people over the age of 12 (Pfizer) and 18 (moderna) can get this vaccine.

- Be kind to each other.... help a friend figure out how to make an appointment and get an appointment for their family.
- People are tired, be their little push and reassurance.

There's much research on vaccine messaging, but most of it comes down to establishing trust, being honest and transparent, and making vaccination easier. Our terrible health care system is a major impediment: Having a regular relationship with a doctor can be a key factor, but many Americans don't have one. It's not surprising that among all groups, it's the uninsured who remain least likely to be vaccinated and boosted.

As has been shown throughout the pandemic, it's vaccination, not vaccines, that saves lives — and many more would be vaccinated if given information and easy access. Not having tools against diseases that cause so much suffering is one tragedy, but having them remain unused should be an unacceptable one.

The President said "COVID pandemic is over" and this brought out a lot of concern about the right messages that we need to help people use the tools at hand, to pay attention to the context and act accordingly, and to help each other know what to do.

But there are 400 to 500 Americans still dying every day of Covid-19

I spent my weekend helping some dear friends manage COVID 19 - Using the pulse oximeter to make decisions, locating and getting to therapeutics, helping them determine their Isolation and quarantine and how to test. Stuff you all may know but, may have not reminded yourself of as much recently.

The number of cases reported in the official counts come from those people that go to laboratories for testing. It is remarkable that over 200 Mainers a day are doing those official tests. But, probably 10 times more are using home tests (Yay) to get the information they need about whether they are infected and should isolate.

COVID still amounts to one of the biggest causes of death in the US and has led to a reduction in life span in the US.

The optimism expressed recently by President Biden is not supported by data from Los Angeles County, where more people died of COVID between May and July this year than during the same months last year. The virus claimed the lives of nearly 800 people in L.A. County in those months, compared with nearly 500 a year earlier. Elderly people bore the brunt of that increase, with a death rate that had tripled among people who had reached their 80th birthday.

Across California, roughly half of COVID deaths this summer were among people who had reached age 80 or older, and nearly one-third were between 65 and 79, a Times analysis of state data found.

The risk factors remain the same: Men remain more likely to die than women, according to L.A. County data. The toll of the pandemic has also continued to follow longstanding patterns of racial inequality: Black Californians had the highest rates of death from COVID across the state in recent months, a pattern that persisted in most age groups.

In Los Angeles County, the vast majority of people who died from COVID between May and July had at least one comorbidity, and nearly half had three or more, including hypertension, cardiovascular disease, obesity and other conditions. People in poorer neighborhoods have also been dying at higher rates than those in richer areas.

COVID Case and Outcome Update:

Fewer than 70,000 coronavirus cases are currently announced each day in the United States, the lowest level seen since early May. (remember this is likely a significant undercount based on laboratory data)

Cases are flat or falling in nearly every state, and in many places, the declines are significant. More than a dozen states and territories have seen cases decrease by 40 percent or more since the start of the month.

Hospitalizations have also seen sustained improvement. Fewer than 35,000 people are currently in American hospitals with the coronavirus each day, a decrease of 11 percent over the past two weeks.

Data on new virus deaths is volatile at the moment because of the lingering effects of Labor Day weekend, when many states did not report. Still, deaths today are far lower than they were a year ago, when the Delta variant was causing nearly 2,000 deaths per day.

In Maine: An average of 241 cases per day were reported in Maine in the last week. Cases have increased by 12 percent from the average two weeks ago. Deaths have increased by 200 percent. (Note: Two people died per day in the last 14 days)

Since the beginning of the pandemic, at least 1 in 5 residents have been infected, a total of 286,567 reported cases. At least 1 in 524 residents have died from the coronavirus, a total of 2,566 deaths.

February 2022 was the month with the highest average cases and deaths in Maine.

A question was asked about Isolation and Quarantine guidance in place now.

The US CDC guidance is summarized here-- they have a little calculator that you can use that is based on your situation.

For Isolation: https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html?
https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html?
https://www.cdc.gov%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fyour-health%2Fquarantine-isolation.html

For Quarantine: https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html

Get your Booster.

But where, you ask, can I go?

The state of Maine website lists all the places you can go that we have tried to check (by phone or in person) to make sure the data is real.

https://www.maine.gov/covid19/vaccines

We have also mapped this information.

https://www.zeemaps.com/view?group=4394730&x=-69.669201&y=44.708815&z=9&h=white,black

Scroll over some of the pins in the area where you live to see what places make sense for you.

In the Portland area every Friday afternoon on Oxford street at the offices of MAIN (Maine Action Immigrant Network) they have a vaccine clinic for all ages that are free and walk-in. There are similar ones in Lewiston. For adults and people over age 3 the pharmacies can help. We have set up nearly 15-25 pop up or community vaccine events around the state.

Do it now and help a friend get boosted too.

Please feel free to ask questions.

Sources:

Terrific News NYT - https://www.nytimes.com/ 2022/09/15/opinion/covid-booster-shot.html

LA Times - https://www.latimes.com/california/story/2022-09-18/covid-deaths-california

NYT = https://www.nytimes.com/2022/09/19/us/politics/biden-covid-pandemic-over.html

When COVID Comes - an update on what to do and frequent questions = https://www.nytimes.com/2022/04/17/nyregion/covid-questions-families.html?action=click



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Address Service Requested

Next newsletter deadline:

November 8, 11:57pm

submissions: pfmnewsletter@grantwinners.net

