

Dream Center fills void for area families



Brazoria County Dream Center Pantry & Operations Hours

During the COVID-19 crisis, Brazoria County Dream Center pantry hours have been modified, and the center will be implementing a drive-through method of delivery on Mondays and Wednesdays.

Hours on Mondays are 2 p.m. - 4:30 p.m. The center is closed on Tuesdays, but other local pantries that are open are The Food Basket from 8 a.m. - 10 a.m. and Brazosport Cares from 9 a.m. - 11:30 a.m. The Dream Center is open Wednesdays from 2 p.m. - 4:30 p.m. and is closed on Thursdays. Brazosport Cares is open from 9 a.m. - 11:30 a.m. on Thursdays.

Volunteer Opportunities: Monday - Thursday from 8:30 a.m. - 11:30 a.m. will consist of filling family food boxes and Backpack Buddies Bags. On Tuesday from 8:30 a.m. - 12:30 p.m., they will be delivering boxes to seniors. Monday and Wednesday from 1:30 p.m. - 5 p.m., helpers will load vehicles with food boxes. Call the Dream Center at (979) 388-0280 if you need help or want to volunteer.

Do you know how to safely wear and take off a face mask?

Mayo Clinic News Network (TNS)

Wearing a face mask is one important intervention to decrease the risk of transmission of SARS-CoV-2, the virus that causes COVID-19, as well as other respiratory viruses, such as influenza.

Dr. Gregory Poland, an infectious diseases expert and director of the Mayo Clinic Vaccine Research Group, says, like vaccines and hand-washing, masks alone aren't perfect.

"But when you put those together, now you're developing a protective shield, if you will, around yourself to decrease the chance that you're going to get sick and then pass it on to somebody else," says Dr. Poland.

HOW TO WEAR A CLOTH FACE MASK

The Centers for Disease Control

and Prevention recommends that you wear a cloth face mask when you're around people who don't live with you and in public settings when social distancing is difficult.

- Here are a few pointers for putting on and taking off a cloth mask:
 - Wash or sanitize your hands before and after putting on and taking off your mask.
 - Place your mask over your mouth and nose.
 - Tie it behind your head or use ear loops and make sure it's snug.
 - Don't touch your mask while wearing it.
 - If you accidentally touch your mask, wash or sanitize your hands.
 - If your mask becomes wet or dirty, switch to a clean one. Put the used mask in a sealable bag until you can wash it.

Mask up, social distance, wash your hands frequently, avoid crowds

SYMPTOMS OF COVID-19, COLD, INFLUENZA

- Remove the mask by untying it or lifting off the ear loops without touching the front of the mask or your face.
 - Wash your hands immediately after removing your mask.
 - Regularly wash your mask with soap and water by hand or in the washing machine. It's fine to launder it with other clothes.
- And, here are a few face mask precautions:
- Don't put masks on anyone who has trouble breathing, or is unconscious or otherwise unable to remove the mask without help.
 - Don't put masks on children under 2 years of age.
 - Don't use face masks as a substitute for social distancing.
- To read more about different kinds of face masks and how they work, visit the Mayo Clinic News Network. (Information in this article was accurate at the time of its posting.)

Symptoms	COVID-19	Influenza (Flu)	Cold
Dry cough	☹☹☹	☹☹☹	☹
Fever	☹☹☹	☹☹☹	-
Stuffy nose	-	☹☹	☹☹☹
Sore throat	☹☹	☹☹	☹☹☹
Shortness of breath	☹☹	--	--
Headache	☹☹	☹☹☹	-
Body aches	☹☹	☹☹☹	☹☹☹
Sneezing	--	--	☹☹☹
Exhaustion	☹☹	☹☹☹	☹☹
Diarrhoea	-	☹☹	--

☹☹☹Frequent ☹☹Sometimes ☹Occasionally - Rare
-- Not observed Source: WHO, CDC

Risks, benefits of social interaction during pandemic

There is no way to ensure zero risk of COVID-19 infection for individuals in their day-to-day lives.

Whether deciding to attend a community event or going to a holiday party, individuals must weigh the benefits of attending or participating to a person's social, emotional, and physical needs with the health risks to yourself and others.

An important factor to consider is whether COVID-19 is spreading in the community. Individuals should look at the most recent case data, trends, and hospital capacity data available at covid.sd.gov to guide decisions.

Camping, fishing, and hunting

- Lowest if you are with your household contacts.
- Plan well to avoid unanticipated stops and interactions.
- Respect the community and follow local guidelines and restrictions.

Outdoor exercise and recreation

- Outdoor activity is generally lower risk, and passing by people briefly is lower risk.
- The more people the greater the risk, so try to find less crowded areas and times.

- Visit parks and recreation areas that are close to your home.
- Don't visit crowded parks or campgrounds.

Recreational sports

- It depends on the sport and the practices.
- The more people a participant interacts with, the closer the physical interaction, the more sharing of equipment there is by multiple players, and the longer the interaction, the higher the risk of COVID-19 spread.

Events and gatherings

Imagine a volume knob. As you

CORONAVIRUS



Maintain at least 6 feet distance between yourself and anyone who is coughing or sneezing



When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease

remain spaced at least 6 feet apart and with attendees coming from multiple areas.

- Highest risk: Large, in-person gatherings where it is difficult for individuals to remain spaced at least 6 feet apart and attendees travel from multiple areas.



AARP Foundation Tax-Aide Is Looking for Volunteers

We are looking for compassionate and friendly people to join our volunteer team. We'll provide the training and support to help you learn new skills, and you'll get a great feeling from helping those in need. The program is looking for individuals to volunteer virtually or in person in a number of roles to provide help to taxpayers.

Volunteers fill a variety of roles:

- ✓ Counselors work with taxpayers directly by filing out tax returns. If you have no previous experience, you'll get the training you need and will also receive IRS certification.
- ✓ Client Facilitators welcome taxpayers, help organize their paperwork, and manage the overall flow of service.
- ✓ Speak a second language? We have a big demand for bilingual speakers in all roles, especially dedicated interpreters who can assist other volunteers.

You can volunteer in person, online, or by phone. Go to aarpfoundation.org/taxaidevolunteer or call 1-888-AARP-NOW (1-888-227-7689).

Or locally, call 979-341-9322

AARP Foundation Tax-Aide serves millions of individuals each year, providing tax preparation help for anyone free of charge. AARP membership is not required, and taxpayers of any age can take advantage of this service. It is the nation's largest free volunteer tax program, offered in conjunction with the IRS.

Gina Renee's Catering

Texas Girl with Cajun Flair

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ActionS, Inc

COVID-19 Response

Donations for Homebound Seniors Needed

If you need help or would like to donate, contact: 979-849-6132

DONATIONS NEEDED

To meet the needs of the senior population, ActionS, Inc. of Brazoria County is asking residents to drop off grocery and basic necessity donations at the Angleton Rec Center at 1601 N. Valderas between 10am - 2pm (M-F).

Follow the ActionS, Inc. of Brazoria County Facebook page for updates

PORT FREEPORT

For more information, visit www.portfreeport.com

Follow us on Facebook!

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