

The La Honda Voice



Some words about the COVID-19 pandemic

by Bob Dougherty



Much has changed both locally and globally since the last edition of the **La**

Honda Voice was published one month ago. This upcoming month will be one of the most challenging times for us as a nation when a third of all workers become unemployed and life changes in other ways for all Americans.

The need for social distancing during these times is critical to not only reduce the total number of COVID-19 infections, but to reduce a surge in cases in the next couple weeks so that the medical system isn't overwhelmed and there remains enough ventilators for the serious cases. We have seen a ventilator shortage occur in other countries, where life-death decisions must be made about which patients will get the limited number of ventilators. Because many COVID-19 carriers may be asymptomatic, complying with social distancing and other recommendations can literally save lives.

Because COVID-19 is a novel virus, not much is known about it, and unverified and mis-information has spread quickly. Even medical doctors are providing conflicting information. For example, I read that COVID-19 isn't spread through food, although there are warnings not to touch your mouth. Another report said that ibuprofen/Advil makes the COVID-19 much worse, although I believe that warning has since been debunked. A couple weeks ago, the US Surgeon General tweeted that face masks "are NOT effective in preventing general public for catching #Coronavirus." Again, it appears that this recommendation is being reversed.

Stay current on recommendations and restrictions. Stay safe, avoid going out, and use common sense until we get through this challenge...and we will get through it.

April 2020 - **Always Free!**



Coast Community during the coronavirus pandemic

In response to the San Mateo County order to "Shelter in Place," as of March 17 most Puente staff will be working remotely. As a social services organization, some of our services will continue, including picking up groceries and medication for adults 55+ who don't have another support system through families and friends. Puente will also assist anyone under quarantine for health reasons. To contact us please call 650-879-1691 Monday-Friday 9:00AM to 4:00PM, or e-mail us at outreach@mypuente.org.

Puente has created a COVID-19 Public Health Response Fund. This fund is designed to support residents of Pescadero, La Honda, Loma Mar and San Gregorio who have been affected by lost work hours or laid off due to the virus pandemic. Even if the federal government provides some relief, many of the already vulnerable residents of our area will most likely not be eligible for such benefits. Despite this health crisis, families need to pay rent, buy groceries, pay their students' tuition, and more. More than 75% of our calls and walk-in requests have been related to financial assistance, food and health needs. We welcome donations to this fund through our web site at www.mypuente.org. *(continued on back)*

The LHFB Cioppino Dinner has been cancelled. If you purchased tickets, you will be contacted by email.

The **April Fools Edition of the La Honda Voice**, a long-time tradition, was not printed because of the COVID-19 situation.

All **county and state parks have closed** their parking lots to encourage the shelter-in-place order.

Additional **COVID-19 virus information** and preventative measures can also be found at smchealth.org. Remember: a Shelter-in-place order has been issued for everyone except for essential services. **Almost all events and other planned activities have been cancelled.**



Puente continued:

Puente's financial assistance programs are available to qualified individuals whose work or income may be interrupted or adversely affected by the current situation. Puente provides this service to people that live or work in the towns of Pescadero, **La Honda**, Loma Mar or San Gregorio

In addition, here are some other services we can still provide:

- Assistance filling out the census questionnaire
- Immigration case intakes and other legal services that can be provided by interviews over the phone or Internet
- Weekly Health Clinic (not this week)
- Urgent Notary Public services
- ACE and MediCal Applications
- CalFresh Applications
- Financial Assistance for rent and utilities for those who qualify
- Assistance with unemployment applications

Any questions or concerns? please reach out to our team. We want to make sure we continue to support the South Coast community in every possible way.

Every Thursday at 10:00 a.m., join maestra Elvia Morales on Facebook for a 30-minute bilingual play time with books and songs for kids.

www.facebook.com/puededelacostasur

The Pescadero Municipal Advisory Council is maintaining a list of community resources, activities, local businesses status and hours, and other resources. <http://www.pescaderocouncil.org/south-coast-covid19-resources>

Staying Healthy Through the Pandemic

By Jamie Walton, aka *The Bucolic Yogi*



“How are you doing?!”

These four words, usually a phatic greeting, have become the first question I ask in my morning prayer/meditation for our community. Followed by, “and how can I serve?”

In Sanskrit, the word “yoga” means union, or connection, which is (perhaps obviously!) the answer that always comes to me.

It is in this spirit that I am honored to offer our community the opportunity to continue to connect with one another through the pandemic via online yoga classes. And beginning Wednesday, April 1 (no foolin’!), I am also offering an online Step (or No Step!) aerobics class to help us all maintain our cardio-vascular health while our options for doing so continue to get squeezed.

All classes are offered by donation. No one is

turned away for lack of funds. Details and links to access all classes are available on my web site at <http://www.thebucolicyogi.com/community-events.html>

Tuesday 10-11:15 AM : Mindful Movement Yoga

Wednesday 4-5 PM : Step (or No Step!) Aerobics

Thursday 5-6 PM : Happy Hour Yoga

Saturday 9-10:30 AM : Slow Flow Vinyasa and Restore Yoga

All are welcome! Modifications are provided in all classes to meet a diverse set of needs. Be well!

La Honda Country Market: Open



Open every day: Monday thru Saturday, 8am to 7pm, and Sunday 9am to 6pm.

Dusty said, “We are diligent in our quest to keep **La Honda** country market supplied. Residents please advise Juleea and Dusty what they need, and we will stock it.” Note that Dusty and Juleea have postponed their grand opening event because of the COVID-19 situation.

Access Update: La Honda Creek Open Space Preserve

by Karl Lusebrink



At the March 5th meeting of the La Honda Public Access Working Group (PAWG), the majority of members present voted to recommend that Midpen Planning and Natural Resources Committee (PNR) analyze feasibility of four sites. The PNR, and the Board of Directors in turn, can clarify, modify or reject the recommendations in open meetings. The April 21st meeting was postponed due to Covid-19 precautions. Midpen will notify us about future meetings. All meetings offer an opportunity for public feedback.

Plans for access to **La Honda** Creek Open Space Preserve are still taking shape. They could have a significant impact on La Honda and Highway 84. It's up to each of us to monitor developments and make our viewpoints heard. Thanks to all of you who have spoken up.

Get info, make comments and join the e-mail list at <https://www.openspace.org/la-honda-public-access-working-group>

(Go to lahonda.com for the full article on the La Honda Creek and additional information)

Contact Bob Dougherty at voice@lahonda.com for comments or questions about the La Honda Voice ...and a big thanks to Puente for printing it!