

Helping Older Adults Cope

Every day, the number of COVID-19 cases continues to climb in Tennessee. Older adults are among those at greatest risk of getting the virus and developing serious medical complications from the disease. Many older Tennesseans are isolating themselves to keep from contracting the coronavirus. That means they need help from those who are able to venture outside more safely. The Tennessee Commission on Aging and Disability has some ideas about how family, friends, neighbors, and thoughtful citizens can help.

- Be a Buddy. Offer to be a text buddy. Or a phone buddy. Or an errand buddy. This will help limit unnecessary coronavirus exposure, while providing some welcome socialization to those who cannot leave home. Video chats are a great way to keep groups of friends and family connected.
- Call Regularly. And stay on the phone a little while. Make time to chat!
- Grocery Runs. After a trip to the store, leave the items on the doorstep whenever possible.
- Keep Them in the Know. Be their eves and ears in the community. Keep older adults up to date about what's going on around town. The continued isolation can create disconnection very quickly.
- Stay Alert for Volunteer Opportunities. Community organizations are always looking for people who are willing to deliver meals to home bound older adults.

Virus-related Closings

✓ The Englewood City Hall lobby is closed. The drive-thru and online services are still available.

✓ Effective immediately, all playgrounds owned by the City of Athens are closed to the public until further notice. This includes the playgrounds at Athens Regional Park, Cook Park, Heritage Park, and Prof Powers Park.

✓ The McMinn County Commission meeting scheduled for March 30th has been rescheduled for April 6th.

✓ James Tax Service is now closed and will be closed for two weeks. Their tentative reopen date is April 6th.

✓ In order to help prevent the spread of coronavirus, the Athens Police Department lobby is closed to the public until further notice. Anyone needing to conduct business with the Police Department (such as requesting reports or paying citations) is encouraged to contact the Department at 744-2730. Staff are making arrangements to continue helping the public remotely in a responsible manner. Anyone who needs a police officer for law enforcement matters should, as usual, contact the McMinn County Dispatch Center at 745-7698. In case of emergency, you should still call 911.

✓ Camping, cabins, group recreation sites, and restrooms in the Cherokee National Forest are closed until at least May 15th. The closure includes the Ocoee Whitewater Center.



Athens, Tennessee



Tuesday's Market Report

Ribbon Cut for Mini Melts

U.S. stocks rose on anticipation of a fiscal stimulus deal from Congress. Energy and financial shares led the rally as the Dow rose 2,113 points. The IHS Markit composite index came in with an initial level for March that was the lowest since 2009, suggesting a slowdown in GDP. Chevron announced it is cutting its capital budget and suspending stock buybacks. U.S. Treasury prices fell. Interest rates rose.

The Dow Jones Industrial Average was up 2,113 points or 11.4% to 20,705. The Standard & Poor's 500 Index was up 210 points or 9.4% to 2,447, and the NASDAQ Composite Index was up 557 points or 8.1% to 7,418.

In Bond Markets, the 30-year Treasury yield is trading lower at 1.39%, and the 10-year Treasury yield is trading higher at .83%. In Commodity Markets, the spot price of gold rose \$95.20 to

\$1,662.80, and the price of crude oil rose \$0.55 to \$23.91.

CORONAVIRUS UPDATE: The latest update from the Tennessee Department of Health shows that 667 people tested positive for the virus; 2 in McMinn County, 2 in Monroe County, and 2 in Bradley County. Over 11,000 people have been tested, 1,000+ from Tenn State Public Health Laboratories and 10,000+ from commercial & private laboratories. These numbers will vary depending on updates.

✓ The guest on the Women at the Well radio show, "Hope From the Well," this week will be Kay Wood. "Hope From the Well" is heard at 8:15 a.m. each Thursday on WYXI RADIO, AM-1390 & FM-94.5 or <u>ONLINE</u>.



A ribbon cutting was held recently for new Athens Chamber of Commerce member, Mini Melts. Pictured are: Jeremy Ware, Ashley Ware, Amy Simonds, Sherry Presswood, Wendy Satherlie, Crystal Freeman, Jenni Akens, Candice Brown, Nikki & Tyler Crittenden with children Tiani, Landon, Maleah (Owners), Lisa Rhea, Joanne Arnett (Chamber Diplomats), McMinn Co. Mayor John Gentry, Ginger Arden, C. Seth Sumner (Athens City Manager), Keith Price (McMinn Property Assessor), Daniel Atkinson, Rob Preston (Chamber President/CEO), Amy McDonald, Luke Shepherd, Lisa Harrison & Tina South (Diplomats), Holly Goins (Chamber Board), Sheriff Joe Guy, Wes Crittenden, Chan Patrick, Hugh Willson (Diplomat), Dwayne Whitted

(Photo by Julie Simbeck)



SOME THINGS TO PONDER

In three short months, just like He did with the plagues of Egypt, God has taken away everything we worship. God said, "you want to worship athletes, I will shut down the stadiums. You want to worship musicians, I will shut down Civic Centers. You want to worship actors, I will shut down theaters. You want to worship money, I will shut down the economy and collapse the stock market. You don't want to go to church and worship Me, I will make it where you cannot go to church."

"If my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven and forgive their sin and will heal their land."

Maybe we don't need a vaccine. Maybe we need to take this time of isolation from the distractions of the world and have a personal revival where we focus on the ONLY thing in the world that really matters. JESUS!

(Source: Facebook. Author unknown)