

Beacon of Light

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"I am the light of the world. Whoever follows me will never walk in the darkness but will have the light of life." John 8:12

Pastor's Corner



What Time Is It?

In the fog of my semi-conscious daily wake-up ritual, I typically reach for the alarm clock before it rings, first to see what time it is; and secondly, to cheat the alarm by resetting it for thirty minutes later than my original setting. Humans usually organize their lives around "chronos" or sequential time, governed by the chronological hours and minutes of a time-piece. The ancient Greeks referred to this as "chronos".

The ancient Greeks used another term for time demarcated by a critical, or opportune moment. The biblical writers, using the universal vernacular of the Greeks, often referred to this second definition of time as "Kairos" time. According to the biblical writers, it is in this second understanding of time that one can best perceive the tangible movement and activity of God in our midst.

The gift of the Holy Spirit that inaugurated the Christian Church on the Day of Pentecost was a demonstration of "Kairos" time. It was a defining moment in biblical and church history, but also a moment ripe with opportunity. Jewish pilgrims from around the world had gathered in Jerusalem for a special Jewish feast, and the Holy Spirit used Peter and the other disciples to help pour out God's Spirit on those who had gathered on this special occasion.

On the Christian calendar, we most recently celebrated Pentecost on May 31st. While we were already experiencing a historically

critical moment with the Covid19 pandemic, the recent national, and even global, protests in response to the killing of George Floyd, represent yet another distinct historical moment when we can and should ask the question, "What time is it?" Is this the time the Holy Spirit has chosen to wake up persons of all nationalities and races from across the globe to take a stand against systemic racism, violence, and injustice? And, is this time of global pandemic an opportunity for us all to finally realize that "we're all in this together" as humans, and that whatever affects any one of us, now potentially affects all of us?

On an even more personal level, what time is it in our own lives? Are we in a season of sowing or reaping? Is God telling us to move out on faith, as he told Abraham? Or, is the Holy Spirit telling us to "be still", as the Holy Spirit did with the disciples when they were instructed to go to the Upper Room in Jerusalem and to wait on the promise of the Spirit? The book of Ecclesiastes reminds us, "For everything there is a season, and a time for every matter under heaven." (Eccl. 3:1) The Spirit of God is forever moving among us, and it's up to us to determine "what time it is" on the Kairos clock.

Rev. Mark D. Venson

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Inspirational Thoughts and Encouragement

How to Use the Bible Like a Mirror



“Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like.”

James 1:23-24 (NIV)

When was the last time you looked in a mirror? You probably look in one every day—maybe even multiple times! Why do you look in a mirror? You use it to evaluate yourself. And then you do something about what you see.

The Bible says that God’s Word is like a mirror:

“Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like” (James 1:23-24 NIV).

Just as a mirror reflects what you look like on the outside, God’s Word reflects what you are like on the inside.

Have you ever seen yourself in the Bible? Hebrews 4:12 says that God’s Word discerns your heart’s thoughts and intents. That is a reason many people don’t read the Bible. They are afraid to look into the mirror of God’s Word and see themselves as they really are.

If you are ready to use God’s Word as a mirror into your own soul, the book of James gives you three practical ways to do this.

First, read it. But do not just read it casually. Read it carefully, like the person in James 1:25 *“who looks intently into the perfect law”* (CSB). We all have just glanced into a mirror, walked quickly away, and forgotten all the details of what we had seen. But God wants us to spend time gazing into the mirror of his Word.

Next, review it. That same verse in James talks about the person who does not just look once into God’s Word but *“continues to do so”* (James 1:25 EHV). This person comes to God’s Word over and over. Jesus told his followers: *“If you continue in my word, you are truly my disciples”* (John 8:31 NRSV). And Psalm 119:97 says, *“How I love your teachings! I think about them all day long”* (NCV).

Finally, remember the Bible. James 1:25 talks about people who, after reading God’s Word, remember what they have heard. Nothing will do more for your spiritual life than developing the habit of memorizing Scripture. Psalm 119:11 says, *“Thy word have I hid in mine heart, that I might not sin against thee”* (KJV).

Another way to remember God’s Word is by writing down what God teaches you. Hebrews 2:1 says, *“Therefore we ought to give the more earnest heed to the things which we have heard, lest at any time we should let them slip”* (KJV). Next time God teaches you something during a sermon or a devotional time, write it down. Give it *“earnest heed”* so that it does not slip away.

Remember that person who gazes in the mirror and then uses it to change himself? You can be that person when you reflect on God’s Word by reading, reviewing, and remembering it.

Talk About It

- Think about your life lately. Have you been glancing or gazing into the mirror of God's Word? What is one way you can gaze into God's Word this week?
- Have you ever "seen yourself" in the mirror of the Bible? What did you do about what you saw?
- Intentionally memorizing Scripture and taking notes on what God teaches you are two ways to remember God's Word. Look back over today's devotional. Choose one Bible verse to memorize or write down something God has taught you through what you have read.



Welcome to Kidz Corner!!

We are setting aside a special place in our Ebenezer UMC Newsletter for Children, Youth, and Teens!! We will highlight news, events and accomplishments and provide puzzles and activities that are fun for you and your families!

We welcome your input, contributions, and recommendations.



Congratulations Graduates



Congratulations to all the 2020 graduates and those leaping to the next level! This school year was full of surprises and opportunities to learn. Although everything may not have been easy, YOU MADE IT!! You are truly a beacon of light and we are so proud of you. May God be with you on the next step of your journeys!

Going to First Grade

- ❖ Ebenezer Davis
- ❖ Khloe Denise Forbes

Going to High School

- ❖ Breanna Pickeral
- ❖ Shavaughn Scott



KIDZ TRIVIA

1.	What color is the carpet in the church?
2.	What is the first book in the Bible?
3.	Name the two choir members whose first names begin with a "K"?
4.	What day do we usually attend church?
5.	What are the names of the boys in the Children's Choir?
6.	What is Pastor Venson's first name?
7.	How many water fountains do we have in church?
8.	Who is taller Rotee or Roseanne?
9.	What instrument does Alex Porter play?
10.	Who played Jeffrey the mailman in the Christmas play?
11.	Which choir member has lived in Baltimore?
12.	How many words can you make from the name "Corlissa"?
13.	What is the special Sunday celebration when we say "hello" in different languages?
14.	Who is named after the church?
15.	Who is older Shavaughn or Daiwo?
16.	Does Ebenezer UMC have a back door?
17.	How many vowels are in Angelei's first name?
18.	What prayer is located in Matthew 6:9?
19.	Do we have a refrigerator in the church?
20.	What letter do I add to the word "bell_" to name one of our choir members?
21.	What do the ushers do?
22.	Which Ebenezer youth shares a name with an Old Testament book in the Bible?
23.	How many candles do the acolytes light on Sunday?
24.	Did Breanna participate in Confirmation class in 2019?
25.	Bonus question: How old is Ebenezer UM Church: 10 years, 50 years, or 135 years?

The 5 Finger Prayer

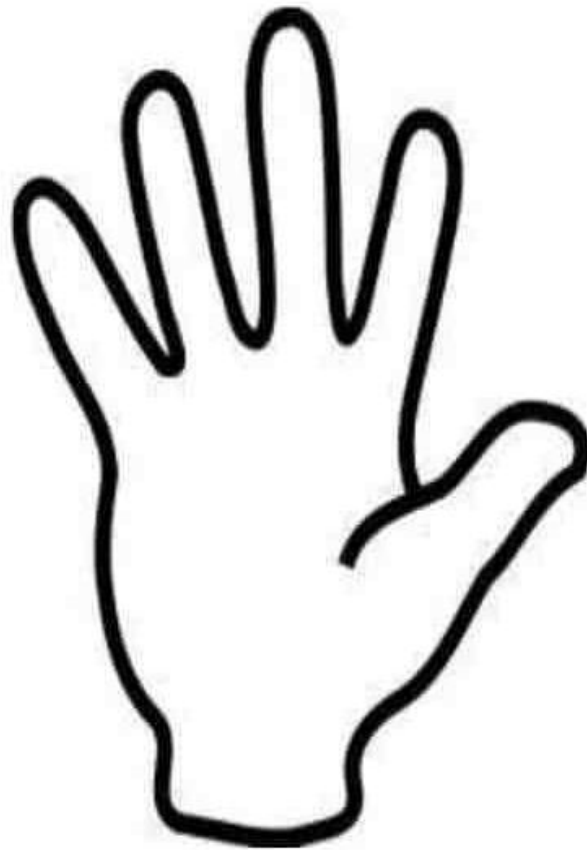
Thumb: Those closest to you, your family.

Pointer: Those that point you in the right direction (teachers, doctors, priests) ask for wisdom & support.

Index: (tallest) Those that lead us, (Government) ask for guidance & wisdom.

Ring: (weakest) Those that are weak, in trouble, or in pain. We cannot pray too much for them.

Pinkie: (smallest) Our prayers for ourselves & our own needs.



Submitted by Sis. Terri and Sis. Taylor Ware



ACKNOWLEDGING MOTHERS AND FATHERS

Mother's Day, May 10, 2020

A MOTHER'S
Love

There's no love like a mother's,
Her heart is filled with care.
With Christ as her example,
Her Savior's love she'll share.

A mother's love is endless,
Not changing for all time.
When needed by her children,
A mother's love will shine.

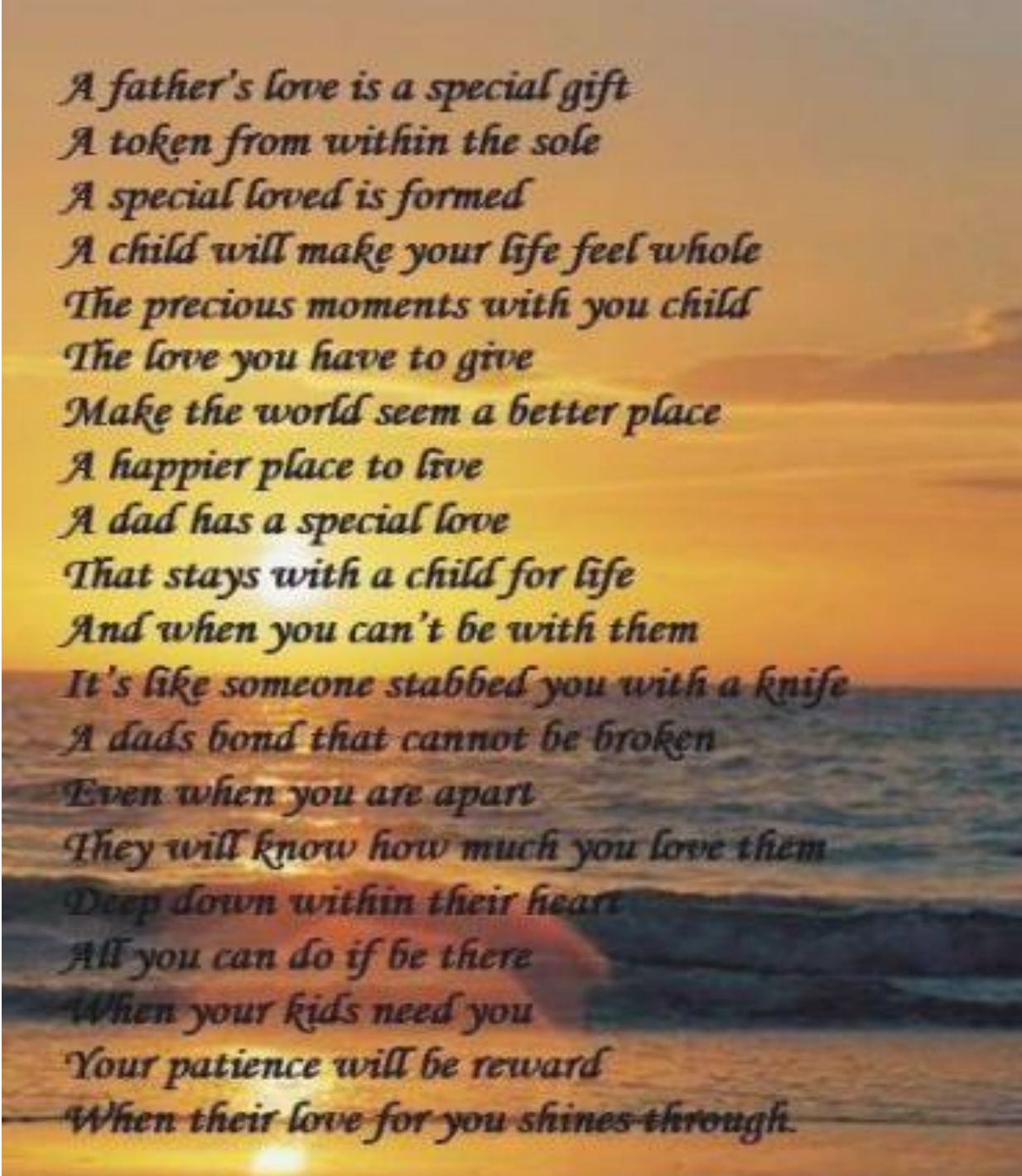
God bless these special mothers,
God bless them every one.
For all their tears and heartaches,
And special work they've done.

When days on earth are over,
A mother's love lives on,
Through many generations,
God's blessings on each one.

Be thankful for our mothers,
Who love with higher love,
From power God has given,
And strength from up above.



Father's Day, June 21, 2020



*A father's love is a special gift
A token from within the soul
A special loved is formed
A child will make your life feel whole
The precious moments with you child
The love you have to give
Make the world seem a better place
A happier place to live
A dad has a special love
That stays with a child for life
And when you can't be with them
It's like someone stabbed you with a knife
A dad's bond that cannot be broken
Even when you are apart
They will know how much you love them
Deep down within their heart
All you can do if be there
When your kids need you
Your patience will be reward
When their love for you shines through.*

PRESENTING EBENEZER'S 2020 GRADUATES

Angela J. Brown



- Temple University
- Bioengineering

We are so proud you! Praying the best for you as you enter into your next season of life.

Presented by her proud parents, Bro. Angelo, and Rev. Caprice Brown



Imani Grace West



- Hampton University
- English Major, Biology minor

You have been a blessing to us for 17 years! Now, you are spreading your wings to move into adulthood—where did the years go? I named you Imani Grace with intention: Imani meaning faith which you have developed and will continue to build; and Grace, after your Grandmother, a word that will bless you forever. You are so loved! And we are so proud of your achievements.

Thank you Ebenezer for being our village. God bless you all. With love and gratitude, Jennifer.

Presented by her proud parent, Dr. Jennifer West



Jasmine Barber



- Cum Laude graduate!
- Hampton University
- Bachelor of Science
- Business Administration

Congratulations! We are so proud of all that you have accomplished.

Presented by the parents, Joanne and Daryl Barber and grandparents, Joan and Thomas Brown



Kaleb Gray



Kaleb will be attending CCBC Catonsville in the fall and playing basketball for their athletic department. His career path is psychology/sports management.

Message to Kaleb: Kaleb, we are so proud of you. This is the first step into greatness. The Lord has blessed us by having you as our son/grandson and he has plans for you. We will be there for you to encourage, support and advise you when you need it. As we said when you were little during bedtime, mommy loves you, daddy loves you, B-ma (grandma,) and most of all Jesus loves you.

Presented by proud your proud mother, Kendra Freeman



Anaiyah Boone



Anaiyah will be attending Howard University majoring in Health Education: Community Health.

Message from Nana: "Congratulations to a beautiful young lady."

Love, Your Nana

Sarina Elizabeth Wilson

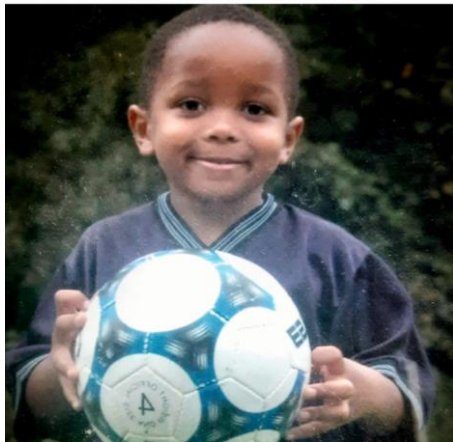


On Saturday, May 30, 2020, Sabrina Elizabeth Wilson graduated from the Academy of Health Sciences at Prince George's Community College. Sarina received her Prince George's high school diploma and an associate degree from Prince George's Community College.

Presented by her very proud grandparents, Bro. Boyd and Sis. Dorothy Poole



Jalen Butler



Jalen plans to attend Anne Arundel Community College in the fall. He will major in Homeland Security.

Message to Jalen: “Jalen you have been my miracle from day one. In your younger days I was like Nemo's dad. I just didn't want anything to happen to you. But God intervened. I got sick. But this too was a blessing. When I went down, you grew up. Your grades went up and you became a very helpful and independent person. The spirit of God shines in you. I can hardly wait to see how He uses you. We couldn't love you more and we couldn't be more proud of you.”

We thank Ebenezer for your influence and raising Jalen.

Provided by his proud parents, Clayton and Pamela Butler

Taylor Wright



"We just want to congratulate Taylor on a great high school experience, she has been nothing but an excellent student. God Bless." Denise and Michael Wright, Parents)

Presented by her proud parents and grandmother, Sis Edith Wright



The Ebenezer family extends congratulations to all of our 2020 graduates. We are all very proud of your accomplishments and cannot wait to see what you accomplish in this next chapter of your lives.



Keeping You Informed

Dr. Patrice Harris, a medical contributor on various networks during the COVID-19 pandemic.

About Dr. Patrice Harris—She made history being the first black woman to lead the American Medical Association

When Dr. Patrice A. Harris decided she would go into medicine as a youth, she never thought she would eventually make history. After all, it was watching “Marcus Welby, M.D.,” as a child that helped her make the decision to go into medicine in the first place.



Who would have thought that the television series that Harris said was “the Grey’s Anatomy of my day” would lead to Harris being elected the first African-American woman to lead the American Medical Association — the largest association of physicians and medical students in the United States. Certainly, not Harris. But, believe it or not, the show had an impact on Harris that she recognizes even today.

“Dr. Welby was a kind and caring family physician, who not only treated his patient’s illnesses but also intervened when there were family or community issues. (Welby) looked at issues beyond the exam room,” Harris explained. “I knew that was exactly what i wanted to do. “It never dawned on me that I couldn’t do that, especially since I didn’t personally know any family physicians,” she continued. “And certainly not any physicians who looked like me.” But it was then, while in the eighth grade, that Harris made the decision that she’d become a pediatrician. Now, all she had to do was figure out how to get there.

Harris often jokes about when she first told her mother she wanted to become a physician. She says her mom was worried that the younger Harris would be broke because her patients would only be able to afford to pay her in chickens. But Harris’ mother supported her career choice, nonetheless. She knew that Harris’s mind was made up and that “this was going to be a calling for me,” Harris explained.

When it was time for Harris to attend college, she chose West Virginia University in Morgantown, a three-and-a-half-hour drive from her hometown. There, she studied psychology and obtained her bachelor’s degrees in psychology and then a master’s degree in counseling psychology. “Having no relatives or family friends who had gone to medical school, I didn’t even know what major I should choose as an undergraduate, let alone how to best prepare for entrance into medical school,” Harris explained. “Despite being discouraged at times, I persisted. I tried to learn from each detour and challenge and apply lessons learned to the next challenge.” Next, she applied and was accepted into the University’s School of Medicine, where she initially continued her dream of practicing pediatrics, until she got into her third year and found greater interest in her psychiatry rotations. She chose to move south to Atlanta

for residency and fellowship in Child and Adolescent Psychiatry and Forensic Psychiatry at Emory University Hospital.

Throughout Harris's career, she has served on the front lines of medicine at the local, state, and federal levels. Now, as president-elect, she will serve as a spokesperson of American medicine at the global and international level. Active in organized medicine her entire career, Harris has also served on the board of the American Psychiatric Association (APA) and was an APA delegate to the AMA. She has also been a member of the governing council of the AMA Women Physicians Congress, testified before and served on AMA reference committees, and has served on AMA work groups on health information technology, SGR, and private contracting. The AMA board of trustees appointed her to the AMA Council on Legislation in 2003, and she was elected by the council in 2010 to serve as its chair.

Harris also serves as chairwoman of the AMA's Task Force for the Opioid Crisis. In that role, she oversees a team responsible for researching, lobbying, advocating, and disseminating knowledge aimed at eradicating the abuse of opioids. Last month, Harris's task force released a progress report, titled, "Physicians' progress to reverse the nation's opioid epidemic." She has held many leadership positions at the state level as well, including serving on the board and as president of the Georgia Psychiatric Physicians Association and on the Medical Association of Georgia's Council on Legislation, its Committee on Constitution and Bylaws, and its Membership Task Force. She was also the founding president of the Georgia Psychiatry Political Action Committee.

As past director of Health Services for Fulton County, GA., which includes Atlanta, Dr. Harris was the county's chief health officer, overseeing all county health-related programs and functions, including a wide range of public safety, behavioral health, and primary care treatment and prevention services. She spearheaded the county's efforts to integrate public health, behavioral health, and primary care services. She also served as medical director for the Fulton County Department of Behavioral Health and Developmental Disabilities.

Currently, Harris continues in private practice and consults with both public and private organizations on health service delivery and emerging trends in practice and health policy. She serves as an adjunct assistant professor in Emory University's department of psychiatry and behavioral sciences. Despite her successes, Harris wants people to know that her journey has not be exactly linear. Though she has practiced medicine for more than 20 years, there were people along the way who suggested she go into nursing instead.

Submitted by Sis. Tish Ross



10 Myths About the Coronavirus You Shouldn't Believe **[From who can get it to how to get rid of it: Top myths get busted]** by Rachel Nania, [AARP](#), May 8, 2020

In a matter of months, the coronavirus has swept across the globe, sickening millions, and killing hundreds of thousands in its path. And just as quickly as the virus has spread, so too have falsehoods about its transmissibility and treatment. Here are 10 myths about the coronavirus that you should not believe.

Myth 1: Warmer weather will stop the spread of the coronavirus.

Summer is just around the corner, and some are hoping that the warmer weather will put an end to the [coronavirus outbreak](#). Public health experts, however, caution that this may not be the case.

“The science there is not as clear as it needs to be” when it comes to the weather’s impact on the speed of the virus’s spread, says Aaron Bernstein, M.D., interim director of C-CHANGE (Center for Climate, Health and the Global Environment) at the Harvard T.H. Chan School of Public Health. “And I don’t think it can be because, although we have other coronaviruses to draw inference from, we don’t have experience with this coronavirus.”

If this coronavirus acts like other coronaviruses (remember that there are several coronaviruses that can infect humans and cause mild upper-respiratory tract illnesses, such as the common cold), warmer temperatures and more humid weather may slow it down, Bernstein says. These viruses and others, including the bug that causes the flu, tend to spread more during cold-weather months, according to the Centers for Disease Control and Prevention (CDC). However, “that does not mean it is impossible to become sick with these viruses during other months,” the CDC says.

“There’s some research to suggest that even at slower rates, [the novel coronavirus] is still going to be capable of exponential transmission” during summer’s warm months, explains Bernstein, pointing to places with warm-weather climates such as Singapore, India and Louisiana as examples. These areas have seen large outbreaks of infections despite their hot temperatures.

Another thing to consider. Hot weather increases the risk for hospitalization and death, especially among older adults, whose bodies have a harder time adjusting to temperature changes. This could add stress to hospitals and health care systems around the country that are already burdened with coronavirus outbreaks.

“We have to be mindful” and not rush to abandon preventive measures such as social distancing just because it is summer, Bernstein argues. The World Health Organization (WHO) says frequent handwashing is also needed to prevent coronavirus infections, no matter how sunny or warm it is outside.

Myth 2: Young people do not get sick from a coronavirus infection.

While older adults and people with chronic health conditions — including heart disease, kidney disease, lung ailments and diabetes — are at higher risk than younger, healthier people for getting severely sick from the illness caused by the

coronavirus (COVID-19), they are not the only population filling hospital beds around the globe.

A mid-March analysis from the CDC found that more than half of the nearly 2,500 Americans who had been hospitalized with COVID-19 at that point [were younger than 55](#). And while the rate of hospitalizations for COVID-19 is higher in adults 65 and older, it is still significant in people under 65.

Jordan Warchol, an emergency physician, and assistant professor in the Department of Emergency Medicine at the University of Nebraska Medical Center (UNMC), says she has seen “several people” in their 30s and 40s become critically ill with COVID-19.

“Even though it might happen more often to older people, that doesn’t mean that young people are immune from it,” she says. And, unfortunately, lots of people are “getting severely ill when we otherwise would not expect that because of their age.”

Myth 3: Social distancing is not necessary if you have already been infected.

Even if you have tested positive for a past coronavirus infection, you still need to take the same precautions as everyone else, experts say. And that is because we do not have a definitive answer yet as to whether a previous infection provides extended immunity.

“We’re still waiting for some of the studies to come out that really tell us for sure that when you’ve had the virus and mounted an antibody to it, that you are protected,” says Roger Shapiro, M.D., associate professor of immunology and infectious diseases at the Harvard T.H. Chan School of Public Health. However, “the general feeling is that there’s a lot of optimism that this will be the case.”

In the case of severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS) — two other illnesses caused by coronaviruses — infected survivors develop an immune response that can last for months to years, Shapiro points out. “So, we are hopeful that [the novel coronavirus] will be the same.”

The virus’s close cousin, however — the one that causes the common cold — “is a little more tricky” because people get colds “over and over again,” Shapiro adds. “So that’s where some of the hesitation comes.”

Until the research paints a clearer picture, the CDC says everyone — including those who have had a coronavirus infection — should “continue to take steps to protect yourself and others.” This includes frequent handwashing, wearing a cloth face covering in public and keeping at least 6 feet of space between yourself and others.

Myth 4: If you do not have fever, cough, and shortness of breath, you do not have COVID-19.

While fever, cough and shortness of breath are the hallmark symptoms of COVID-19, they are not the only warning signs of an infection. The CDC recently updated its list of [symptoms](#) to include chills, muscle pain, sore throat, and new loss of taste or smell. “Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting or diarrhea,” the CDC says.

The newly expanded list makes it easier to catch patients who otherwise may not have qualified for a coronavirus test, thus helping containment efforts, UNMC's Warchol explains. It also helps the general public know "what to be on the lookout for" in respect to self-isolation as experts learn more about the virus's impact on the body.

Myth 5: You can catch COVID-19 from your pet.

There is no evidence to suggest that humans are catching COVID-19 [from their pets](#) or that animals play a significant role, if any, in spreading the disease, according to the CDC. Furthermore, the CDC says there is no evidence that the new coronavirus is circulating among wildlife, including bats, in the U.S. The origin of the coronavirus is unknown, though some researchers have tied it to a live animal market in China.

However, it does appear that the illness can spread from people to animals in some rare situations, both the CDC and the Food and Drug Administration (FDA) say. A small number of animals worldwide have tested positive for the coronavirus, mostly after having close contact with a person with COVID-19. Because of this, public health officials say owners should make sure their pets follow some of the same preventive measures that humans practice.

For example, do not let your pets interact with people or other animals outside the household, and avoid dog parks or other crowded areas where people and animals play. When walking your dog, keep at least 6 feet of space from other people and animals, the FDA says. And if you are sick with COVID-19, isolate yourself from other people and animals, including your pet, the CDC recommends. Instead, ask a friend or family member to care for your pet until you recover.

Other types of coronaviruses can make pets sick, such as canine and feline coronaviruses. However, "these other coronaviruses cannot infect people and are not related to the current COVID-19 outbreak," the CDC says.

Myth 6: Ibuprofen makes COVID-19 worse.

Fever and muscle pain are two common symptoms of COVID-19, and without a formally approved treatment, the CDC recommends that people with mild cases of the illness take over-the-counter medicines to help alleviate uncomfortable symptoms. But a flood of news reports in March claimed that nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen (Advil), could make a case of COVID-19 worse, raising questions about the widely used drug's safety in the midst of the coronavirus pandemic.

Several experts, however, [have since countered these claims](#), including the FDA. The agency said it is not aware of any "scientific evidence" to prove that NSAIDs could aggravate COVID-19 symptoms. In April, the National Institutes of Health (NIH) doubled down on the FDA's stance. In its treatment guidelines for COVID-19, the agency said there is no difference between acetaminophen (Tylenol) and NSAIDs for reducing fever among patients with and without COVID-19, and that people with COVID-19 who are taking NSAIDs to help manage another condition "should continue therapy as previously directed by their physician."

Whether you have COVID-19 or not, it is always a good idea to talk to your doctor or pharmacist before taking any new medication — especially if you have underlying health conditions that can be complicated by certain drugs.

People with kidney disease or problems with stomach ulcers, for example, may be steered toward acetaminophen. “And on the flip side, if you have problems with hepatitis or liver trouble, then acetaminophen may not be the best choice,” David Aronoff, a physician and director of the Division of Infectious Diseases at Vanderbilt University Medical Center, told AARP. “And that’s why speaking with a pharmacist or a physician or nurse can be really very helpful.”

Myth 7: It is dangerous to go outside during the pandemic.

The general advice from experts is to stay home as much as possible to limit your risk of a coronavirus infection, but that doesn’t mean you can’t garden in your yard or take a walk around the neighborhood for some fresh air and exercise. Just make sure you continue to practice precautions — bring some hand sanitizer with at least 60 percent alcohol and keep a distance of at least 6 feet from others.

It is important to steer clear of crowded parks and group gatherings, the CDC says. And do not forget to wear a cloth face mask when you do go out. This helps to “protect your community” in case that you unknowingly have the virus, Harvard’s Shapiro adds.

Myth 8: You should avoid the hospital at all costs if you want to stay healthy.

While in-person appointments at primary care offices are on pause during the pandemic, emergency rooms are still very much open. But recent data show fewer people are accessing them — and this can have deadly consequences.

“If you feel like what is going on with you or with a loved one is an emergency, please come to the emergency department. We have plenty of measures in place to ensure your safety as far as not transferring coronavirus from another patient to you.”

– Jordan Warchol, emergency physician and assistant professor in the Department of Emergency Medicine at the University of Nebraska Medical Center

A poll from the American College of Emergency Physicians (ACEP) found that 80 percent of the roughly 2,200 adults surveyed were worried that a trip to the emergency room would put them at high risk for contracting COVID-19. Nearly one-third admitted to actively delaying or avoiding medical care during the pandemic out of concern for catching the illness.

A recent survey of nine high-volume hospitals illustrates just how much of an impact virus fears have had on medical care. For example, the frequency of one common emergency procedure for reopening arteries in heart attack patients is down by nearly 40 percent since the start of the coronavirus outbreak in the U.S.

“COVID-19 is definitely not stopping people from having heart attacks, strokes and cardiac arrests,” the American Heart Association (AHA) and seven other national health organizations said in a joint statement. “We fear it is stopping people from going to the hospital, and that can be devastating.”

Calling 911 immediately is still your best chance of surviving a heart attack or stroke, the AHA says. Other symptoms and conditions that warrant emergency care include difficulty breathing, choking, a head or spine injury, ingestion of a poisonous substance, serious injury, uncontrolled bleeding, and any sudden or severe pain.

“If you feel like what’s going on with you or with a loved one is an emergency, please come to the emergency department,” says UNMC emergency physician Warchol. “We have plenty of [measures in place to ensure your safety](#) [with regard to] not transferring coronavirus from another patient to you.”

Myth 9: Ingesting disinfectants can help treat a coronavirus infection.

Disinfectants help to eliminate germs on surfaces. However, they do not treat an infection inside the body and, in fact, can cause serious harm.

In April, the CDC reported that calls to U.S. poison centers were up by about 20 percent this year, compared with last year, and that they “increased sharply” at the beginning of March, around the same time the virus started spreading in the U.S. The agency stresses that people using disinfectants should follow instructions on the label to reduce the risk of adverse health effects.

The WHO has also warned that bleach and any other disinfectant should not, “under any circumstance,” be sprayed or introduced into the body. “These substances can be poisonous if ingested and cause irritation and damage to your skin and eyes,” the organization says.

Currently there is no approved treatment for COVID-19. Several drug trials are ongoing, and one antiviral therapy, [remdesivir](#), recently received emergency use authorization from the FDA to treat hospitalized patients.

Myth 10: Mosquitoes and ticks transmit the coronavirus.

The CDC says at this time it has no data to suggest that the coronavirus can be spread by mosquitoes or ticks. The main way the virus is thought to spread is from person to person, through respiratory droplets.

That said, mosquitoes and ticks can spread other diseases, including the Zika virus and Lyme disease. Clothing that covers your arms and legs can help minimize your risk of insect-borne illnesses — and so can insect repellents that have been approved by the Environmental Protection Agency (EPA).

For the latest coronavirus news and advice [go to AARP.org/coronavirus](https://www.aarp.org/coronavirus).



How to Avoid the Latest Fraud in Maryland

By [Michelle Davis](#) , May 01, 2020

When Peggy Benedict's computer froze and a voice came through the speaker directing her to call a number for tech support, she and her husband complied.

The voice spent an hour with Benedict, 76, and her husband, Calvert, 79, seemingly trying to solve their problem. Then "John from Microsoft" instructed the Laurel couple to buy gift cards at Target, as payment for fixing the computer.

"John" stayed on the phone as they bought \$5,000 worth of cards and read him the serial numbers. He then pressured them to purchase more. Benedict finally began to suspect a scam. She called a relative, who confirmed her fears.

"We're college educated and fairly sophisticated in the ways of the world," Benedict said. "When I'd hear about something like this, I would think, *It could never happen to me.*"

Many other people say that, too, but the U.S. Consumer Financial Protection Bureau estimates that 3.5 million instances of fraud targeting older adults occurred in 2017 and consumers in their 70s lost an average of \$45,300.

That's why AARP Maryland, working with state government and consumer advocates, is promoting Protect Week, starting Monday, June 15, to raise awareness about, and provide resources to prevent and address, fraud.

Financial abuse may be perpetrated by strangers, relatives, friends or caregivers, said Jen Holz, outreach director for AARP Maryland.

Beware of impostor scams

"Phishing scams are becoming more sophisticated, and we're seeing an uptick in impostor scams and claims around the IRS and Social Security," Holz said. "Everyone can potentially be defrauded, and there's no shame in seeking help."

The week's planned events include an AARP Maryland telephone town hall with experts, as well as online and print resources that will go out to residents across the state. Protect Week coincides with World Elder Abuse Awareness Day, on June 15. Most counties plan an event or forum during the week.

Given the uncertainty over the coronavirus pandemic, most of the events will be virtual, including the telephone town hall with local and state officials. Check for updates at protectweek.org.

Helene Raynaud, president and CEO of Columbia-based CCCSMD, a nonprofit housing and credit counseling service that is co-leading Protect Week, noted an increase in financial stress among older people, often caused by fraud.

“It’s a complex, emotional issue,” she observed. When they are being taken advantage of by those they know, “it’s hard for people to even believe it’s happening to them.”

According to Antonio Salazar, Maryland commissioner of financial regulation, you should view unsolicited pitches or requests “with great suspicion.” If you feel pressured during a suspicious call, hang up and talk to a family member or friend.

You can also call the state Consumer Protection Division hotline (410-528-8662) for guidance. Those who have been scammed should file complaints with the Federal Trade Commission at ftc.gov or 877-382-4357.

Benedict reported her experience to the FTC. While she and her husband lost \$5,000, she realized it could have been worse. “I’m embarrassed,” she said. “But I look at it as a learning experience.”



When It Comes to the Coronavirus, Protect Your Health and Your Wallet

Scammers look to capitalize on the news of the moment, especially if the headlines can instill fear and motivate people to act.

The ongoing outbreak of the coronavirus is no exception. While scientists and medical professionals are working overtime to find ways to test for and stem the spread of the virus, the Federal Trade Commission warns that bad actors are working hard to use this as an opportunity to deceive consumers and steal their money or sensitive information.

Just as you can protect yourself from the virus, you can also keep these opportunistic scammers at bay.

How it works

Scammers may set up websites to sell bogus coronavirus products — from face masks to vaccines to cure-alls — and use fake emails, texts, and social media posts to get you to share payment or sensitive personal information.

You may come across emails or social posts claiming to promote awareness and prevention tips, including fake information about cases in your

neighborhood. Scammers may use this as a way to tout an alleged can't-miss investment opportunity — say in face masks or a cure. You may get donation requests claiming to raise money to help victims.

What you should know

- Know that there is currently no vaccine available for coronavirus.
- Any advertised investment opportunity that claims to ride the wave of economic activity due to the virus is probably an opportunity to lose money to a scam.
- Your best resources for information on the virus are the ones you know and trust — but first verify that the resource is who you think it is.

What you should do

- Do not click on email links from sources you don't know. It could download malware on your device.
- Ignore any online offers for vaccinations or treatments. If a vaccine or treatment is developed, you will hear about it in the news, not on an online ad or sales pitch.
- If you receive a communication claiming to be from a government agency like the Centers for Disease Control and Prevention, close the email and then visit the agency's website directly at [cdc.gov](https://www.cdc.gov).
- Engage your inner skeptic when confronted with donation requests. Before giving, check out charity watchdogs, like [give.org](https://www.give.org) or [charitynavigator.org](https://www.charitynavigator.org).



BIRTHDAYS

April	
Ella Mae Atkinson	1
Maudie Goodrum	2
Madison Walker	2
Gabrielle Patrick	10
Stella Oluokun	12
Elijah Davis	13
Patricia Boone	13
Joyce Kamara	17
Christine Freeman	17
Kathleen Jones	18
William Butler, III	18
Flossie Branch	20
Denise Lynch	22
Letitia Ross	22
Kimberly Jones	24
Michelle Finney	24
Kenneth E. Bowman	25
Shavaughn Scott	28
Robert Neal	30

May	
Micaela Miles	1
Ezekiel Davis	2
Jeff Miles, Jr.	3
Philip Hazell	3
Mel Jenkins	4
Shamario Scott	8
Jade Winbush	10
Ishmael Kamara	12
Shirley Scott	15
Lynn Pittmon	18
Wayne Fells	20
Thomas Proctor	20
Leonard Sledge, Jr.	23
Daryl Barber, Jr.	25
Schley Owens	25
Tina Brown	26
James Trent	30



June	
Alfreda Taylor	1
Deborah Butler	1
Barbara McIntosh	4
Taylor Wright	10
Reginald Miller	11
Brooke Roberts	13
Simone Dixon	16
Shirley Peace	20
Barbara Barnes	20
Helen Plater	21
Donald Jackson	22
Harry L. Laury	24
Daryl Barber, Sr.	26
Susan Walker	27
Taylor Ware	27
Charmaine Van Dyke	30





From The Newsletter Coordinator

A Changing World

Author Unknown

You know we are facing unprecedented times right now such as never been before in human history. The whole world is shut down. People are hurting; people are asking questions.

Is this the end of the world? Well no. But It is a precursor of things to come. People are asking where is God in all of this? Well the answer is easy, right where we left Him, On the outside of our world.

So how did we get to this place of chaos? We took God out of our schools, well guess what, our schools have shut down. We took God out of our places of work; guess what our places of work have shut down. We excluded God from our social life; guess what, restaurants clubs, sports arenas, and our most favorite activity—frivolous shopping—have all been shut down.

We took God out of our governments; guess what, our governments are confused and don't know what to do and how to govern in this crisis. We have even excluded God from our families; well guess what, it feels like we shouldn't be with someone we shouldn't be shut in with, and away from the people we really want to be with.

Instead of putting our trust in God, we put our trust in ourselves; but we are failing; We put our trust in Governments and they are failing; We put our trust in doctors, God bless them, but they are overwhelmed and failing too.

So where is God? Right where we put him, right outside of our lives.

Oh, but what about the church? Well we fail to reach the world, and we shut ourselves in the four walls of the church and preach to ourselves once or twice a week and never saw or interacted with our church family or the world for the rest of week. Guess what, now there is no going to church.

But wait, there is light at the end of the tunnel. God is still there waiting to be invited back into our lives not just at Christmas, Easter, or even once a week at church but into our daily lives, our homes, our schools, our workplaces, our social lives, our governments, our hospitals, our world.

This is not about religion, it is personal to you and starts by inviting God into your world by putting your personal well-being into His hands, every day, in every area of your life, and just trust in Him to be God for you.

Let's just admit it, we missed it, and we need Him. Pick up that good book today, the Bible, and read something. Maybe you can start with this, John 14:6, Jesus said to him, *"I am the way, the truth, and the life. No one comes to the Father except through Me."* Then just talk to him, he'll listen. He is really good like that.

Sis. Ellalene Barnaby



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*"Accept one another, then,
just as Christ accepted you,
in order to bring praise to God."
Romans 15:7*

In nature, flowers of various colors, shapes and sizes get along without jealousy, rancor, or pride. They flourish in harmony and reflect God's beauty. As part of God's garden, what are your plans?