



FBRA News

Fairfield Beach Residents Association

Beach area residents

I know you are likely overwhelmed by e mail messages about Covid 19, but we wanted to stress how important it is that we listen to our town Health department and emergency response teams - Shelter in place when possible, if you must go out, say 6 ft apart from other people.

Here is an interesting video from our health department:

[health department virus spread](#)

From Chief Denis McCarthy

The CDC recommends these everyday preventive actions to help prevent the spread of respiratory viruses like COVID-19:

- Stay home if you are sick except to seek medical care.
- Maintain social distancing of 6 feet when in public.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer. The health department has a video demonstrating [how to wash your hands properly](#).
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands after. The health department has a video demonstrating the importance of [covering your cough/sneeze](#).
- Avoid contact with people who may be sick.
- Clean and disinfect frequently touched objects and surfaces.
- Avoid touching your eyes, nose, and mouth.

Lets all pull together and together we will get through this crisis. Keep a watch on your elderly neighbors, take walks with others, but keep six feet apart, share with your neighbors in need. If you are able, try to order more take-out to keep our local restaurants in business, give if you can to local aid organizations and above all stay safe!

Several of our FBRA neighbors are looking into setting up funds/ go fund me pages to help our neighbors in need, whether helping them pay their electric bills once the crisis is over, or helping restaurant workers who are all out of a job/ count on tips to pay bills so we can keep our great Fairfield restaurants in business. If you hear of any of these, please shoot us a note so we can publicize it to all who might want to contribute.

My brother forwarded this to me and i wanted to share it to inspire us:

Lockdown
Yes there is fear
Yes there is isolation.
Yes there is panic buying.
Yes there is sickness.
Yes there is even death.
But,
They say that in Wuhan after so many years of noise
You can hear the birds again.
They say that after just a few weeks of quiet
The sky is no longer thick with fumes
But blue and grey and clear.
They say that in the streets of Assisi
People are singing to each other
across the empty squares,
keeping their windows open
so that those who are alone
may hear the sounds of family around them.
They say that a hotel in the West of Ireland
Is offering free meals and delivery to the housebound.
Today a young woman I know
is busy spreading fliers with her number
through the neighbourhood
So that the elders may have someone to call on.
Today Churches, Synagogues, Mosques and Temples
are preparing to welcome
and shelter the homeless, the sick, the weary
All over the world people are slowing down and reflecting
All over the world people are looking at their neighbours in a new way
All over the world people are waking up to a new reality
To how big we really are.
To how little control we really have.
To what really matters.
To Love.
So we pray and we remember that
Yes there is fear.
But there does not have to be hate.
Yes there is isolation.
But there does not have to be loneliness.
Yes there is panic buying.
But there does not have to be meanness.
Yes there is sickness.
But there does not have to be a disease of the soul
Yes there is even death.
But there can always be a rebirth of love.
Wake to the choices you make as to how to live now.
Today, breathe.
Listen, behind the factory noises of your panic
The birds are singing again
The sky is clearing,
Spring is coming,
And we are always encompassed by Love.
Open the windows of your soul
And though you may not be able
to touch across the empty square,
Sing.
- - Hsiao-Wen
March 13th 2020

stay safe!

Board of Directors:

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Photo by Geoff Steadman

About the FBRA:

Founded in 1955, the Fairfield Beach Residents Association is a 501(c)4 advocacy organization comprised of homeowners from the Old Post Road south to Fairfield Beach Road west to the end of the road, and Reef Road east to Beach Road. The FBRA aims to: Represent and implement the interests and desires of the membership in maintaining and improving Fairfield Beach and vicinity; promote cooperation among the owners and renters; represent the common interests of the membership in relation to governmental authorities; and provide for the mutual assistance, enjoyment, and quality of life for all people residing in the Fairfield Beach area.

Visit us at www.fbra.org to renew your membership