

CALENDAR

January 5, 2023 LIZ Board Meeting
 March 6, 2023 LIZ NEWS Deadline
 April 19, 2023 LIZ Spring Luncheon

DIRECTORY

President Eileen Holmes
 Vice President Valentine Stype
 Secretary Alicia Winowsky
 Treasurer Dominic LiCausi
 Awards Co-Chair Mary Ella Moeller
 Awards Co-Chair JoAnne Powell
 Bylaws Chair JoAnne Powell
 Community Service Angelo Grande
 Finance & Budget Chair Leigh Powell
 Friendly Service Co-Chair Dee McKinnon
 Friendly Service Co-Chair Alicia Winowsky
 Health Advocacy Chair JoAnne Powell
 Historian Valentine Stype
 Legislation Action Valentine Stype
 Membership Chair Still open
 Nominations Chair Kathy Grande
 Program Chair Valentine Stype
 Public Relations Chair Eileen Holmes
 Resolutions Chair Bob Svoboda
 Newsletter Editor JoAnne Powell
 Website & Facebook JoAnne Powell
 EERTA President Fred Conway
 WERTA President Emily Caristo

Now that we have an email service,
 sending out bulletins has been facilitated.
 Have news for the next brief bulletin?
 Send it to lizonenews@gmail.com

DECEMBER BULLETIN

HEALTHY AWARENESS especially near big cities

Three highly contagious respiratory viruses are coming to the table during the holiday season. A recent rise in cases of COVID, flu and RSV (respiratory syncytial virus) has overwhelmed emergency rooms and caused a medicine shortage. As a result, public health officials are encouraging indoor masking, particularly to help protect children and older adults. Children under the age of 2 are normally not recommended to wear a mask.

Dig out your mask if you live or work (glad that's in our rearview mirror!) especially in New York City. NYC Health Commissioner Dr. Ashwin Vasan advised New Yorkers to wear face coverings inside stores, public transit, schools, childcare facilities, and other shared spaces, especially when they are crowded.

As you plan your holiday, you might consider Hawaii for its warmth, fabulous scenery and low levels of infection at this point. If you and your family are skiers, you might want to visit New Hampshire or Maine for the same reason.

To learn more, visit NPR.

—JoAnne Powell, LIZ Health Chair



THE CHANGING NEW YORK CITY SKYLINE

Over the past 150 years, New York City had grown - not only the size of the buildings, but obviously the size of the population as well, which swells as the holiday grows near. So if you plan to catch a show, please pack that mask, required or not, for your own safety.