

# TSRA Update

**We regret that the Spring Luncheon is cancelled due to concerns about the coronavirus. We will continue to monitor this situation and send out announcements, as warranted, on future social events this season.**

## **CORONAVIRUS -- LOWER YOUR RISK**

Older adults and people with chronic medical conditions have a higher risk of getting seriously ill from coronavirus. That doesn't mean that if you're younger, you don't need to protect yourself. CDC advises things that everyone, regardless of age, can do to lower the chances of getting the virus or spreading it:

- Have necessary supplies on hand (groceries, medications).
- Avoid close contact with people who are sick
- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not available, use hand sanitizer containing at least 60% alcohol.
- Avoid crowds.
- Avoid cruise ship travel and nonessential air travel.

**Stay home as much as possible to further reduce your risk of being exposed.**

**If you experience symptoms such as fever, cough, and shortness of breath, please call your doctor or clinic. Depending upon your symptoms, they might not want you to come to the office.**



## **TSRA EVENTS**

### **Upcoming**

#### **CANCELLED**

Annual Spring Luncheon

### **Past**

August 21, 2019:  
North Shore Music  
Theater "Jersey Boys"

October 17, 2019: Annual Fall Luncheon



## **Richard Millman**

March 21, 1941 - February 27, 2020

Richard Jay Millman, known to friends and family as “Dick,” 78, died February 27, 2020, in Largo, Florida, following an extended battle with Alzheimer’s disease. He is remembered as being a well-respected and strong leader at HR Textron, Textron Systems Division, and Bell Helicopter. He retired in 2009, having served a total of 43 years.

### **About Daylight Saving Time (DST)**

- DST is also called daylight savings time or daylight time (United States and Canada) and summer time (United Kingdom, European Union, and others).
- George Hudson proposed the idea of daylight saving in 1895.
- Port Arthur, Ontario, Canada was the first city in the world to enact DST, on July 1, 1908.
- The United States adopted daylight saving in 1918.
- DST saves about 0.3% in electricity (2017 study).