

**Rotary Club of Honolulu Zoom Meeting  
Tuesday, August 18, 2020**

Sharing greetings, hugs, laughs, lunch chats, participating in club committee meetings together. Little did I know I was engaging with an internationally recognized infectious diseases clinician and researcher, and professor of clinical medicine Emerita at Albert Einstein School of Medicine. That's our Rotarian **Dr. Eileen Hilton!** She shared her 'clinical pearls' regarding Covid 19 at our Rotary Club of Honolulu Zoom meeting...more on that later.

After chatting with Heather and **Paddy Griggs** who were zooming in from Oakland, **President Rich Proctor** called our meeting to order and invited **Michael Marsh** to inspire us. He listens to Dolly Parton's latest release while taking his daily three and a half mile walk. It's "When Life is Good Again", and it inspires him during these tough times. He recommends logging on to hear it. **Carolann Biederman** led us in the Pledge of Allegiance, and **Lyla Berg** led us in song. After visiting Rotarians were acknowledged, **Tammy Evrard** introduced our newest member, **Karen Glasser**, who is the State Director of Best Buddies. Post induction by **President Rich, Karen** said she is dedicated to helping the disenfranchised, and looks forward to meeting us all, pau Covid.

Our Foundation giving is still being solicited. **Don Anderson** said that so far, 68 members have contributed a total of \$78,000. Another 68 members have not been heard from yet. One unnamed member has given a \$12,000 gift. Please support our foundation efforts. **Rick Tabor** offered ways via Meals on Wheels, for us to help by preparing and delivering meals to our kupuna. Our Rotary Youth Leadership Academy college students are planning to conduct RYLA ZOOM meetings soon...a good sign. Our break-outs followed, and **President Rich** asked us to recall our favorite summer vacation experiences.

Once back in our 'boxes', **Edwina Lee** introduced fellow Rotarian **Dr. Eileen Hilton**, who holds board certifications in Internal Medicine and Infectious Diseases. She shared her views of our Covid 19 crisis...a helpful perspective from someone who knows. Among her 'clinical pearls' to string in our own brains:

- >Temperatures taken in the morning are almost never high...they peak in the evening. So why check fevers at the airport in the morning?
- >Watch over-eating while in quarantine. We face a 40% increase in risk of death if obese.
- >Dr. Hilton discussed the Neanderthal Man to today's human...and concluded this virus is linked to genetics.
- >When you flush your toilet, you get a plume of virus...so always remember to immediately put down the lid pau shishi.
- >Covid 19 can find portal of entry in lungs, throat, eye, brain, GI tract and heart...it's nasty.
- >If you get conjunctivitis, you need a Covid test. Remember, the virus can camouflage itself in our bodies.
- >**Dr. Hilton** noted Covid 19 has a higher mortality rate than the flu. Get your flu shot.
- >We are buying time to get new treatments to slow or kill the virus. It is a positive that the new technology is gene-based. 171 vaccines are being studied...8 in production...2 approved in China and Russia. Oxford, and Brazil, China and Saudi Arabia are working on vaccine production, and Yale is zeroing in on Saliva testing.
- >**Dr. Hilton** said we are buying time to develop new treatments.

During Q&A, **Dr. Hilton** said those plastic shields are appropriate over masks in hospitals...but for you and me, wearing a shield is useless (she has never worn one). Don't use a mask with an exterior vent. MASK UP INDOORS AND OUTDOORS!!!!!!

**President Rich** reminded us next week Tuesday 8/25 we will have a Pau Hana Zoom meeting from 5 to 6 PM, complete with fellowship, games and fun. **Brian Dunkel** clicked on our closing video of Hawaii Aloha, and **Rich** rang the bell.

I left our meeting putting those amazing 'clinical pearls' of knowledge around my brain. Never underestimate your fellow Rotarians, and take pride in what YOU bring to the table.

Aloha,

**Linda Coble**, Scribe