



Hello Friends and Family! I pray this "better late, than never" newsletter finds you in good physical health and even better mental health. It is times like these, we need to check in with those we hold dear for no other reason than to let them know we love and cherish them. There is a BIG looming uncertainty of when next we will embrace!



What's New

Time seems to be flying, but "flying time" tends to happen to those of us of a certain age. We are constantly telling ourselves, we have so much to do, but so little time to do it in. Well, for the time being, we can **STOP** saying that! Thanks to the dreadful coronavirus, we have **LOTS** of time and are running out of things to do!

This quarter, it was my intention to truly concentrate on BOOK 7. I even have a working title, "**Living With Texture: Poems Woven With Love.**" But, then again, at this stage of writing, I always have a working title. I have written a couple of poems and decided this book of poetry will have little or no negativity.

Unfortunately, writing has come to a screeching halt and I find myself expressing my creativity through sewing. I have joined the masses throughout the nation and am sewing masks for medical personnel and others deemed essential staff.

With a stockpile of African print fabrics, I am finally learning to operate my sewing machine, which I purchased about two-years ago. Time flies!

For your viewing pleasure, checkout [Seamstress Donates Face Masks](#)

I still have fabric and am awaiting a shipment of elastic. If you or someone you know needs a mask, [CONTACT ME!](#)

Because of the many requests received after the NBC12 broadcast, I posted the following to my FB Page.

First and foremost, THANK YOU for your service!

Secondly, please excuse the formality of this message, but since the broadcast, I have been receiving a lot of interest in my masks and cannot take the time to respond with personal and customized messages.

***Yes,** I am donating masks to essential medical personnel and first responders.*

***No,** I am not charging, but I am appreciative for reimbursement of PRIORITY SHIPPING ... currently \$7.75.*

_The PRIORITY SHIPPING is based on the number I can fit into a small FLAT RATE envelope or a regular FLAT RATE envelope. _

My fabrics are all African prints, so I am not honoring special color requests, at this time. However, I WILL consider preferences for more masculine or feminine designs.

Since all faces do not have the same dimensions, you will be provided directions for adding the elastic for a proper fit. If you have and do not need elastic, which is becoming short in supply, please let me know. If you do not need the hypoallergenic vacuum filter, please let me know that as well.

I am a one-woman operation; I will fill orders as quickly as I can.

Please provide the following for shipment:

- *Nature of your work*
- *Your name and where masks should be mailed*
- *Number desired; please indicate masculine and/or feminine print preferred*
- *Means of contact, should I have a question*

Email to: y.b.taylo@gmail.com

If reimbursing PRIORITY MAIL cost, \$7.75, please mail to:

*Yolanda Taylor
3408 Corrotoman Road
Glen Allen VA 23060*

or use 'Family & Friends' with PayPal

MY DISCLAIMER: *These masks are NOT N95 and are not certified, but something is better than nothing AND they are cute!*

Again, thank you for your service.

Yolanda

Humor is the Best Medicine!

During this time of **SOCIAL DISTANCING** and **SELF INCUBATION**, many are finding it

difficult to keep themselves entertained. I have always known smiles create less wrinkles than frowns and laughter is the best medicine. I may not be able to offer BIG announcements about a new book, but I can brighten your day with COVID-19 humor. Face it, we might as well laugh because there is nothing you can do unless you are proficient at finding cures for infectious diseases. **ENJOY!**

BEST KNOCK KNOCK JOKE EVER...

Three brothers age 92, 94 and 96 live in a house together.

One night the 96 year old draws a bath, puts his foot in and pauses. He yells down the stairs, "Was I getting in or out of the bath?"

The 94 year old yells back, "I don't know, I'll come up and see." He starts up the stairs and pauses, then he yells, "Was I going up the stairs or coming down?"

The 92 year old was sitting at the kitchen table having coffee listening to his brothers. He shakes his head and says, "I sure hope I never get that forgetful." He knocks on wood for good luck. He then yells, "I'll come up and help both of you as soon as I see who's at the door."



Things to Keep in Mind at This Time!

READ AND PASS ALONG!!!

COVID - 19 advice consolidated from multiple doctors by a nurse at Johns Hopkins!!!

The virus causes mucus build up and therefore blockage that hardens in the lungs and pathways.

- Drink lots of hot water, warm teas
- Gargle with antiseptic (salt, lemon, vinegar) daily

- Virus attaches itself to hair and clothes
- Shower after you go anywhere
- Sunlight neutralizes the virus
- Avoid touching hand rails and door handles
- Wash hands every 20 minutes and do for 20 seconds
- Elevate zinc and vitamin c intake
- Continue to eat healthy, reduce sugar intake, no/limit alcohol
- Avoid getting the common flu or anything that weakens

the
system

- Avoid eating/drinking cold
- Feeling different?
Throat hurting?
Attack this immediately, the virus remains for 3-4 days in throat before it passes to lungs.
- Refrain from taking ibuprofen / Advil at all during this time. It appears to speed up and worsen the virus effects.

Immune System boosters to fight COVID-19

1. Selenium
55 mg per day
found in:
2. Spinach

- Raw
- 3. Kale*
 - Raw
- 4. Cabbage
 - Raw
(juicer)
- 5. Broccoli
 - Raw

Also need:

- 6. Black Tea
- 7. Black Seed Oil
- 8. Vitamin C
- 9. Zinc (Cold-Eeze)
- 10. Ginger Root -Raw (Tea)
- 11. Apple Cider Vinegar
- 12. Lemon Zinger Tea 2 tblsp or Fresh Lemons
- 13. Elderberry (Cold-Eeze)
- 14. Drink Lots of Warm liquids (kill virus in throat)
- 15. Hot Showers
- 16. Steam or Boiled Water

Looking forward to standing close, shaking hands, embracing, high-fiving, and other forms of human contact we have taken for granted up until now,

Y.B. Taylor



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