



University Heights Subdivision No.1

# FenceTalk

[universityheightsonline.com](http://universityheightsonline.com)

## Do you need help? Do you want to help? U. Heights volunteers are ready to assist

In the past few days our lives and daily routine have been upended by the spread of the Covid-19 virus. We are now encouraged to stay home, avoid crowds and take care of ourselves. Some of our residents will be isolated. To help those who need assistance, the University Heights Neighborhood Association board of directors has developed a new initiative—**U. Heights Helping Each Other Covid-19 Mutual Aid Group**.

This initiative, developed and planned by board members, will connect our residents who are at higher risk of getting sick from Covid-19 (older adults, people who are immunocompromised or have chronic medical conditions) with neighborhood volunteers who can provide help.

Tasks can include going to the grocery store, picking up medication, delivering carry-out meals, doing essential light yard work, making check-in calls by phone, or just having a conversation. All volunteers will use the safest methods possible to assure those in need do not come in contact with those of us on the outside.

### How do I get help? How do I give help?

The initiative works this way. We use an online Google form application to do this. To access the address go here:

<https://forms.gle/5N7QmER7c9koCqdZ9>

If you are unable or unsure how to access and use this form, please email [UHeightsCommunityResponseGroup@ProtonMail.com](mailto:UHeightsCommunityResponseGroup@ProtonMail.com) or call **314-308-1288** and give us your information by phone. Please leave a voice message in case your call is not immediately answered. This effort is staffed by volunteers with day jobs, so be patient. Someone will get in touch with you shortly. As always, call 911 for any emergency.

### If you feel sick...

Should you exhibit the classic symptoms of COVID-19—fever above 101.4 degrees, dry cough, difficulty breathing—do not go to your doctor's office. You can give them a call,

but also call the **St. Louis County Public Health Line at 314-615-2660. The Missouri Department of Health and Senior Services hotline is 877-435-8411.**

It looks like we are in this for the long haul. Life as we know it in University Heights and the wider world has been canceled, but as a community, we will emerge stronger than ever.

## How to cope with stress and stay human

Cooped up with your “loved ones?” Want to keep your family intact? Fear and anxiety can be overwhelming and cause strong emotions especially for children and the isolated elderly. Successfully coping with stress in a healthy way is a must. Here are some suggestions to remain sane.

- Learn something. Our library is closed/not closed. There is a wealth of information to explore. The University City Public Library has designed a special page of all the resources patrons can access online.
- If you have questions, email librarians at [reference@ucitylibrary.org](mailto:reference@ucitylibrary.org), or call the Library at 314-727-3150 between 10 a.m. and 2 p.m. Monday-Friday to get some one-on-one help over the phone. Otherwise download books, magazines, games, movies, get reading recommendations, reviews all without leaving your house.

Inhale courage  
Exhale fear  
Repeat

# Who We Are

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**New to the neighborhood?**  
Contact Amanda Summer  
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**Join our online community** on  
NextDoorUniversityHeights1  
<https://universityheights1.nextdoor.com/>

**University Heights #1 website**  
<http://universityheightsonline.com/>

**Neighborhood tree management**  
Judy Harmon  
[heyjude6984@att.net](mailto:heyjude6984@att.net)  
(emergencies, call 314 863-6159)

## ...How to cope... (from page one)

- Maintain a routine. As enticing all that “free” time may be, maintaining a routine is vital to stabilize your daily life. A regular schedule will help reduce stress and improve your attitude.
- Exercise. We have a beautiful neighborhood, curving streets and our tree canopies will be blooming soon. So many residents are out walking and the dogs are positively gleeful at the number of walks they get. Cats not so much. If the sun ever shines, we need that natural Vitamin D to keep us healthy.
- Binge—don’t do it. Binging in eating, alcohol, drug use or television and oversleeping are unhealthy habits.
- But eat. You call it in, we pick it up. This is the perfect time to sample some of our local restaurants. Most are offering carryout and curbside delivery. Check Nextdoor for listings and always tip big—our servers will be the hardest hit workers in this crazy new economy.
- Spring cleaning and clutter. Since you will be looking at *all* your possessions for the foreseeable future, what comforts you and what can go or be recycled? Household clutter harbors infections, pollutants and create unhygienic spaces. Sorting clutter also helps sort your mind clutter.
- Be a better friend/relative. Contact people you haven’t spoken to in a while. Use technology like FaceTime and Google Duo to have a face-to-face conversation. Renewed friendships may happen.
- Plant something. Gardening is a stress reliever. The satisfaction of sticking a small seeding in the ground and helping it grow is power. Now you have the time to get some seed packets, prepare the ground and watch the magic. Physical activity reduces the symptoms of stress, anxiety and depression. Gardening is also a full-body workout that insures every muscle is flexed. Garden Heights on Big Bend, a U City In Bloom supporter, is open with a blazing array of spring flowers. If you want curbside assistance that will happen too. Celebrate spring!
  - Make lists. Does your smoke detector work? Do you have a spare tire in your car?
- How about bandages and antibiotic cream in your car first aid kit and in your bathroom. Might be a good time to look around your house and figure out an effective escape plan.
- Above all, PERSEVERE!

**Real strength  
is helping others**