

SEPTEMBER 2020 | ISSUE NO. 8

SCSC MONTHLY



What's Inside

SEPTEMBER 2020

MEET YOUR BOARD MEMBERS

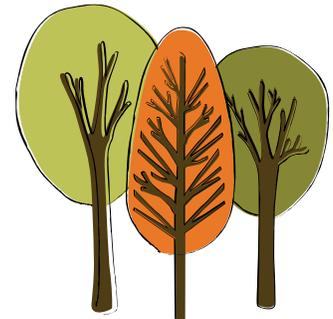
Each month will feature a new board member.

Our second installment features Board VP, Hamilton Nguyen



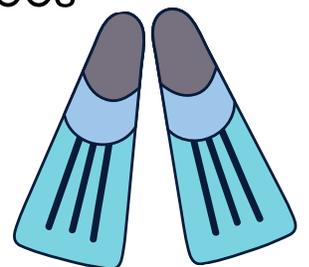
5 TIPS TO HELP YOU STAY HEALTHY THIS WINTER

Even in an unusual year, tried-and-true strategies are still the best way to prevent illness



DAY IN THE LIFE OF A SWIM COACH

Be coach Jerome's shadow as he goes through his day



Meet Your SCSC Board Members

Hamilton Nguyen (father to Megan Nguyen, Pre-Senior 4) is the current SCSC Board of Directors vice president. You can tell right away that he is less concerned about his title and more focused on what he can do to help the club and its members. For him, giving members a voice at the board table is the reason he ran for office.

We talked about how members can become more involved in the decision-making process at SCSC and how his experience working in Silicon Valley shaped him as a board member.

Hamilton chose to run for a board seat because he believes that “the voice of members could be heard more and incorporated more in every decision made by the club.”

Of the members, by the members and for the members. It’s this motto that has been the basis for every vote that he’s cast since being elected to the board.

“I don't believe that many members realize how much say they have in club matters,” says Hamilton. He wants parents to know that they have a voice through who they elect to the board, and urges members to get to know the candidates before casting their vote each November. “Elected board members will then work closely with SCSC management on behalf of the membership to make decisions in the best interest of the club and its members.”



We also talked about the pandemic and how SCSC is adapting to the new landscape. “We should put the survival of the club above all else and make difficult decisions as called for.” He went on to say that board oversight is critical, especially after the recent scandal involving former head coach John Bitter. He adds, “it's needed even more now in the age of COVID to ensure the club's survivability.”

Before finishing our talk, Hamilton shares his game plan for SCSC. First, is to maintain Silver Medal Club recognition from USA Swimming this year and aim for Gold Medal Club status going forward.

He sees SCSC achieving this objective in two ways: Building on the strong foundation of gifted swimmers and great coaches that we already have in place, and attracting new talent to the club, both athletes and coaches. “To finalize the head coaching position is another high priority. The Board of Directors has the fiduciary duty to hire the best head coach. We owe the general membership to explore both internal and external candidates.”



Image: Ada Yokota/Getty Images

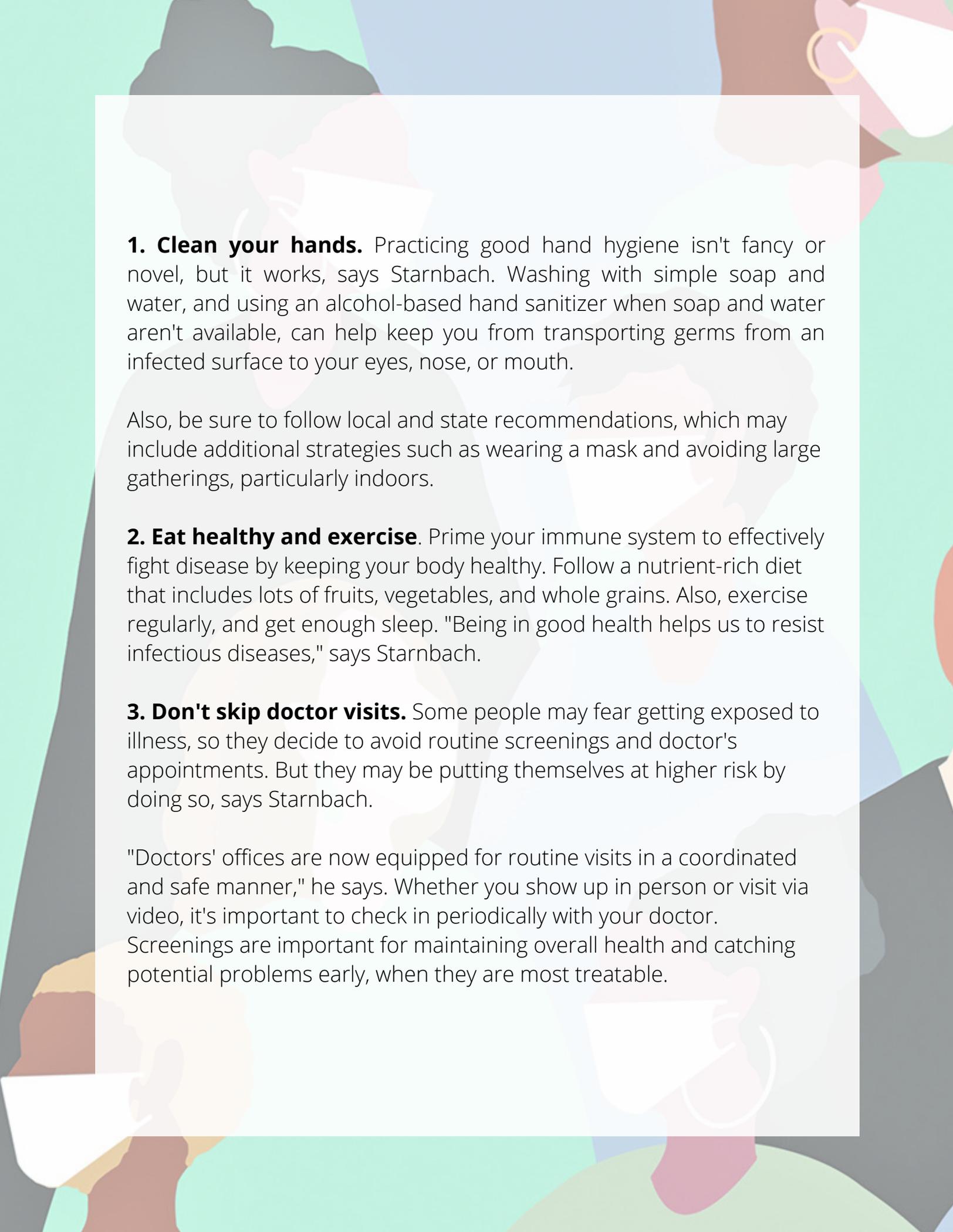
5 Tips to Help You Stay **HEALTHY** this Winter



Even in an unusual year, tried-and-true strategies are still the best way to prevent illness.

Staying healthy is likely at the top of your list almost every winter. But this year, in the midst of a pandemic, it may be even more of a concern than usual. You might wonder: should you be taking special supplements to boost your immune system, or investing in cleaning devices to zap germs?

While the viral threats may be different from usual this year, the truth is that you should still be using many of the same strategies that you use in a typical year, says Michael Starnbach, a professor of microbiology at Harvard Medical School. Below are five of his top tips that can help you keep yourself and your loved ones safe.

The background of the page features a stylized illustration of several people's heads and shoulders, all wearing white face masks. The illustration uses a flat, graphic style with muted colors like teal, light blue, and soft pink. The people are positioned around the central text area, creating a sense of a community or a public health context.

1. Clean your hands. Practicing good hand hygiene isn't fancy or novel, but it works, says Starnbach. Washing with simple soap and water, and using an alcohol-based hand sanitizer when soap and water aren't available, can help keep you from transporting germs from an infected surface to your eyes, nose, or mouth.

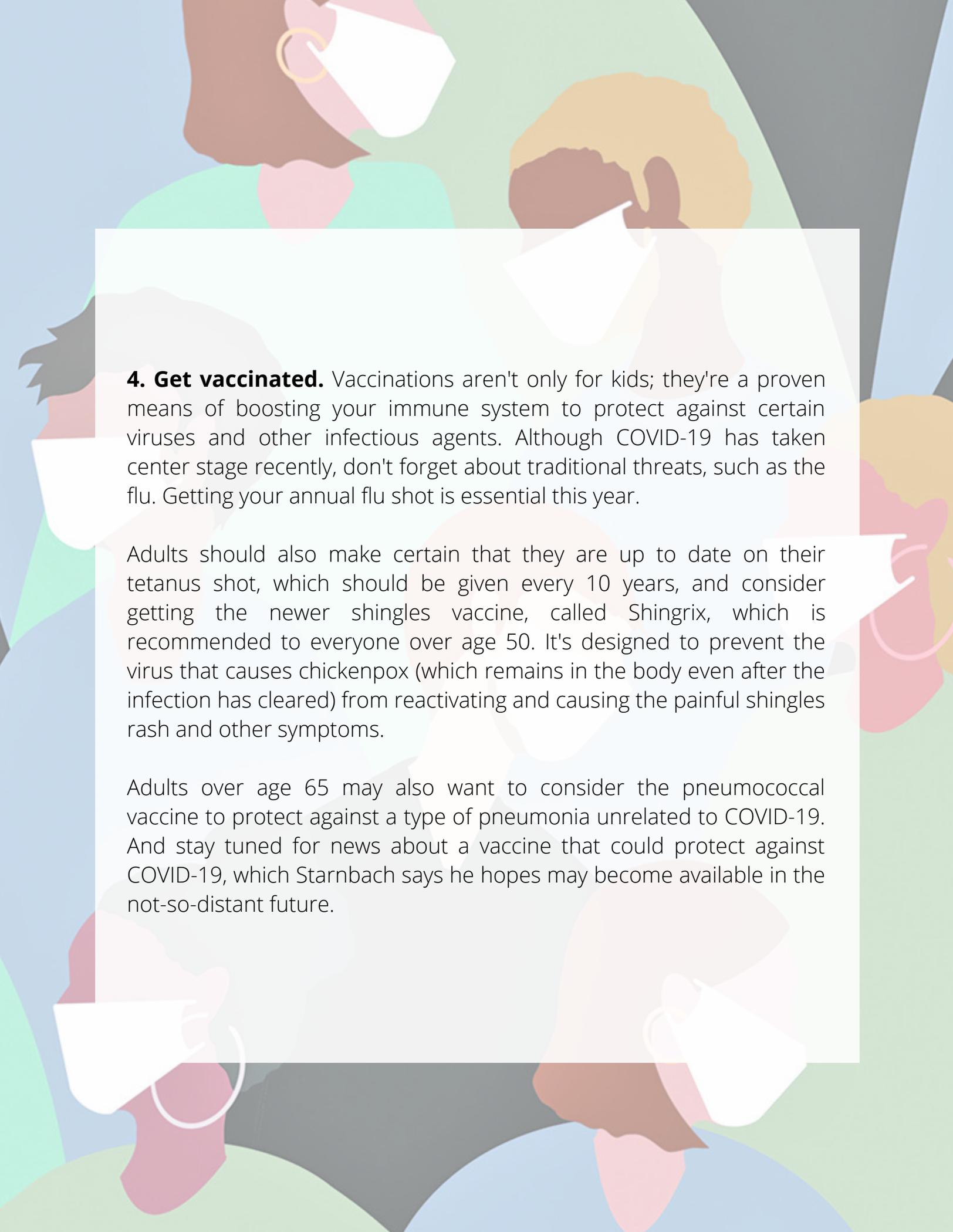
Also, be sure to follow local and state recommendations, which may include additional strategies such as wearing a mask and avoiding large gatherings, particularly indoors.

2. Eat healthy and exercise. Prime your immune system to effectively fight disease by keeping your body healthy. Follow a nutrient-rich diet that includes lots of fruits, vegetables, and whole grains. Also, exercise regularly, and get enough sleep. "Being in good health helps us to resist infectious diseases," says Starnbach.

3. Don't skip doctor visits. Some people may fear getting exposed to illness, so they decide to avoid routine screenings and doctor's appointments. But they may be putting themselves at higher risk by doing so, says Starnbach.

"Doctors' offices are now equipped for routine visits in a coordinated and safe manner," he says. Whether you show up in person or visit via video, it's important to check in periodically with your doctor.

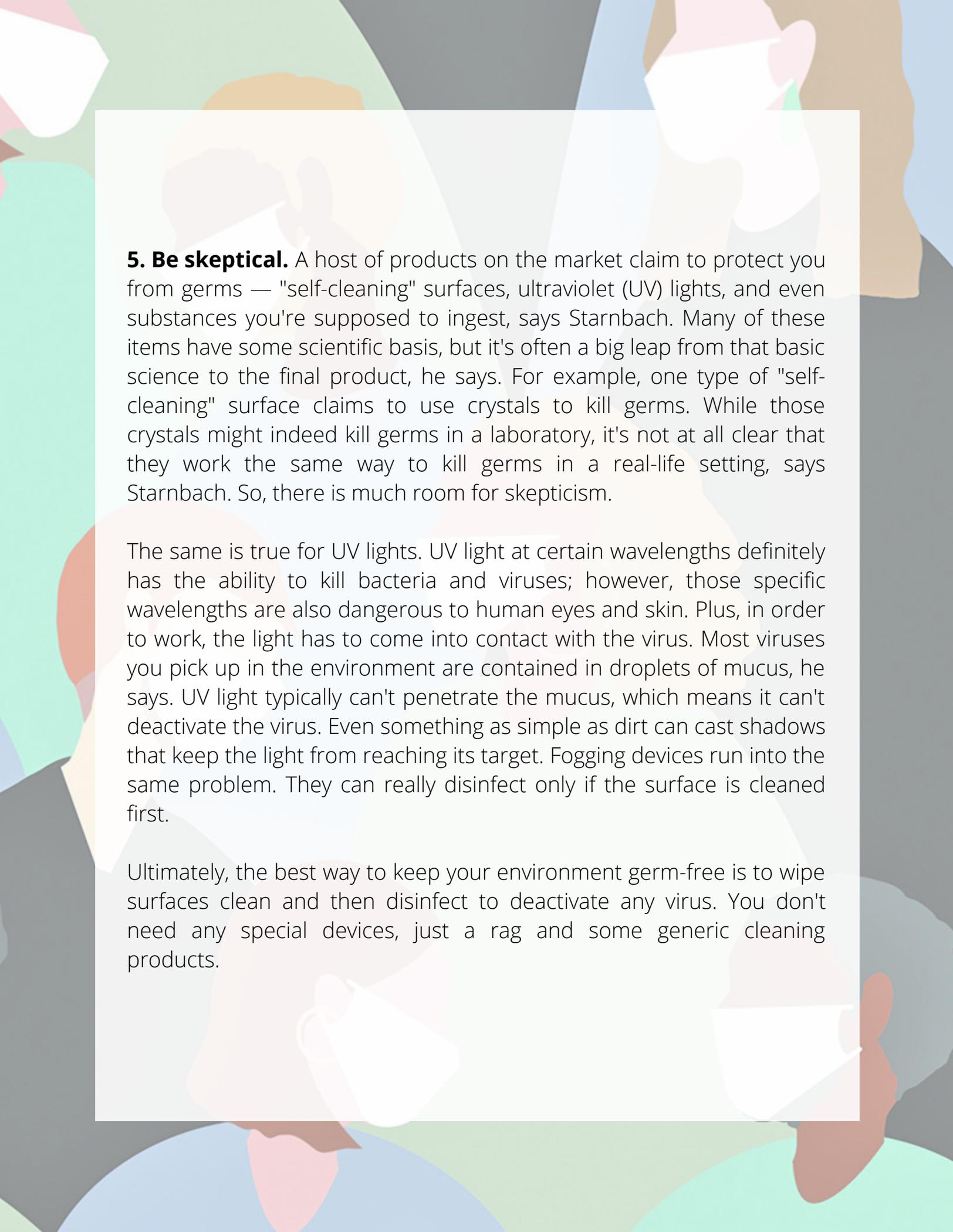
Screenings are important for maintaining overall health and catching potential problems early, when they are most treatable.

An illustration of a diverse group of people wearing face masks. The background is a collage of colorful, semi-transparent shapes representing different people. In the foreground, several people are shown from the chest up, wearing white face masks. The colors of their clothing and hair are varied, including shades of green, blue, pink, and brown. The overall style is modern and graphic.

4. Get vaccinated. Vaccinations aren't only for kids; they're a proven means of boosting your immune system to protect against certain viruses and other infectious agents. Although COVID-19 has taken center stage recently, don't forget about traditional threats, such as the flu. Getting your annual flu shot is essential this year.

Adults should also make certain that they are up to date on their tetanus shot, which should be given every 10 years, and consider getting the newer shingles vaccine, called Shingrix, which is recommended to everyone over age 50. It's designed to prevent the virus that causes chickenpox (which remains in the body even after the infection has cleared) from reactivating and causing the painful shingles rash and other symptoms.

Adults over age 65 may also want to consider the pneumococcal vaccine to protect against a type of pneumonia unrelated to COVID-19. And stay tuned for news about a vaccine that could protect against COVID-19, which Starnbach says he hopes may become available in the not-so-distant future.

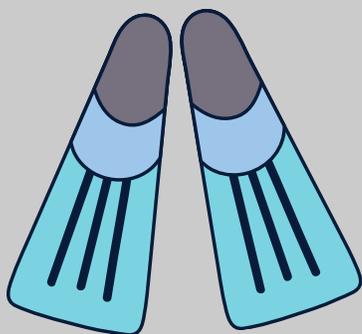
The background of the page features a stylized illustration of several people's heads and shoulders, all wearing white face masks. The illustration uses a flat, colorful style with shades of green, blue, orange, and grey. The people are arranged in a group, with some in the foreground and others slightly behind, creating a sense of a crowd or a community. The overall tone is clean and modern.

5. Be skeptical. A host of products on the market claim to protect you from germs — "self-cleaning" surfaces, ultraviolet (UV) lights, and even substances you're supposed to ingest, says Starnbach. Many of these items have some scientific basis, but it's often a big leap from that basic science to the final product, he says. For example, one type of "self-cleaning" surface claims to use crystals to kill germs. While those crystals might indeed kill germs in a laboratory, it's not at all clear that they work the same way to kill germs in a real-life setting, says Starnbach. So, there is much room for skepticism.

The same is true for UV lights. UV light at certain wavelengths definitely has the ability to kill bacteria and viruses; however, those specific wavelengths are also dangerous to human eyes and skin. Plus, in order to work, the light has to come into contact with the virus. Most viruses you pick up in the environment are contained in droplets of mucus, he says. UV light typically can't penetrate the mucus, which means it can't deactivate the virus. Even something as simple as dirt can cast shadows that keep the light from reaching its target. Fogging devices run into the same problem. They can really disinfect only if the surface is cleaned first.

Ultimately, the best way to keep your environment germ-free is to wipe surfaces clean and then disinfect to deactivate any virus. You don't need any special devices, just a rag and some generic cleaning products.

A DAY IN
THE LIFE
OF A



SWIM

COACH



WAKE UP

5:30

Morning Walk





Coffee Time!



...but make it JEA



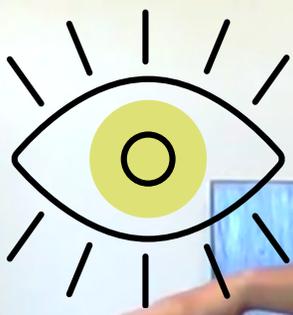
FF
Famgining Out at SSC



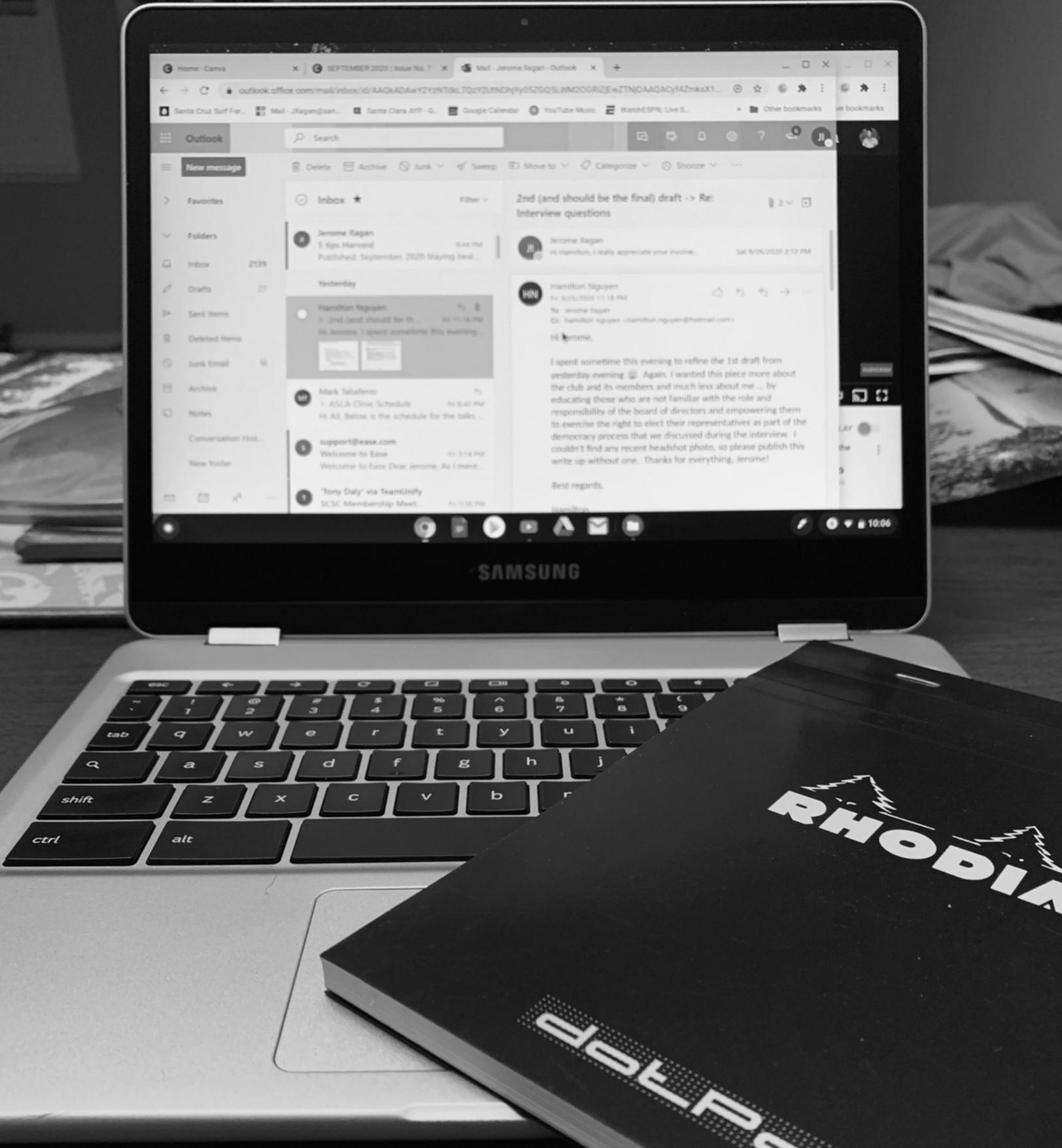
Participants (30)

- JI Jerome Ilagan (Me)
- A. Noroña (she/her) (Host)
- JK Jennavieve Kunz (Co-host)
- Franchesca Escobar
- Marq Viloría
- Guadalupe Carrasco
- Julio Lopez Rubio (he/him)
- TR Tyler Reyes
- IV Isabella Vallejo
- A alexanderorbe
- AV Alejandro Villalobos
- NT Nataly Trejo Cruz
- GS Graciela Silva Castaneda

Raise Hand
 yes
 no
 go slower
 go faster
 more



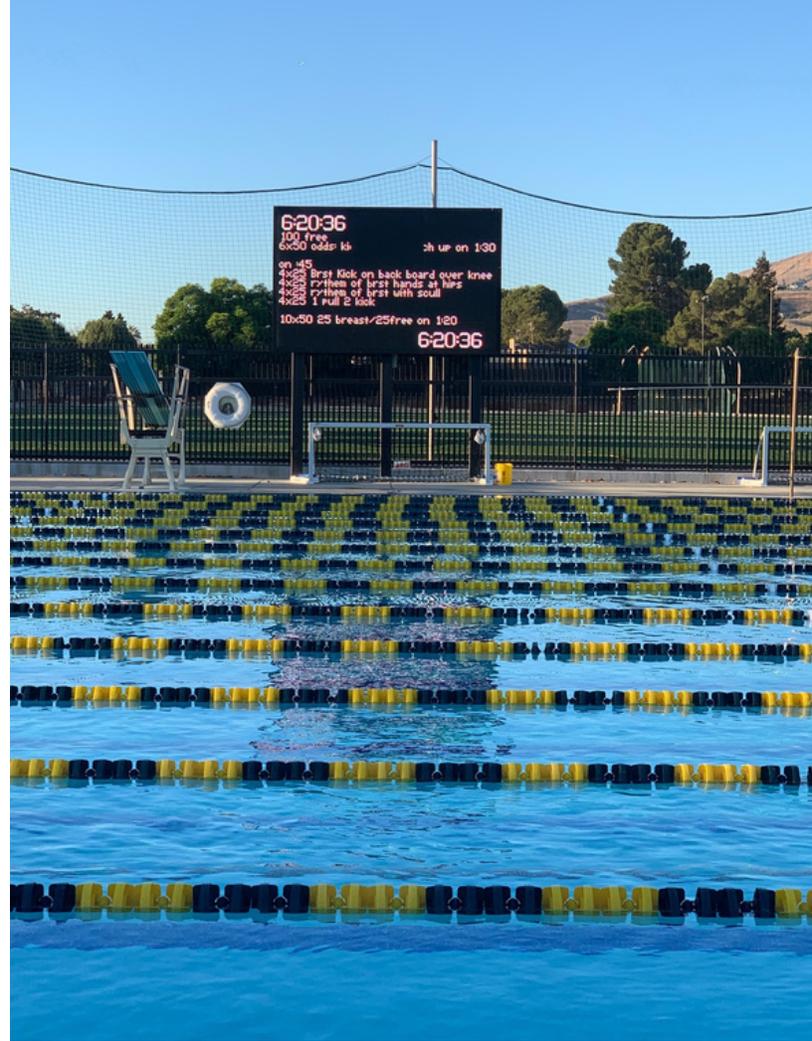
yoga time



emails + lesson planning

Round 2!









Dinner time!



work wrap up and social media



love_ethic_yoga 11h



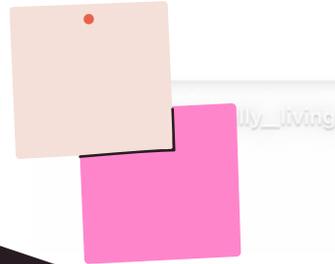
Eunique's Playing #CultureTags
@eunique

Y'all pronounce it Ginger RAIL or
Ginger ALE?



Smoke
@terrill

Gin Jarrell





Works Cited

Five Tips on How to Stay Healthy this Winter. Harvard Women's Health Watch, September 2020. <https://www.health.harvard.edu/staying-healthy/5-tips-to-help-you-stay-healthy-this-winter>

Yokota, Ada. (Photo Credit) <http://www.health.harvard.edu/staying-healthy/5-tips-to-help-you-stay-healthy-this-winter>