**Hollywood Buddhist Church (HBC) Autumn Greetings**

After a very long wait and getting through COVID we finally opened with a service on Saturday, October 22nd. Due to the limited number of ministers at our mother temple (Nishi Hongwanji Buddhist Temple), it is difficult to provide services on Sundays so we had our opening service on a Saturday. There were about 30 people in attendance and it was so nice to see everyone face to face. The service was followed by HBC's famous luncheon including many homemade dishes and Amy Masumiya's delicious cupcakes. We all had such a good time that many people did not want to leave. We hope to have more regularly scheduled services in the future. HBC’s next service will be held in the Social Hall on Saturday, December 17, 2022 at 10am. Please join us

for the end of year, Oseibo taikai service followed by our delicious potluck luncheon.

In Gassho (with hands together),

Rosanne Takahashi, HBC President

**Rosanne’s Health Care Message**

As we enter the fall season, as a healthcare provider I am reminded that we are also entering flu season. The past couple of years we have been complying with safe practices for COVID which kept the incidences of flu down. However now that the rules have relaxed or been removed and children are going back to school, the concern is now looking at preparing for another COVID surge and increase in flu cases. Our immunity to the flu is down since we have not been exposed to the virus the past couple of years so we need to get a boost by getting vaccinated. The flu season has already begun and now there is an increase of RSV (respiratory syncytial virus) in small children and older adults.

Below are some tips regarding COVID and the flu:

・Get your flu vaccine - it's not too late. For those over 65 years old, check with your physician regarding the 'extra strength' vaccine. This will help to boost your immunity for the flu virus.

・Get your COVID booster—I have had my 2 COVID vaccines and 3 boosters. The latest booster

helps build your immunity to the latest variant of COVID. If you have had COVID recently, please

check with your physician as many of them have differing ideas of how long after having the virus you should be vaccinated or if you need to get your booster vaccine at all.

・Wash your hands—continue with good hand hygiene. Wash your hands when you go out and

come back home. Wash your hands before eating.

・Wear a mask whenever you are going out to an indoor area where there are people i.e., grocery store, indoor shopping, etc.

・Stay home if you are sick or have any symptoms Remember, the vaccinations for the flu and COVID do not prevent us from getting it, but it will minimize the severity of the symptoms.

Take care, continue with safe practices, and remain healthy.