Hey neighbors:

So it seems that things continue to move quickly to more restrictions and the potential likelihood of childcare centers not being available and other community restrictions so I think that using the spreadsheet and calendar to help address our small community needs may be helpful and keep us in a much smaller exposure group. Whatever we can do to support each other is helpful and I totally understand that some choose to be more isolated and all deal with these types of stressors differently. I think we need to prioritize keeping health care providers safe so whatever we can do to help. I also recognize this drastic routine shift for all of our families will add to stress so we should try to create ways to decompress - breaks from childcare responsibilities, ways to interact appropriately, help with food and other necessary errands to ease the burdens. Keeping our group small is important for this to be effective, but feel free to share the example below with others if you think it may be a helpful format for them to use within their communities.

Non identifiable versions:
Spreadsheet
Letter

I also think awareness of health status is helpful but appreciate privacy and confidentiality so you can update your status if you wish to display: symptoms, testing, confirmed, etc.

Back to ways to help us and include on the calendar…

- Grocery shopping or errand needs
- Group exercise (walks, runs, yoga class with appropriate social distancing)
- Making large quantities of food to alleviate cooking stressors (I am always up for fun food production and will be roasting cabbage and corn beef if you need to satisfy your inner Irishman Tuesday)

Be well...