

## CARE-VAN HITS THE ROAD

In our continuing effort to keep our members safe and healthy, we are providing Care-Van Deliveries to our members. Any member who is sheltering at home without a safe way to get groceries can now get doorstep deliveries of food, personal care products and more. Members need only to let staff know what they need. On our first day of deliveries, eight members were supplied with fresh produce and dairy, canned goods, cleaning supplies and even toilet paper! The Academy will continue these Care-Van Deliveries as needed throughout this pandemic.



(left to right) Phil Boyer and William McKeever load the van with fresh produce, canned goods, paper products and cleaning supplies needed by our members.

## Wellness

by Chanaka Weerasinghe

During this week's Wellness Wednesday meeting conducted through Zoom, the topic was healthy snacks. I learned the importance of a balanced diet rather than the usual unhealthy bag of chips or one food group. A snack should include protein, healthy fat, and carbs. An example of protein was smoked salmon, an example of fat was cheese, and an example of carbs was pretzel chips. Snacking on fruits and vegetable is also a great idea.



## BEING AT PEACE WHEN THINGS ARE HARD

by Chantel Gingerich

It started out to be a regular day. And then came the news about the coronavirus that made everyone freak out and run to the stores, buying everything in sight like it was the end of the world. My mom and I went to do our regular shopping and the shelves were empty. This is a scary time, but panicking like that makes it worse.

My job as a food demonstrator was put on hold. The company let me work doing sanitizing but after one shift I knew it was too hard on my back. So there's no work until this thing is over. My mom and I are at home, not going out or seeing people. We are spring cleaning the house; I'm painting, doing puzzles and even building Lego sculptures like a kid. Being outside in the yard helps; listening to the birds and feeding the squirrels. I cooked on the grill like my dad taught me. The days feel long but these things help me feel better, and bring me peace.

I was so sad when the Academy closed temporarily, and even though I miss going there, I stay connected with everyone on Slack and Zoom. I'm so happy for technology! On Slack, I can see what my friends are doing, and we can share what this time is like for us, and just pass the time together. Now our daily Academy meetings are on Zoom! It's wild; we're all on video together and get to see each other's faces! It makes me happy. I am blessed to have the Academy in my life. The days are still long, and so are the nights, but we will get through this together, and life will get back normal.

Love, Chantel

Chantel is a wonderful artist. This is one of the pieces she created recently to help pass the time until the Academy reopens after the pandemic.

