

Email to ongoing supporters (payroll deduction, pledge, monthly) to see how they are doing, to thank them for their support, to demonstrate impact of their gifts and how the Libraries are using them at this time

# UMassAmherst Libraries



Our campus is proud to join nationwide tributes to honor COVID-19 pandemic frontline workers today by illuminating the two top floors of the W. E. B. Du Bois Library with blue lights.

Dear

You and other Friends of the Libraries have been very much on my mind lately. While I don't know exactly what you're going through, I want you to know that I'm thinking of you and hoping you are safe and healthy.

I am humbled by your ongoing generosity especially during this most difficult time. The impact of your gifts will help our students, our faculty, and staff help get us through this current crisis together.

These are unique and challenging times for all of us, and the staff at the Libraries are continuing to work hard to support our campus community. Even though the Libraries' doors are closed, we are busy working remotely to support the UMass community in teaching, learning and research, and have compiled [a page of resources for remote learning and instruction](#) on the Libraries' website. The page is continually updated and includes information on requesting and borrowing materials, accessing course reserves,

connecting with librarians for research assistance, and more. It's because of your consistent support that we can provide these resources and services to help our students successfully complete the semester – thank you!

I'm inspired by the difference you make each day. Please know that you are in my thoughts and I'm sending my best wishes for you and the people close to you.

With gratitude,  
Kim

Kim D. Fill '01  
Assistant Director of Library Annual Giving and Donor Relations  
UMass Amherst Libraries

[Click here](#) for information about UMass Amherst's response to Covid-19

UMass Amherst Libraries, W. E. B. Du Bois Library  
154 Hicks Way, Amherst MA 01003  
[friends@library.umass.edu](mailto:friends@library.umass.edu)

Email to loyal supporters (long time, portfolio) to see how they are doing, to thank them for their support, to demonstrate impact of their gifts and how the Libraries are using them at this time

# UMassAmherst Libraries



Our campus is proud to join nationwide tributes to honor COVID-19 pandemic frontline workers today by illuminating the two top floors of the W. E. B. Du Bois Library with blue lights.

Dear

You and other Friends of the Libraries have been very much on my mind lately. While I don't know exactly what you're going through, I want you to know that I'm thinking of you and hoping you are safe and healthy.

I am humbled by your steadfast support especially during this most difficult time. The impact of your gifts will help our students, our faculty, and staff help get us through this current crisis together.

These are unique and challenging times for all of us, and the staff at the Libraries are continuing to work hard to support our campus community. Even though the Libraries' doors are closed, we are busy working remotely to support the UMass community in teaching, learning and research, and have compiled [a page of resources for remote learning and instruction](#) on the Libraries' website. This page is continually updated and includes information on requesting and borrowing materials, accessing course reserves,

connecting with librarians for research assistance, and more. It's because of your steadfast support that we can provide these resources and services to help our students successfully complete the semester – thank you!

I'm inspired by the difference you've made each day. Please know that you are in my thoughts and I'm sending my best wishes for you and the people close to you.

With gratitude,  
Kim

Kim D. Fill '01  
Assistant Director of Library Annual Giving and Donor Relations  
UMass Amherst Libraries

[Click here](#) for information about UMass Amherst's response to Covid-19

UMass Amherst Libraries, W. E. B. Du Bois Library  
154 Hicks Way, Amherst MA 01003  
[friends@library.umass.edu](mailto:friends@library.umass.edu)





## We hope YOU are well...

I hope this note finds you and your loved ones safe and healthy during this crazy time! You are part of the CHA family and we care deeply about you! We are extremely grateful for your support of our children and families.

We have been working around the clock to ensure the health and safety of our children and staff members. We are going above and beyond the prescribed precautions to ensure everyone's safety and we would like to know how you are faring.

A few of our cottages are under quarantine just to be safe. Other staff are self-quarantined at home, but so far no one in our circle has tested positive, and we pray that things stay that way!

During times of anxiety and job loss, we anticipate an increase in need of our services. Like many of you, we aren't quite sure what to expect, but we are praying for the best! We are training staff next week on providing resources, therapy, and support to families over video conferencing. Right now there is no code for helping families in crisis, so we can't bill anyone for our services but feel getting help to those who need us is not only the right thing to do but the only thing to do!

We would love to hear how you are coping with COVID-19 and answer any questions you might have about how all of this is affecting our mission.

Barium Springs, Grandfather Home, and Children's Hope Alliance, wouldn't be able to provide Hope, Health, and Healing to North Carolina's children and families in need without YOU. We are grateful for your love, prayers and financial support.



Social distancing is an act of caring, but we want to stay connected with you. My email is [Lmfees@childrenshopealliance.org](mailto:Lmfees@childrenshopealliance.org) and you can call or text me at 704-929-9871.

Blessings,

Lorie

[Visit our website](#)

Connect with us





# CONNECTING OUR CLASSROOMS TO OUR COMMUNITY!

## GENERATING ACTS OF KINDNESS

### Life has changed for everyone.

Amid these daily changes over the last several weeks (and in the weeks to come), it is refreshing to hear of the kind and generous things that our families and community are doing for one another —encouraging those on the front lines of response to the COVID-19 pandemic and helping those whose lives have been adversely impacted.

### Want to be a part of sharing kindness, compassion, generosity and hope?

GCSF is all about **connecting the community to our classrooms**, but during these times we want to **connect our classrooms to our community!** Show us what you are doing to connect. Send pic/video to [vbrown@gcsc.k12.in.us](mailto:vbrown@gcsc.k12.in.us) describing what your student/family did to encourage others during this time. We will post this to our Facebook page. A weekly drawing will be held for a gift card to a local restaurant.

### Ideas to CONNECT:

- Write a note of encouragement to health care workers and frontline responders
- Get carryout at a local restaurant
- Plant a garden and share with your neighborhood
- Order a pizza and send to someone who might need it
- Color a picture and mail it to a nursing home
- Sing a song and post it
- Do a dance and post it
- Tell your teachers how much you appreciate them

**There are all kinds of ways. Share yours today.**

**Be part of Connecting Our  
Classrooms to Our Community!**

APRIL 2020



<https://www.facebook.com/GCSFoundation/>

Lion Coloring Sheet was shared on the TAMUC Alumni Facebook for alumni and family to do while they have time together at home.

From Texas A&M Commerce





Click [here](#) to view this as a web page.



Ronald McDonald  
House Charities®

Donate



## Family-Centered Fun

Download RMHC Fun Activities for Kids!

Dear Friend,

We're grateful for all you do to help us provide physical and emotional support to families with ill and injured children around the world. With help from people like you, we nurture programs that directly improve the health and well-being of children and their families — and now, we'd like to bring that focus to you and your loved ones.

**These days, *many* families are going through challenging times.**

Our lives have all been disrupted, and we know some children are struggling to adjust to missing school and their friends. In times like these, family connections are more important than ever.

**That's why we're inviting you to brighten a child's day when you download and print (or forward and share!) our Fun Activities for Kids.**

Help a young child complete them for some light-hearted fun, or send the activities to a family with children, along with your warm wishes.

## Download RMHC Fun Activities for Kids!

At Ronald McDonald House Charities, supporting families is what we're all about. And now, we want to support the families in your life!

**Please share these Fun Activities for Kids with a child or children in your life, and bring some smiles out to play.**

We hope all of your loved ones are healthy — and that you are as well.

With gratitude,



Sheila Musolino  
President & CEO  
Ronald McDonald House Charities

P.S. RMHC Chapters continue to do everything they can to help families support sick children in the midst of the COVID-19 pandemic.

**Make a donation today to help provide relief to RMHC Chapters experiencing financial hardships now and in the future.** Your caring generosity makes a real difference. Thank you so much!

## #KeepingFamiliesClose



RMHC is a non-profit 501(c)(3) corporation and funding for our programs comes from a variety of sources. While McDonald's is our founding mission partner, since they helped us open the first Ronald McDonald House over 45 years ago, no individual company can, or should, solely fund all RMHC programs and the growth needed to serve more families. We are thankful for the generosity of individual and corporate donors and greatly value any support you can afford to RMHC, whether it's through cash donations, your time or fundraising efforts.

Follow Us:    

You received this email because you have supported Ronald McDonald House Charities through an online donation and/or joined our Friends of RMHC online community. Thank you for staying connected to our mission by receiving periodic updates on our programs; you can see the impact your support makes in helping children in need. Your information will be used only for RMHC communication purposes and will not be shared with any third parties.

This email is sent directly from Ronald McDonald House Charities and includes secure links to our website. However, if you want extra peace of mind that your donation dollars are going to the right place, link through [www.rmhc.org](http://www.rmhc.org).



If you wish to opt-out of future email communication, please click on the unsubscribe link below.

[IRS Tax Return \(PDF\)](#) | [Privacy](#) | [Unsubscribe](#)

© 2020 RMHC. The following trademarks used herein are owned by McDonald's Corporation and its affiliates; McDonald's, Ronald McDonald House Charities, Ronald McDonald House Charities Logo, RMHC, Ronald McDonald House, Ronald McDonald Family Room, Ronald McDonald Care Mobile and Keeping families close.

4/22/2020

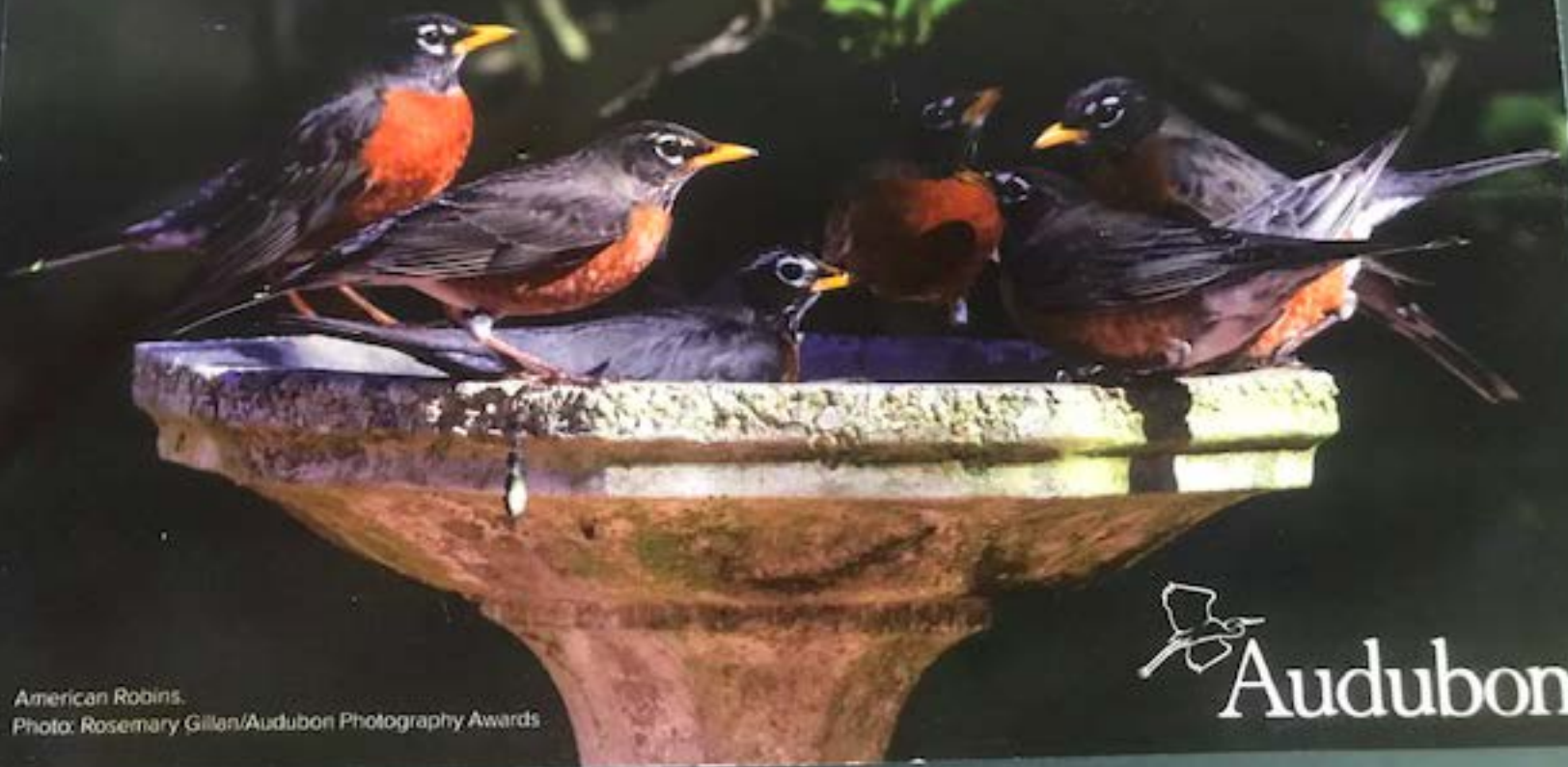
Ronald McDonald House Charities, Inc.

110 N. Carpenter Street | Chicago, IL 60607

[Update Profile](#) | [Update Email Preferences](#) | [Visit our website](#) | [Unsubscribe](#)



**At times like this,  
we're thinking of  
our flock.**



American Robins.  
Photo: Rosemary Gillan/Audubon Photography Awards

 **Audubon**





Audubon

225 Varick Street, 7th Floor  
New York, NY 10014  
[www.audubon.org](http://www.audubon.org)

Dear Nicole,

I'm reaching out to wish you and your family well as we work to adjust to life in the face of COVID-19. The situation is changing every day, but one thing remains the same: Especially during uncertain times like these, birds give us a sense of comfort, renewed inspiration, and a special connection to the natural world. **I can't thank you enough for all you do to protect them as a member of the National Audubon Society.**

During this period of social distancing, I wanted to share some of our favorite videos, photo albums, and articles about the birds we all love — a "care package" of sorts. I hope you enjoy it and that it provides a small moment of joy today and whenever else you might need it. Please take a look at [www.audubon.org/joy-of-birds](http://www.audubon.org/joy-of-birds).

Stay safe,

President & CEO

---

We are sending out weekly newsletters to our children. Avow Kids provides grief & loss support services to children ages 5-17.



<https://avowcares.org>

Support Our Mission

---

**From:** Avow Kids <[avowkids@avowcares.org](mailto:avowkids@avowcares.org)>  
**Sent:** Friday, April 17, 2020 12:21 PM  
**To:** Teresa Stohs <[Teresa.Stohs@avowcares.org](mailto:Teresa.Stohs@avowcares.org)>  
**Subject:** Avow Kids Games & Resources

\*\*\*NOTICE\*\*\* This email originated from an external source. Please use caution when replying, clicking on links, or opening attachments.



# We're Here for You!

Dear Avow Kids Parent/Guardian:

Wow, it's been more than a month since most of the Avow staff started working from home, dealing with many of the same challenges you're facing with home schooling and staying sane while quarantining. If you add the extra challenge of a child navigating emotions from a loss, as their parent or guardian tries to do the same; well, that's pretty tough. We want you to remember we're here for your family if you need help along your grief journey. Many of our adult and Avow Kids support groups have moved online during this time. [Click here to see the full schedule](#) and get instructions for signing up.

Feel free to get in touch with us any time at (239) 261-4404. Avow Kids will send emails in the coming weeks with additional fun projects, new coping skills, and tips to help take the pressure off finding resources. We hope to bring some joy to our Avow families in this time.





## Parent Corner

As the stay-at-home order continues, families are around each other more now than ever. Feelings and emotions can run high. Here's a good check-in used by many psychologists, play therapists, and folks going through big changes.

Take a moment to H.A.L.T.

Check in if you or your kids are ***Hungry, Angry, Lonely, or Tired***. It seems simple, but if we don't take care of the basics our emotions can be harder to regulate. Kids can explode, parents may be short-tempered, and families can experience a harder time all around.

- **Hungry** - We all need to eat, but it's important to also eat healthy. When our bodies have their nutritional needs met, our brains function better and we think clearly about situations. Check in if you've gone too long without something good to eat. Hunger can also be for affection and care which are just as important to our kids. How long has it been since the last good hug happened? Parents need hugs too!
- **Angry**- We're all going to be angry at one point or another in this. Knowing how to express anger in a healthy way, and what caused the anger are big things. We can be angry at a situation (maybe stuck at home with no friends), a person, or even our own actions. When we can say what is bothering us we can start to figure out how to calm that big emotion. Talking about the situation, exercising, cleaning, painting, journaling, or even time away from the situation can help us deal with our angry feelings. Being constructive rather than destructive is a better way to deal with anger. Ms. Jenni even encourages parents that it's okay for them to take a five-minute time out if you feel your anger coming up. Take some calm breaths in a room with the door closed to help regulate your emotions.
- **Loneliness**- Unfortunately this is one that many of our kids are feeling right now. Encourage kids to reach out in the ways they can. Make a phone call, send a text, mail a card, FaceTime with family, etc. These are all ways to combat the loneliness we are all experiencing. Connecting with your support system eases loneliness. Maybe it's your best friend or your favorite aunt, find a way to reach out even if we can't be together in person.
- **Tiredness** - Even though we are home and going less places, it's pretty exhausting for everyone. We all need sleep, rest, and energy. Getting a good night's sleep or even a nap during the day may be all your child needs to turn around a bad day. If there's not enough time for a nap plan a rest break listening to calm music, or taking some deep breaths to give an energy boost. We all need time to recharge our batteries before we are fully prepared for big emotions. Try to build rest into the day, including a set bedtime and nap break for younger kids during the day.

# Special Virtual Improv Class for Avow Kids

## April 21st!

Avow Kids is partnering with The Naples Players for a one-day virtual improv class for children aged 9 - 13. This is a first come, first served event for the first 15 kids that sign up. RSVPs are required to join virtually, so sign up fast!

When: Tuesday, April 21, 2020

Time: 3:30 PM - 4:30 PM

Where: You will join virtually on your computer

RSVP: [avowkids@avowcares.org](mailto:avowkids@avowcares.org)



# DIY Art At Home

## Sending a Hug!

1. Spread out some long paper or tape a few sheets of regular paper together on the back side.
2. Have your child lay down with their arms wide out on the paper.
3. Trace their head, arms, hands, and upper torso.
4. Have them decorate their tracing with markers, pencils, collage, paint, etc.
5. In the empty space have them write a message to the person they wish they could hug right now.
6. Fold it up, put it in an envelope, and send it in the mail.
7. You have now sent a hug to someone!

See Ms. Jenni's hug for all of the Avow Kids below!

Inspired by <https://www.theleangreenbean.com/mail-a-hug/>





# Making Music at home

Check out this video from North Austin Music Therapy about making homemade musical instrument shakers. This is great way to use the plastic eggs that might left around the house from the holidays.



## Upcoming Support Groups and Individual Sessions

### **Pre-teen and Teen Girls Support Group on Zoom**

This group offers social and emotional support for pre-teen and teen girls by encouraging them and connecting them with other girls their own age who are also struggling with quarantine.

When: Tuesdays, April 21, 28, and May 5, 2020

Time: 4:00 PM - 5:00 PM

Where: You will join virtually on your computer or phone-in line

Who: Pre-teen and teen girls, led by a licensed/credentialed counselor

Please email [jenni.ford@avowcares.org](mailto:jenni.ford@avowcares.org) to register

### **Virtual Improv Group**

Avow Kids partnered with The Naples Players for a one-day virtual improv class for children aged 9 - 13. ***This is first come, first served and we only have a few spots left.*** RSVPs are required to join virtually, so sign up fast!

When: Tuesday, April 21, 2020

Time: 3:30 PM - 4:30 PM

Where: You will join virtually on your computer

RSVP: [avowkids@avowcares.org](mailto:avowkids@avowcares.org)

### **Virtual High School Seniors Celebration & Support**

This is an online support group for high school seniors ANYWHERE in the world! The premise of the group is to validate the unique losses that seniors are facing due to the COVID-19 health emergency, and offer them a platform to celebrate their hard-earned accomplishments as they transition into their next chapter.

When: Wednesday through May

Time: 2:00 PM - 3:00 PM

Where: You will join virtually on your computer or phone-in line

Who: Open to high school seniors anywhere, led by licensed/credentialed counselors.

You MUST RSVP to receive the Zoom invitation. You can RSVP by emailing [avowkids@avowcares.org](mailto:avowkids@avowcares.org) or calling (239) 261-4404.

Please read the [guidelines](#) and [Zoom disclaimer](#) for all online support groups.

**Avow Kids are now using FaceTime and Zoom to offer virtual private individual or family sessions to address the current changes people are facing with the COVID-19 health emergency. You are not alone if you're facing challenges with finding balance between work, online school, and family time. If this sounds familiar, we want to offer some supportive counseling to you and your kids. Schedule a FaceTime or Zoom virtual individual or family session by calling 239-261-4404 or e-mail [avowkids@avowcares.org](mailto:avowkids@avowcares.org). Flexible appointments are available Monday through Friday.**

## **Teen Zone**

Christine L. Carter Ph.D has some great suggestions for parents of teens in her Psychology Today article "How to Help Teens Shelter in Place".



- Expect them to contribute to the household in meaningful ways. This can be cooking a family meal, helping plan a fun activity for the whole family, or even teaching everyone a TikTok dance.
- Allow them to manage themselves, their own schoolwork, and their other responsibilities. She suggested to try this with as minimal pressure and cajoling as possible. Giving them space to operate freely, within limits, can go a long way with teens.
- Ask them to help with work to the extent that they can. That help might be asking your teen to simply do the best they can, not to interrupt during work hours if possible, or to help manage some younger kids for an hour while you work. Christine states explain, rather than accuse. "I feel embarrassed and stressed when I'm on a video call, and you keep poking your head in to ask questions," instead of "It is inconsiderate and selfish of you to keep interrupting my meetings."
- Use non-controlling, non-directive language. Try to ask questions instead of telling them what to do. If you can get them engaged in the conversation they have more buy-in to do what is best for the whole family. A great question is "What's your plan?" They still have some control of their own behavior and they are problem solving difficult situations.
- Acknowledge that all of this is hard. This is amazingly hard on them and we can validate that feeling. It's also a great way to show them that they can do hard things.

## Mindfulness

When our everyday lives are disrupted and we feel overwhelmed, disappointed, angry, or frustrated it can be helpful to practice mindfulness activities. It teaches us to get in tune with our emotions at this moment and feel without judgment. Guided meditation can help us tune up our mindfulness skills.

Here's a guided meditation for relaxation and mindfulness that's meant for kids and adults. You can find more videos like this on Avow.TV. Just type Avow.TV into your web browser on your computer or mobile device to see a list of support videos.



Avow, Inc. | 1095 Whipporwill Drive, Naples, FL 34105

Unsubscribe [teresa.stohs@avowcares.org](mailto:teresa.stohs@avowcares.org)

[Update Profile](#) | [About Constant Contact](#)

Sent by [avowkids@avowcares.org](mailto:avowkids@avowcares.org) in collaboration with



This message is intended only for the individual or entity to which it is addressed and may contain information that is medically privileged, confidential and exempt from disclosure under applicable law. If the reader of this message is not the intended recipient or the employee or agent responsible for delivering the message directly to the intended recipient, you are hereby notified that any dissemination, distribution or copying of this communication is strictly prohibited. If you have received this communication in error, notify us immediately by telephone (239-261-4404 or toll-free 888-484-2869), and reply back to us via e-mail. Thank you.

---

Another example of a weekly newsletter being sent to children who come to Avow Kids for grief and loss support.



<https://avowcares.org>

Support Our Mission

---

**From:** Avow Kids <[avowkids@avowcares.org](mailto:avowkids@avowcares.org)>  
**Sent:** Friday, April 10, 2020 3:15 PM  
**To:** Foundation <[Foundation@avowcares.org](mailto:Foundation@avowcares.org)>  
**Subject:** Avow Kids Games & Resources

\*\*\*NOTICE\*\*\* This email originated from an external source. Please use caution when replying, clicking on links, or opening attachments.



# Hang in There, You're Doing Great!

Dear Avow Kids Parent/Guardian:

By now you've turned your living room or kitchen table into a school space for your little ones. You've loaded up on groceries and toilet paper as much as you can. You may have even become quite creative with maintaining a "normal" way of life. Guess what? You're doing just fine! This isn't easy for anyone, but you're doing the best you can. We hope to ease some of the stress by sharing purpose-driven games and things to do when boredom inevitably hits.

Feel free to get in touch with us any time at (239) 261-4404. Avow Kids will send emails in the coming weeks with additional fun projects, new coping skills, and tips to help take the pressure off finding resources. We hope to bring some joy to our Avow families in this time.





# Parent Corner

## COVID 19 Working from Home Parenting Tips with Mr. Greg

Many parents will find themselves in a new situation, having to juggle both work and parenting from home. No longer are your children in school or daycare seven hours a day. Instead, they're homeschooling for three to four hours a day, which requires you to set them up on computers, get their accounts set up, and make sure they know how to sign in and access their school work. Sometimes this can prove to be a big challenge with multiple kids in the house and limited technology. Depending on their age and level of independence, they will require assistance and periodic checking in on their progress. You may find the following tips helpful in navigating these unique times.

1. Keep a routine schedule for your kids. This is why school works so well with them. Try to start school the same time they normally would or at least the same time every day. Kids do best with routines.
2. Put break times in their schedule. Everybody is going to need breaks during the day.
3. Movement is important during breaks. Get the kids outside and moving around with a bike ride, soccer, chalk art, or some activity that gets their blood pumping.
4. Stay on a consistent sleep schedule. Getting at least 8 hours sleep will help reduce stress.
5. Parenting is not easy; self-care is important. Make sure you give yourself some breaks and time to yourself.
6. Engage in family activities. Do at least one activity a day together. It's easy for everyone to do their own thing with electronic devices. I like going on a family bike ride or walk around the neighborhood.
7. Don't be afraid to ask for support. Avow Kids is a great resource for your family during this loss of normalcy. You can reach us at (239) 261-4404.
8. Name three things you are grateful for each day and have your kids participate. Gratitude helps lift the spirits.
9. As a family, list three positive changes that have come from this time at home. Make sure the kids participate. There are always positive things that come from a change.
10. Limit how much negative news you and the kids are getting each day. This only adds to your stress levels. It is good to be informed but it's also good to take a break from it.

# Special Virtual Improv Class for Avow Kids

## April 21st!

Avow Kids is partnering with The Naples Players for a one-day virtual improv class for children aged 9 - 13. This is a first come, first served event for the first 15 kids that sign up. RSVPs are required to join virtually, so sign up fast!

When: Tuesday, April 21, 2020

Time: 3:30 PM - 4:30 PM

Where: You will join virtually on your computer

RSVP: [avowkids@avowcares.org](mailto:avowkids@avowcares.org)



## DIY Art At Home



## Heart Rocks with Ms. Jenni



- Smooth stones (you can usually find some in the yard or on a walk around the neighborhood)
- Paper scraps
- Mod Podge (if you don't have any, you can use 1 cup of school glue and 1/3 cup water mixed together)
- Paint brush
- Scissors
- Sharpie (optional)

This is a great project for teens and younger kids. These rocks can be for you and your kids to give to each other or leave on the doorstep of a friend in your neighborhood to show you care even when you can't be together.

Cut out some hearts from any paper scraps you have. It can be fancy scrapbook paper or just basic computer paper. If you want to write something on them, use a permanent marker like a Sharpie. Let your writing dry before using your paintbrush to Mod Podge it onto your rock. If you don't have any Mod Podge, you can mix one cup of water with 1/3 cup of school glue to make a similar product to glue the paper to your rock. Let it dry overnight. Have fun giving your creations to someone in the family or a friend in your neighborhood who might need some cheering up.

## Let's Get Cooking!

Join Avow Kids' Natalie Gonzalez in the kitchen as she shows us how cooking can be a fun way to work together, open up creative conversations, and give kids choices, which are so important at this time when we feel things are happening "to" us.





## Games

### **The Breakfast Scramble**

#### **Minute to Win It Game**

Supplies needed:

Cereal boxes - For this game you will need several cereal boxes, cut into puzzle pieces. Simply cut the front of a cereal box into 16 equal pieces or make them silly shapes to make it harder. Once you have one box cut, put it into a plastic bag to keep the pieces together.

Instructions: Give each player or team one bag of the puzzle pieces. When you say "go", they must assemble the puzzle as quickly as possible. You can have them racing the clock, racing each other, or make teams with Mom and Dad.

### **Feelings Charades**

Supplies needed:

Feelings Cards - For this game, you just need the feelings cards printed out, cut into individual pieces, and put into a cup or hat. You can add your own feelings words and ideas too! [Click here to download the feelings cards.](#)

Instructions: Give each player one of the feelings out of the hat and have them try to act it out without using words. They can use body movements, gestures, and facial expressions. Everyone else must try to guess which feeling it is. Some feelings might look similar to others and you may need to work harder to help the people guessing know what the differences are. Explain what feeling/experience they were acting out after someone guesses it and what would make them feel that feeling.

# Teen Zone

## Words of Affirmation

Words of affirmation are a way to express affection with our words, tone of voice, and expressions on our face. Teens can tell when we're honest and genuine with our words of affirmation. Affirmations can help teens feel seen and heard in difficult times.

They may not acknowledge it, but teens are having a hard time right now and grieving the loss of many milestones. They often rely on their peers for words of affirmation during their day, and right now they can't have as much contact as they'd like with their friends. Words of affirmation help us feel like someone understands who we are and what we contribute to our families. Here are some great affirmations for you to try with your teens.

1. You make me smile.
2. I think you are fantastic.
3. You did that so well.
4. That was a really kind thing for you to do.
5. What a great idea.
6. I love when you are around.
7. I am really proud of you.
8. You are being brave right now.
9. I appreciate you and what you do to help.
10. You have a really big heart.



Some of Avow Kids' favorite teens at Camp MendingHeart

## Links and Resources of the Week

- Google Arts and Culture has access to many museums around the world. Looking at art can be soothing for the brain and even get kids interested in new styles of art. You can access art images at the link below from many museums. Maybe challenge the whole family to get out the crayons and see who can copy a masterpiece the best, the silliest, the most creative, or even upside down! Post them to Facebook and tag @AvowCares so we can see your works of art! <https://artsandculture.google.com/partner?hl=en>
- Chrome Music Lab is a free web site using open source technology to help kids explore music. You can use it on a phone, tablet, or computer. Kids can learn about music and even create their own songs. <https://musiclab.chromeexperiments.com/Song-Maker/> <https://musiclab.chromeexperiments.com/About>
- Together by St. Jude Children's Research Hospital has put out a coloring book for younger children to help them understand COVID-19. They have included basic information and a way to read about this in a simple way for younger children that also lets them use their creativity to color. Click here to download and print the coloring book.



Avow, Inc. | 1095 Whipporwill Drive, Naples, FL 34105

[Unsubscribe foundation@avowcares.org](mailto:Unsubscribe.foundation@avowcares.org)

[Update Profile](#) | [About Constant Contact](#)

Sent by [avowkids@avowcares.org](mailto:avowkids@avowcares.org) in collaboration with



Try email marketing for free today!

This message is intended only for the individual or entity to which it is addressed and may contain information that is medically privileged, confidential and exempt from disclosure under applicable law. If the reader of this message is not the intended recipient or the employee or agent responsible for delivering the message directly to the intended recipient, you are hereby notified that any dissemination, distribution or copying of this communication is strictly prohibited. If you have received this communication in error, notify us immediately by telephone (239-261-4404 or toll-free 888-484-2869), and reply back to us via e-mail. Thank you.

---

Newsletter sent to adults in our grief and loss support program.



<https://avowcares.org>

Support Our Mission

---

**From:** Avow Hospice Bereavement Team <[bereavement@avowcares.org](mailto:bereavement@avowcares.org)>  
**Sent:** Friday, April 3, 2020 7:45 PM  
**To:** Foundation <[Foundation@avowcares.org](mailto:Foundation@avowcares.org)>  
**Subject:** Avow Loss Support is Virtual -- Here's How to Join In!

\*\*\*NOTICE\*\*\* This email originated from an external source. Please use caution when replying, clicking on links, or opening attachments.



# New: Avow Support Groups Go Online



Greetings,

We are delighted to announce a new series of virtual grief support groups **beginning Monday, April 6, 2020!**

**Here is the schedule we will follow each week in April:**

Monday: Bereavement Support Group (Over One Year Bereaved)

3:00 – 4:00 pm

Tuesday: Caregiver Support Group 1:00 – 2:00 pm

Tuesday: Bereavement Support Group (All Welcome)

6:00 – 7:00 pm

Wednesday: Parent Loss Support Group 1:00 – 2:00 pm

Thursday: Widow/Widowers (First Year Support Group)

2:00 – 3:00 pm

## How to Sign Up and Sign In

The Avow Bereavement Team uses Zoom video conferencing for these sessions; you can join in from your laptop, tablet, or phone. **Please RSVP for each session you plan to attend by sending an email to [bereavement@avowcares.org](mailto:bereavement@avowcares.org).** Include your name, phone number, and the session name(s), time(s) and dates(s) you plan to attend. A bereavement specialist will contact you with the Zoom meeting links you need to participate. The counselor can also answer any questions you may have about connecting to Zoom, and how to get the most out of this new way of meeting. We think you will enjoy the intimacy of "being with" others in this surprisingly close and personal way.

## COVID-19 and Grief

*Our bereavement counselors share the following thoughts.*

### Collective Grief:

- We feel the world has changed, and it has. We know this is temporary, but it doesn't feel that way, and we realize things will be different in the future. For example, going to the airport is forever different from how it was before 9/11. We never thought we would get used to taking our shoes off in TSA, reducing sizes of our liquids, etc.
- The loss of normalcy, the fear of economic toll, the loss of connection: all of these things and more are hitting us and we're grieving. **Collectively.** We are not used to this kind of collective grief in the air.
- We are "in it together" this time.

Q: [How is this different from other grief you have experienced more privately?]

### Anticipatory Grief:

- We're also feeling anticipatory grief. Anticipatory grief is that feeling we get about what the future holds when we are uncertain. There is a storm coming. There's something bad out there...
- With a virus, this kind of grief is so confusing for people. Our primitive mind knows something bad is happening, but we can't see it. **This breaks our sense of safety.** We're feeling that loss of

safety.

- Individually or as smaller groups, people have felt a loss of security before... but all together, all across the world, this is new.
- We are grieving on a micro and a macro level.
- Fear is a powerful thing. It is often associated with unknowns and future thinking. Anxiety vs fear.
- Fear for family members working in healthcare, airlines, etc.
- Financial fears (unemployment, 401-K, retirement plans)
- 

Q: [What are your fears? How do you negotiate fear and develop rational thoughts?]

### Loneliness:

- Direct impact on psychological and physical health. (**Metabolic dysregulation**: E.g. If you are regulated, you will respond as you should. If you are dysregulated, you no longer respond the way you should. Herbs that should help you cause bad reactions; supplements that helps others with their sleep will ruin yours. **Depression**: Loneliness is shown to increase the concentration of cortisol levels in the body. Prolonged, high cortisol levels can cause anxiety, depression, digestive problems, heart disease, sleep problems, and weight gain.
- Social support levels are predictive of mental health and physical issues.
- Disconnect from routine connections: e.g people in nursing homes, reunions, funerals, book clubs, etc.
- Social distancing (awkward!). Self-quarantining vs total isolation if infected: Extreme measures, but necessary.

Q: [How can we combat long-term social distancing effects/behavior after COVID-19? Does our behavior still make sense? Do we still need to do X, Y, Z? What did we learn that we could do more/less of?] Going out of “combat mode”, what is safe now can later become dysfunctional.

### How to Cope:

- Understanding the stages of grief is a start. It's not a map but it provides some scaffolding for this unknown world.
- There's **denial**, which we say a lot of early on: This virus won't affect us. There's **anger**: You're making me stay home and taking away my activities. There's **bargaining**: Okay, if I social distance for two weeks everything will be better, right? There's **sadness**: I don't know when this will end. And finally, there's **acceptance**. This is happening; I have to figure out how to proceed.
- Acceptance, as you might imagine, is where the power lies. We find control in acceptance. I can wash my hands. I can keep a safe distance. I can learn how to work virtually.
- Anticipatory grief is the mind going to the future and imagining the worst. **To calm yourself, you want to come into the present.**
- You can also think about how to let go of what you can't control. What your neighbor is doing is out of your control. What is in your control is staying six feet away from them and washing your hands. Focus on that.



· It's a good time to stock up on compassion. Everyone will have different levels of fear and grief and it manifests in different ways. (***Wear your PPE: Profound Personal Emotional Support***).

- This is a time to overprotect but not overreact.
- There is something powerful about naming this as grief. It helps us feel what's inside of us.
- Find a way to talk about it. ***Find the right people who will respond with empathy.***
- Seek pre-existing and additional support (take advantage of online support forums).
- Consider journaling.
- Consider a written biography of your experiences (reduces stress, helps us to articulate and understand our experience, get more nuances of our experiences).
- Create a "Self-Care Contract" to hold yourself accountable.

### **“Resilience-Enhancing Strategies”:**

- We are building resilience/hardiness in the midst of trial.
- Balanced empathy (to understand but not be overwhelmed by our/others' experience).
- Mindfulness (meditation, walking, gardening)
- Self-compassion/restorative activities
- Positive reappraisal (what kind of benefits can we find? Skies are a little clearer; commute is a little less stressful).
- Strong social support (family connections are stronger, connecting with people we have not connected with in a long time, writing letters, growing appreciation).
- Integration/transformation of loss in the future (Previous studies of Veterans with lowered levels of loneliness in widowhood).
- Looking for meaning and purpose

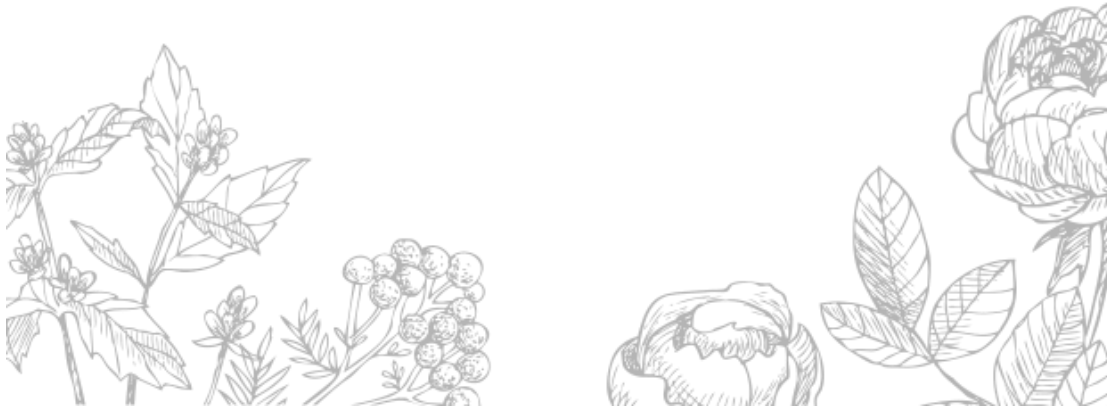
### **The good news:**

- I believe we will find meaning in it
- Resilience-enhancing strategies
- Altruism/serving others
- Our creative minds
- Lessons from previous pandemics (Great Depression - being a decent person, money management, human connection - we are all in this together).

## **Stressed Out? Need a Little Self-Care?**

We understand -- things are FAR from normal now. We thought you might enjoy this timely article on how to take care of yourself as you go through the next days and weeks. And don't forget: we're never more than a phone call away!





Avow Hospice | [1095 Whippoorwill](https://www.avowcares.org) Lne, Naples, FL 34105 2394303473

[Unsubscribe foundation@avowcares.org](mailto:unsubscribe.foundation@avowcares.org)

[Update Profile](#) | [About Constant Contact](#)

Sent by [bereavement@avowcares.org](mailto:bereavement@avowcares.org) in collaboration with



Try email marketing for free today!

This message is intended only for the individual or entity to which it is addressed and may contain information that is medically privileged, confidential and exempt from disclosure under applicable law. If the reader of this message is not the intended recipient or the employee or agent responsible for delivering the message directly to the intended recipient, you are hereby notified that any dissemination, distribution or copying of this communication is strictly prohibited. If you have received this communication in error, notify us immediately by telephone (239-261-4404 or toll-free 888-484-2869), and reply back to us via e-mail. Thank you.

[View in browser](#)



**Thank you!**  
**Because of your teaching,**  
**the teachers of today**  
**are able to overcome any obstacle to**  
**teach the teachers of tomorrow.**

**Thank you for being a great educator!**

We hope that you are doing well during this time! We hope to be able to host our fall Cal Gals luncheon like we always do, but we wanted to let you know how much we missed you this spring.

We wanted to thank you for being such a great educator and for teaching the educators of today to be able to overcome any obstacle as they teach the educators of tomorrow. Your contributions to education have helped prepared our current teachers in the classroom to be strong and meet the challenge that is presented to them today.

We hope you stay safe and sound during this time, and if you need anything, even just to chat, please email us at [alumni@calu.edu](mailto:alumni@calu.edu).



California University of Pennsylvania  
250 University Ave  
California, Pennsylvania 15419  
[www.calu.edu/alumni](http://www.calu.edu/alumni)

[Unsubscribe](#)



---

**Subject:**

Thinking of you, our volunteers

Problems viewing this email? [View online.](#)

A red banner featuring a stylized eagle logo in the background. The text "UChicago Alumni" is written in white, with "UChicago" in a serif font and "Alumni" in a bold sans-serif font.

## UChicago Alumni

Dear Friends,

I am writing to you from my home because, like most of you, the UChicago Alumni team is working remotely to help flatten the curve and do our part to stop the spread of COVID-19. These are challenging times to say the least, and I simply wanted to write to say that we are here for you and thinking about you.

From [Harper Lectures](#) to new [Mind Your Career webinars](#), our commitment to you is unwavering. We all look forward to engaging with you virtually until we can meet again in person. Please don't hesitate to get in touch. We are quickly becoming experts at using Zoom, and we'd love to connect with you on video to catch up and hear how you are doing. As we work to engage our community in new ways, I am grateful to you--our loyal volunteers--for the invaluable ways in which you have stepped up to help. I know that we have had to cancel or postpone more than 50 alumni club, affinity group, and reunion events set to take place this spring. Your efforts to pivot so quickly are greatly appreciated. I know it isn't easy or fulfilling to undo the efforts of so many--but for now we must, and rest assured we will come back stronger than ever before.



It is hard to believe that it has been almost a year since I took over as head of UChicago Alumni. Over my first year, I've had the opportunity to meet many of you during my travels and on campus. What stands out most to me is the UChicago spirit--an unquenchable thirst for knowledge and the joy that comes from asking tough questions and debating based on facts and data. I take great comfort knowing that many of you are using those highly tuned skills on the front lines, whether in government, hospitals and clinics, classrooms, or business. You are helping to get us through this challenge.

In closing, I hope that you and your families are well and in good spirits during these uncertain times. I hope that you find ways to stay connected to your classmates, friends, and fellow volunteers. The University of Chicago has never been stronger in its conviction to help those most impacted by this pandemic. I have an immense sense of pride following the recent announcements made by President Zimmer and the actions the University has taken to help those in need.

I look forward to the days when we will gather together again--be it on the quads, on our campuses around the world, or in your hometowns. The beauty of our community is that it is about the people and not the places. Until we see each other again, know that we are here for you and appreciate all that you do on behalf of our great University.

From all of us to all of you, warm wishes for health and well-being.

Yours in Maroon,

Colin D. Hennessy  
Executive Director, UChicago Alumni



The University of Chicago  
5801 South Ellis Avenue, Chicago, IL 60637  
1.800.955.0065





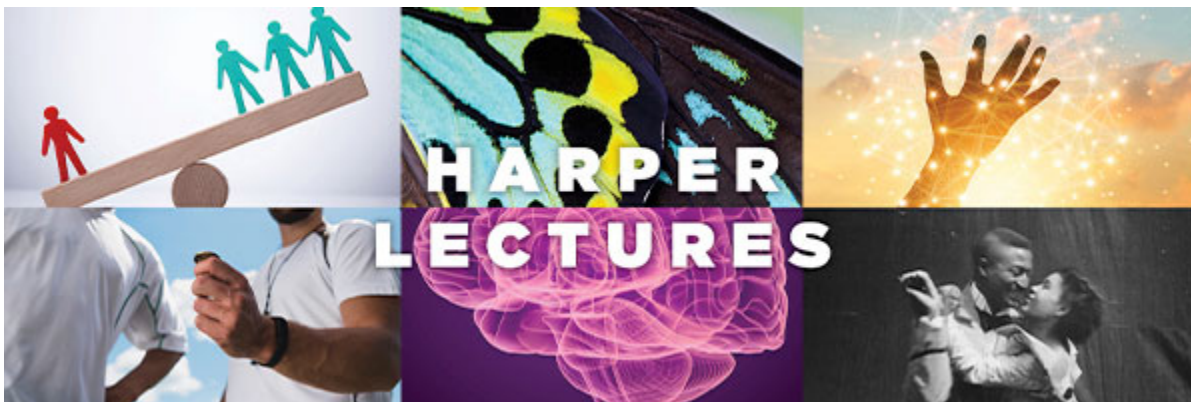


---

**Subject:**

Thank you for attending the virtual Harper Lecture with Raghuram Rajan.

Problems viewing this email? [View online.](#)



I'm glad you could join us for the virtual Harper Lecture with Raghuram Rajan on April 13. The research being done at the University of Chicago is some of the most groundbreaking and innovative in the world. It is our pleasure to bring it to you, and we hope that you found it inspiring.

To view the recorded event, you can find it on our [YouTube channel](#).

If you'd like to support the University in this challenging time--including efforts to help out our students and surrounding communities during the current pandemic--please consider making a gift today.

**[Support the UChicago community. »](#)**

Keep an eye out for more information on the next virtual Harper Lectures:

- April 27: **Health Policy in the COVID Era**, featuring Dean Katherine Baicker
- May 11: **The American Presidency in a Time of COVID**, featuring William Howell

We hope you and your loved ones are safe and healthy. Until next time, take good care.

Sincerely,

Andrea Hodgman  
Associate Director, Intellectual Engagement and Travel  
Alumni Relations and Development



The University of Chicago  
5801 South Ellis Avenue, Chicago, IL 60637  
1.800.955.0065



---

**Subject:**

Short List: Good neighbors

Problems viewing this email? [View online.](#)

**April 7, 2020**

# short list

*News for the UChicago community*

---

We at *Short List* hope you and your friends and families are safe and healthy. In this issue, we continue our updates about the UChicago community and COVID-19, including the beginning of distance learning on campus. And with many in the country sheltering in place, we're also sharing some activities you can enjoy from a safe distance. Don't skip the Postscript for a way to be back on campus again.

---

**Top of mind**



## 1. Community outreach

During the COVID-19 crisis, the University and the UChicago community are providing meals to local residents who need them and offering financial support to local businesses and nonprofits. [More](#) →

[Shop](#) Chicago's small businesses with the help of a Law School clinic project.

[Meet](#) the professor emeritus taking care of the UChicago community's feathered residents.

---

## 2. A message from the president

Read President Robert J. Zimmer's message to the UChicago community for Spring Quarter. [More](#) →

[View](#) a message from Provost Ka Yee C. Lee.

[Watch](#) Dean John Boyer's (AM'69, PhD'75) message to College students.

[Read](#) about plans for the 533rd Convocation ceremonies.

---

## 3. A celebration of representation

The Neubauer Collegium for Culture and Society worked with Chicago's Field Museum to plan *Apsáalooke Women and Warriors*--the first Native American exhibition curated by a member of the featured tribe. [More](#) →

[See](#) pieces from the exhibition while it's closed to the public in a short slideshow.

---

## 4. The church of baseball

With Major League Baseball's opening day delayed and no other sports to watch, take a more scholarly look at the games people play. [More](#) →

[Revisit](#) Kim Ng, AB'90, one of the highest-ranking women in MLB.

[Learn](#) about the early days of women's field hockey.

---

## 5. Rethinking health care

Health economist Katherine Baicker joins the *Big Brains* podcast to talk about how health care systems can better address current and future pandemics. [More](#) →

[Contemplate](#) the economics of social distancing.

[Go inside](#) Argonne's efforts to combat COVID-19.

Plus . . .

[Honors](#) for a zombie novel + What we [learned](#) from Ebola + *Minecraft's* [secret library](#) + How to [measure the universe](#) + Why the liberal arts [matter](#) + [See more stories](#)

Things to do

[Watch a virtual Harper Lecture on COVID-19 and the global economy](#) →

---

[Relax and color a downloadable poster from the Smart Museum of Art →](#)

---

[Join College students in an online alternate reality game →](#)

## On the job

*Job of the week*

[Child and youth behavioral counseling \(infants\), Strategic Resources Inc. →](#)

[See more jobs](#)

---

*Professional development*

May 6

[What is job crafting and how can it help you redefine your career? Find out in this Mind Your Career webinar. →](#)

[See more job resources](#)

---

## In memoriam





### **Dick Miller (1926-2020)**

Dick Miller, PhD'58, a pioneer in computational astrophysics for whom the simulation known as "Miller's instability" is named, spent more than 50 years at the University. [More →](#)

## **Postscript**



### **Zooming into campus**

Always wanted a meeting on the shores of Botany Pond? Until you can be back on campus in person, download these Zoom backgrounds to represent UChicago in your digital gatherings. [More →](#)

**The *UChicago Magazine* staff can't receive snail mail right now, but please keep emailing us to share your news, letters, and comments. →**



THE UNIVERSITY OF  
**CHICAGO**

**Alumni  
& Friends**



---

**The University of Chicago**

5801 South Ellis Avenue

Chicago, IL 60637

1.800.955.0065

---

**Subject:**

Updates from the Alumni Association in New York State



## **CORONAVIRUS UPDATES**

The University is carefully monitoring the coronavirus (COVID-19). For the latest COVID-19 health information and related campus announcements, please visit [coronavirusupdates.uchicago.edu](https://coronavirusupdates.uchicago.edu).

Your safety and the safety of others is our top priority. Please don't hesitate to reach out to us at [alumni@uchicago.edu](mailto:alumni@uchicago.edu) with questions.

If you are interested in ways to support the University community during this time or in attending upcoming virtual events, please read on.

## **HOW TO SUPPORT UCHICAGO STUDENTS**

Many of you have asked how you can support University students during this challenging time. Here are some things you can do right now:

- Learn about the University's [Emergency Assistance Program](#).
- Learn more about helping students who face additional difficulties around summer internships and career opportunities. Join Wisr, the University's [online mentorship platform](#), to network with students, or sign up for our [Micro-Metcalf Program](#) to help provide paid, short-term opportunities to students.

## HOW TO SUPPORT UCHICAGO MEDICINE

ve the resources necessary to continue to provide frontline care at the highest capacity. A gift to the [UChicago Medicine COVID-19 Response Funds](#) supports the health care workers providing essential care, as well as the adult and pediatric patients and families who are affected.

### Virtual Harper Lecture: Health Policy in the COVID Era with Katherine Baicker

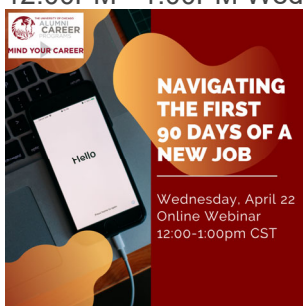
The ultimate toll of COVID-19 on social and health outcomes is not yet clear. What we do know is that the virus is already prompting critical reflection on how health systems function in the United States. Join [Katherine Baicker](#), dean and Emmett Dedmon Professor at the Harris School of Public Policy, on **Monday, April 27, 2020 from 6:30 to 7:30 p.m. CDT** at for a discussion on health policy in light of the pandemic. [Register now](#)--this event is free, but registration is required.

Missed our first Virtual Harper earlier this month? Watch a recording of "[The Impact of COVID-19 on the Global Economy](#)" featuring [Raghuram Rajan](#) on the University's YouTube channel. Rajan is the Katherine Dusak Miller Distinguished Service Professor of Finance at Chicago Booth.

## More Virtual Events

### Navigating the First 90 Days of a New Job

12:00PM - 1:00PM Wed 22 Apr 2020 ( Timezone: Central )



Are you unsure how to stand out as a new employee or prove yourself worthy of being hired? In this webinar, we will give you 10 ways you can navigate the first 90 days of a new job and make your mark as a new employee.

[Add To Apple iCalendar](#) | [Add To Google Calendar](#) | [Add To Outlook](#)

# From Nostalgia to Now: UChicago Campus Virtual Tour

6:45PM - 8:00PM Thu 23 Apr 2020 ( Timezone: Central )



Connect with the city's past from your own home with Chicago Detours. Amanda Scotese, AM'13 will use Google Street View to guide you by familiar gates and gargoyles as well as new structures like the glass egg of the Mansueto Library and the Jenga-like.

[Add To Apple iCalendar](#) | [Add To Google Calendar](#) | [Add To Outlook](#)

## 1893 World's Fair History Virtual Talk

6:45PM - 8:00PM Thu 30 Apr 2020 ( Timezone: Central )

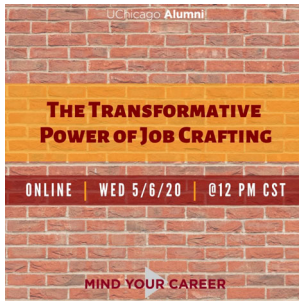


Connect with the city's past from your own home with Chicago Detours. Let's travel back in time to the World's Columbian Exposition. Using historic photos, ephemera, and Google Maps, Amanda Scotese, AM'13 will narrate the history.

[Add To Apple iCalendar](#) | [Add To Google Calendar](#) | [Add To Outlook](#)

## The Transformative Power of Job Crafting

12:00PM - 1:00PM Wed 6 May 2020 ( Timezone: Central )



Employees will spend approximately 80,000 hours at work over the course of their lives. Job crafting provides a powerful approach for leveraging that time to have more fulfilling careers and bring the very best of yourself to your work.

[Add To Apple iCalendar](#) | [Add To Google Calendar](#) | [Add To Outlook](#)

Stay Connected with  
[The Alumni Association in New York State](#)



---

**Alumni Association in New York State respects your privacy.**

If you no longer wish to receive correspondence of this kind from Alumni Association in New York State,  
please follow this unsubscribe link:

You will be removed from receiving any further email from  
Alumni Association in New York State.  
Please allow up to 72 hours to process.

Alumni Association in New York State  
5235 S. Harper Court, Suite 600, Chicago, IL 60615



**Subject:**

Updates and Happy Hour from the UChicago Alumni Club of Hong Kong

---



## **CORONAVIRUS UPDATES**

The University is carefully monitoring the coronavirus (COVID-19). For the latest COVID-19 health information and related campus announcements, please visit [coronavirusupdates.uchicago.edu](https://coronavirusupdates.uchicago.edu).

Your safety and the safety of others is our top priority. Please don't hesitate to reach out to us at [alumni@uchicago.edu](mailto:alumni@uchicago.edu) with questions.

If you are interested in ways to support the University community during this time, please read on.

## **HOW TO SUPPORT UCHICAGO STUDENTS**

Many of you have asked how you can support undergraduate and graduate students during this challenging time. Here are some things you can do right now:

- Learn about the University's [Emergency Assistance Program](#). In this uncertain time, some students find themselves in need of emergency assistance with housing, transportation, and medical costs. The Emergency Assistance Program will help address those needs so that undergraduate and graduate students can focus on getting the most out of their UChicago educations, even from a distance.
- Learn more about helping students who face additional difficulties around summer internships and career opportunities.

Join Wiser, the University's [online mentorship platform](#), to network with students, or sign up for our [Micro-Metcalf Program](#) to help provide paid, short-term opportunities to students.

## **HOW TO SUPPORT UCHICAGO MEDICINE**

With increasing demand for services during the global COVID-19 public health crisis, UChicago Medicine health care workers need support to ensure they have the resources necessary to continue to provide frontline care at the highest capacity. A gift to the [UChicago Medicine COVID-19 Response Funds](#) supports the health care workers providing essential care, as well as the adult and pediatric patients and families who are affected.



## **UChicago Alumni Cloud Happy Hour**

April 23, 2020 (Thursday)

6:30 p.m. HKT

UChicago is working to respond to the needs of alumni in Asia while you are social distancing and working from home.

Please join **Mark Barnekow, MBA'88**, executive director of the

University of Chicago Yuen Campus in Hong Kong and all your fellow UChicago alumni throughout the Asia Pacific region for the inaugural UChicago Alumni Cloud Happy Hour and get the latest updates and information.

Watch for future events which feature faculty, senior staff and prominent alumni discussing topics like “Mental Health During COVID-19,” “Economic Consequences of the COVID-19 Crisis,” “Implications of the Upcoming US Presidential Election on Asia,” “Is There a New World Order?” and many others.

We look forward to having you join us this Thursday, April 23 at 6:30 p.m. HKT. [Register now!](#)

## **Virtual Harper Lecture: Health Policy in the COVID Era with Katherine Baicker**

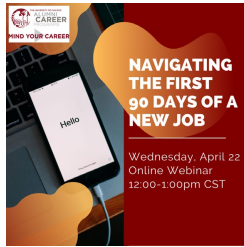
The ultimate toll of COVID-19 on social and health outcomes is not yet clear. What we do know is that the virus is already prompting critical reflection on how health systems function in the United States. Join [Katherine Baicker](#), dean and Emmett Dedmon Professor at the Harris School of Public Policy, on **Monday, April 27, 2020 from 6:30 to 7:30 p.m. CDT** at for a discussion on health policy in light of the pandemic. [Register now](#)--this event is free, but registration is required.

Missed our first Virtual Harper earlier this month? Watch a recording of ["The Impact of COVID-19 on the Global Economy" featuring Raghuram Rajan](#) on the University's YouTube channel. Rajan is the Katherine Dusak Miller Distinguished Service Professor of Finance at Chicago Booth.

## **More Virtual Events**

# Navigating the First 90 Days of a New Job

12:00PM - 1:00PM Wed 22 Apr 2020 ( Timezone: Central )



Are you unsure how to stand out as a new employee or prove yourself worthy of being hired? In this webinar, we will give you 10 ways you can navigate the first 90 days of a new job and make your mark as a new employee.

[Add To Apple iCalendar](#) | [Add To Google Calendar](#) | [Add To Outlook](#)

# From Nostalgia to Now: UChicago Campus Virtual Tour

6:45PM - 8:00PM Thu 23 Apr 2020 ( Timezone: Central )



Connect with the city's past from your own home with Chicago Detours. Amanda Scotese, AM'13 will use Google Street View to guide you by familiar gates and gargoyles as well as new structures like the glass egg of the Mansueto Library and the

Jenga-like.

[Add To Apple iCalendar](#) | [Add To Google Calendar](#) | [Add To Outlook](#)

# 1893 World's Fair History Virtual Talk

6:45PM - 8:00PM Thu 30 Apr 2020 ( Timezone: Central )

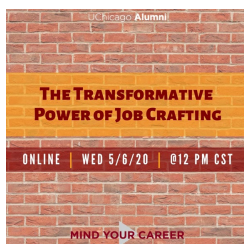


Connect with the city's past from your own home with Chicago Detours. Let's travel back in time to the World's Columbian Exposition. Using historic photos, ephemera, and Google Maps, Amanda Scotese, AM'13 will narrate the history.

[Add To Apple iCalendar](#) | [Add To Google Calendar](#) | [Add To Outlook](#)

# The Transformative Power of Job Crafting

12:00PM - 1:00PM Wed 6 May 2020 ( Timezone: Central )



Employees will spend approximately 80,000 hours at work over the course of their lives. Job crafting provides a powerful approach for leveraging that time to have more fulfilling careers and bring the very best of yourself to your work.

[Add To Apple iCalendar](#) | [Add To Google Calendar](#) | [Add To Outlook](#)

Stay Connected with  
The Alumni Club of Hong Kong



**Alumni Club of Hong Kong respects your privacy.**

If you no longer wish to receive correspondence of this kind from Alumni Club of Hong Kong,  
please follow this unsubscribe link:

You will be removed from receiving any further email from  
Alumni Club of Hong Kong.

Please allow up to 72 hours to process.

Alumni Club of Hong Kong  
5235 S. Harper Court, Suite 600, Chicago, IL 60615

---

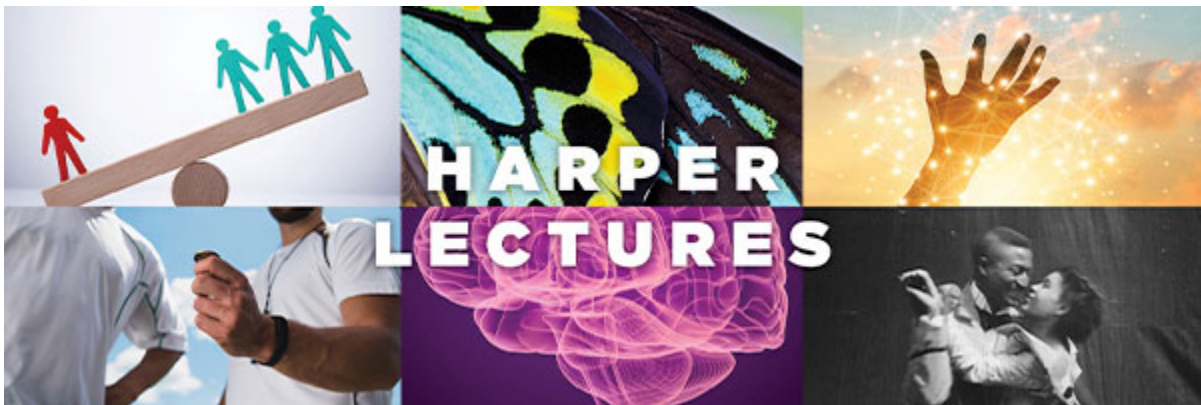
**Subject:** Harper Lectures are going virtual.

Problems viewing this email? [View online.](#)

## UCHICAGO HARPER LECTURES

---

### Bring Your Curiosity Online



As we monitor the evolving situation with COVID-19, we're also thinking up ways to help you stay connected to UChicago and the world. One result of this effort: **Harper Lectures are going virtual this spring.**

Now you can join UChicago faculty for stimulating conversations on critical topics, all for free and all in the comfort of your home. Register below for an upcoming discussion with Chicago Booth's Raghuram Rajan--and more events are on the way.

---



## **Please join us for our first virtual Harper Lecture on April 13, featuring Raghuram Rajan.**

---

COVID-19 is already taking a toll on markets, governments, and populations worldwide. Join Chicago Booth's **Raghuram Rajan** for an online discussion, moderated by **Hal Weitzman**, about what we can expect from the economy in the era of the coronavirus.

### **The Impact of COVID-19 on the Global Economy**

**Featuring Raghuram Rajan and Hal Weitzman**

April 13, 2020

6:30-7:30 p.m. CDT

**Registration for this event is free but required.**

**Register now. »**

---

**Do you want to receive emails about additional virtual Harper  
Lectures when they're announced?**

**Yes. »**

**No. »**

All of us in the UChicago Alumni office are thinking of you. We're here to engage with you virtually as we look forward to meeting again in person!

**FOR MORE INFORMATION**

Email [alumni@uchicago.edu](mailto:alumni@uchicago.edu)

Phone 773.702.2150



The University of Chicago  
5801 South Ellis Avenue  
Chicago, IL 60637  
1.800.955.0065

---

**Subject:**

Updates: Alumni Weekend and other UChicago events

Problems viewing this email? [View online.](#)



Dear Alumni and Friends of the University of Chicago,

At this unprecedented time, as the University works to ensure the safety of students, faculty, staff, and others in Hyde Park and at our global centers, our thoughts are also very much with you. This is why I write today with news about how COVID-19 is affecting events for our community--Alumni Weekend in particular.

Acting out of the same concern that has led the University to move spring quarter classes online, **we have decided to postpone Alumni Weekend**, planned for June 4-7 in Hyde Park. This was not an easy decision to make. We were looking forward to welcoming you back to the quads this spring, but our first concern must be for the safety of you and all UChicagoans.

**Alumni Weekend will happen at a later date**, and you will be among the first to know about those plans, as well as **new dates for Giving Day**, our annual celebration of the University's global impact, originally scheduled for April 7 and 8.

In the meantime, we are exploring how we can move some of our most popular programs, including upcoming Harper Lectures with UChicago faculty, into the virtual realm, while also adding new opportunities for lifelong learning and online gathering. Stay tuned for news on all these fronts.

All of us in the UChicago Alumni office are thinking of you and are here to engage with you virtually as we look forward to meeting again in person.

Until then, yours in Maroon,



Colin D. Hennessy  
Executive Director  
Alumni Engagement and Annual Giving

P.S. I'm also proud to share how UChicago is supporting the community in these difficult times. Please visit the [University's COVID-19 Community Support](#) page to learn more.



**The University of Chicago**  
5801 South Ellis Avenue  
Chicago, IL 60637  
1.800.955.0065



----- Forwarded message -----

From: **Alumni Association of the University of Michigan** <[malumni@mail.umalumni.com](mailto:malumni@mail.umalumni.com)>

Date: Thu, Apr 9, 2020 at 11:02 AM

Subject: Virtual hugs only, but we're still sending our love

To: <[nladow@umich.edu](mailto:nladow@umich.edu)>





Wherever you are in the world your family at the Alumni Association is sending you a (virtual) hug. Although we can't physically be there, we're still **here**—just as you've been for us.

Stay healthy, stay safe, and stay connected. We're all in this together.

200 Fletcher St., Ann Arbor, MI 48109-1007  
800.847.4764 | [alumni@umich.edu](mailto:alumni@umich.edu)  
[umalumni.com](http://umalumni.com)

The Alumni Center is closed for renovation. [Check here](#) for updates.

[MANAGE SUBSCRIPTION](#) | [UNSUBSCRIBE](#)



# THE CHECKUP

with UT Southwestern

**APRIL 9, 2020**

**VISIT OUR WEB SITE**



***Preparing meals together, even virtually, can have a positive effect on your well-being during times of social isolation.***

## Quarantine cuisine: Easy meals to support a healthy immune system

Jaclyn Albin, M.D.  
Internal Medicine - General Internal

I was working at home the other night when I got an unusual text from my colleague, Ling Chu, M.D. "I've got a can of white beans, a can of anchovies, a box of pasta and a can of chicken broth in my pantry. What can I make with that?"

COVID-19 has led to limited food budgets, and shelter-in-place adds a layer of complexity to buying and planning meals. At the same time, we're bombarded with ads shouting "Take this supplement to boost your immunity!" So, what's a person to do?

Filling your cart with the basics might make you feel secure in the short term. But as Dr. Chu found, it's a different ballgame when you get these items home.

[Read More »](#)

## PATIENT CARE



## MED BLOG

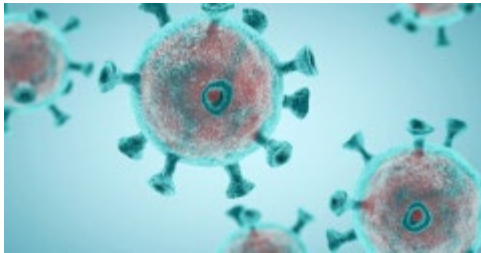


## ENGAGE WITH US



## COVID-19 Information

UT Southwestern's infection disease experts are leading prevention efforts at our institution and on campus to help keep the community safe.



As part of our COVID-19 response, we have instituted a number of vital precautions, including a limited visitor policy.

[Read More »](#)



## Research at UTSW

**SORTing** gene editing tools to where they're needed - new nanotechnology holds promise to fix genetic defects in varied tissues.



This new discovery could help provide long-lasting therapy and potentially cure a variety of diseases that result from mutations and genetic defects.

[Read More »](#)

*Join the fight! Contribute to our battle against COVID-19 from your home.*

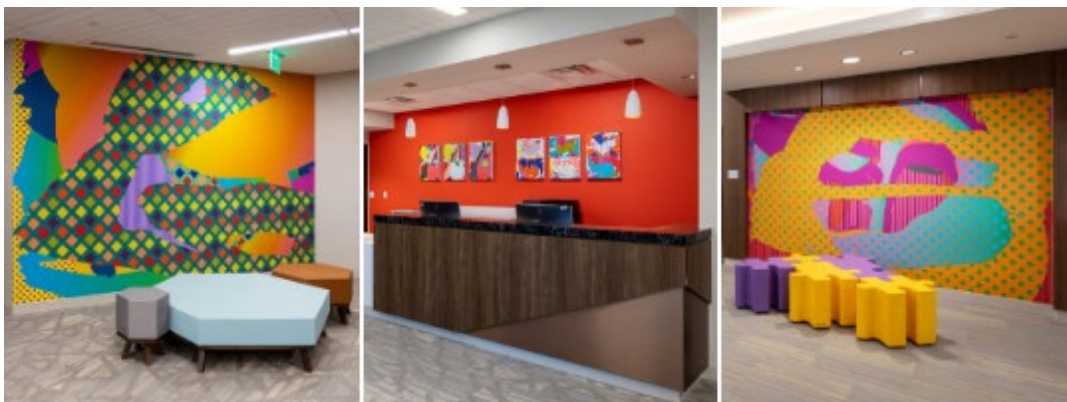
**GIVE TODAY**

## Share messages of thanks and support to #healthcareheroes

At this unprecedented moment, when a global health crisis and social distancing seem determined to keep us apart, we are drawn closer, in spirit, by the generous support of North Texans. **On behalf of the entire UT Southwestern team working behind the scenes to support our front-line workers, we invite you to join us in recognizing these health care heroes by sharing a digital message of gratitude.** We are also receiving hard copy notes and letters of thanks to this address: UT Southwestern Medical Center, ATTN: Public Affairs/Notes of Gratitude, 6363 Forest Park Road, CMPA Dept., Suite BLA100, Dallas, TX 75390. These messages will be shared throughout our hospitals and clinical spaces. Thanks for your continuous support.

[Send a Note »](#)

## The Art of Medicine



**Zeke Williams** (Dallas)  
Commissioned experience for Frisco Pediatrics, 2019  
Vinyl, paint, acrylic, wood

Dallas-based artist, Zeke Williams, creates his energetic compositions by splicing digitally produced imagery with his signature angular neon forms and splattered paint. Williams has exhibited his work in group and solo exhibitions throughout Texas. He resides in Dallas and is represented by Erin Cluley Gallery.

In 2019, UT Southwestern commissioned Williams to design and install artwork throughout the Pediatrics waiting room in a new medical office building in Frisco, Texas. Two large vinyl murals, six original canvases, and six animal cutouts enliven the space, creating a vibrant and happy experience for children and their families.

Williams graciously converted his wooden animal cutouts to coloring sheets for kids to enjoy during this period of shelter-in-place. UT Southwestern is grateful to Zeke and looks forward to seeing your coloring masterpieces! We invite you to post photos to social media using the hashtags #utsouthwestern #zekewilliams and #erincluleygallery.



**Download Coloring Pages »**

*Have an idea for a story? Have exciting news you'd like to share?*

***Join the conversation.***



## Save the Date

APRIL

23

**Health Meets Food Webinar | 10:00 a.m.**

Join Milette Siler, RDN, Community Dietician at Moncrief Cancer Institute for an exploration into culinary medicine. Registration will open next week.

[More Info](#)

**Last Word:** We hope that you enjoyed the inaugural edition of The Checkup. Until the next edition, check out [this video](#) from our graduating medical students.

[Home](#) | [Privacy Policy](#) | [Email Preferences](#)

**UT Southwestern Medical Center**  
Office of Development and Alumni Relations  
5323 Harry Hines Blvd., Dallas, Texas 75390  
214-648-2344 | [giving@utsouthwestern.edu](mailto:giving@utsouthwestern.edu)

For an optimal browser experience when visiting our website, viewers are encouraged to use a fully supported platform like Chrome 56.0 and higher, Internet Explorer 10.0 and higher, or Firefox 51.0 and higher.

It's easy to update your [Email Preferences](#). Be sure to add [giving@utsouthwestern.edu](mailto:giving@utsouthwestern.edu) to your address book or safe senders list so our emails get to your inbox. You may also review our [Privacy Policy](#).





To view this email as a web page, go [here](#).



## Thank You for Your Support of Villanova!

Dear Catherine,

With so many of us adjusting to the new reality of working from home and connecting with friends and family virtually, we wanted to share some of our favorite Villanova images with you in appreciation for your continued commitment to the University.

**As a valued member of the Villanova Loyalty Society, please enjoy these Zoom virtual meeting backgrounds featuring iconic scenes from campus**, including the Oreo and St. Thomas of Villanova Church. These images can be downloaded by clicking the link below.

[Download Your Zoom Backgrounds](#)

Wishing you and your loved ones peace and health during these trying and unprecedented times.

This email was sent to: [REDACTED] by Villanova University, 800 Lancaster Avenue, Villanova, PA, 19085 USA. **Unsubscribe**

Spring 2020 v. 1

We have received very positive feedback from recipients and photos of children conducting the egg experiment.

Stay healthy, have fun!

# Family Wellness Activity Kit



Texas Children's  
Hospital®

**We are all one big community — you, your family, friends, and neighbors, and Texas Children's Hospital patients, care providers, and their loved ones.**

As social distancing changes what our daily lives look like, we know our new normal will look different for a while. As a community, we are all doing what we can to make the best of it, stay safe, and care for one another.

During this challenging time, Texas Children's promise to you is:

- We will remain committed to creating a healthier future for children and women.
- We will do everything possible at our hospitals and pediatric offices to create the safest environment for our patients, their families, and staff.
- We are committed to serving the communities we call home.
- We are here with you and for you.

We hope this Family Wellness Activity Kit will brighten your day as you and your family explore fun activities together. We've also included several stay-healthy tips. Enjoy!

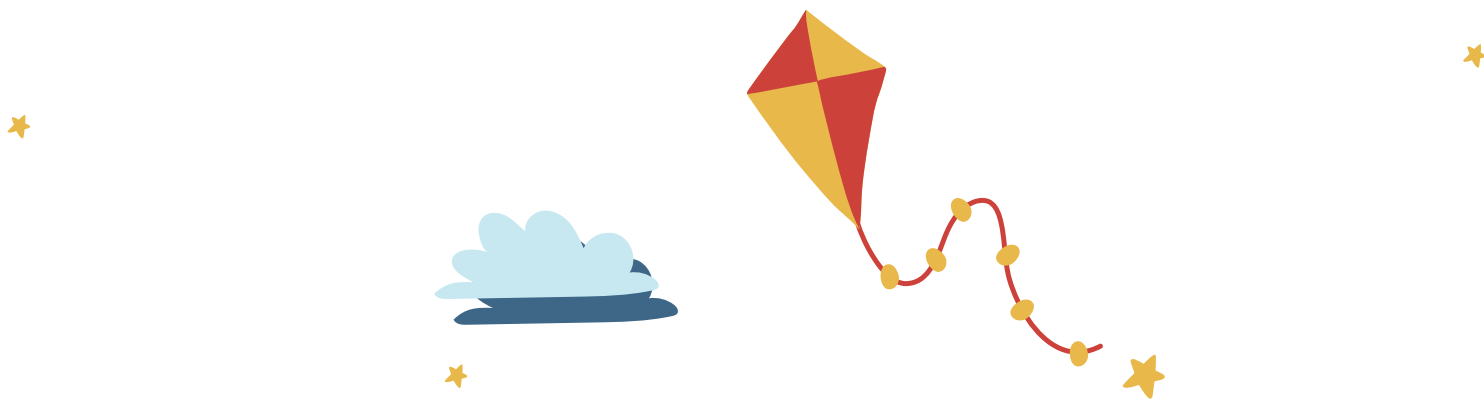


# What's Inside

<b>Activity Sheets . . . . .</b>	<b>4</b>
<b>Coloring Pages . . . . .</b>	<b>5</b>
Texas Children's Logo . . . . .	5
Elsa . . . . .	6
Texas Bluebonnets . . . . .	7
Katie the Kangaroo. . . . .	8
Help Heal Teddy . . . . .	9
<b>Word Search . . . . .</b>	<b>10</b>
<b>Brain Teasers . . . . .</b>	<b>11</b>
 <b>Get Active! . . . . .</b>	 <b>13</b>
Active Bingo . . . . .	14
More Activities . . . . .	17
Paper Airplane Tournament . . . . .	18
 <b>Flex-Your-Brain Activities . . . . .</b>	 <b>20</b>
Crossword Puzzle. . . . .	21
Sudoku. . . . .	22
Eggsperiment . . . . .	26
More Activities . . . . .	27
 <b>Nutrition . . . . .</b>	 <b>28</b>
Healthy Recipe Challenge. . . . .	29
Meal Resources . . . . .	30
My Nutrition Challenge . . . . .	32
 <b>Puzzle Answer Keys . . . . .</b>	 <b>34</b>



# Activity Sheets



**Did you know?**

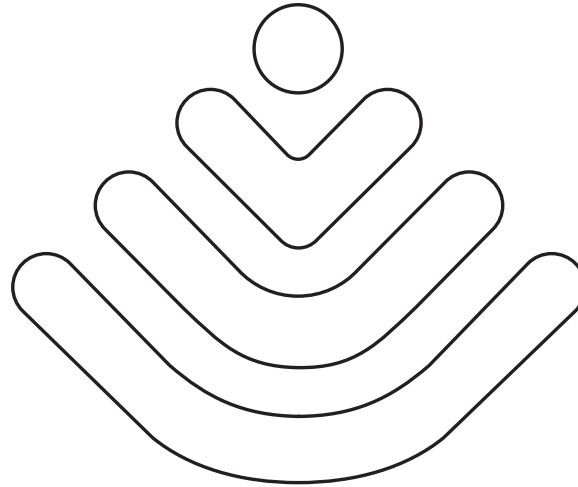
**Our logo represents:**

Patients

Research

Education

Patient Care



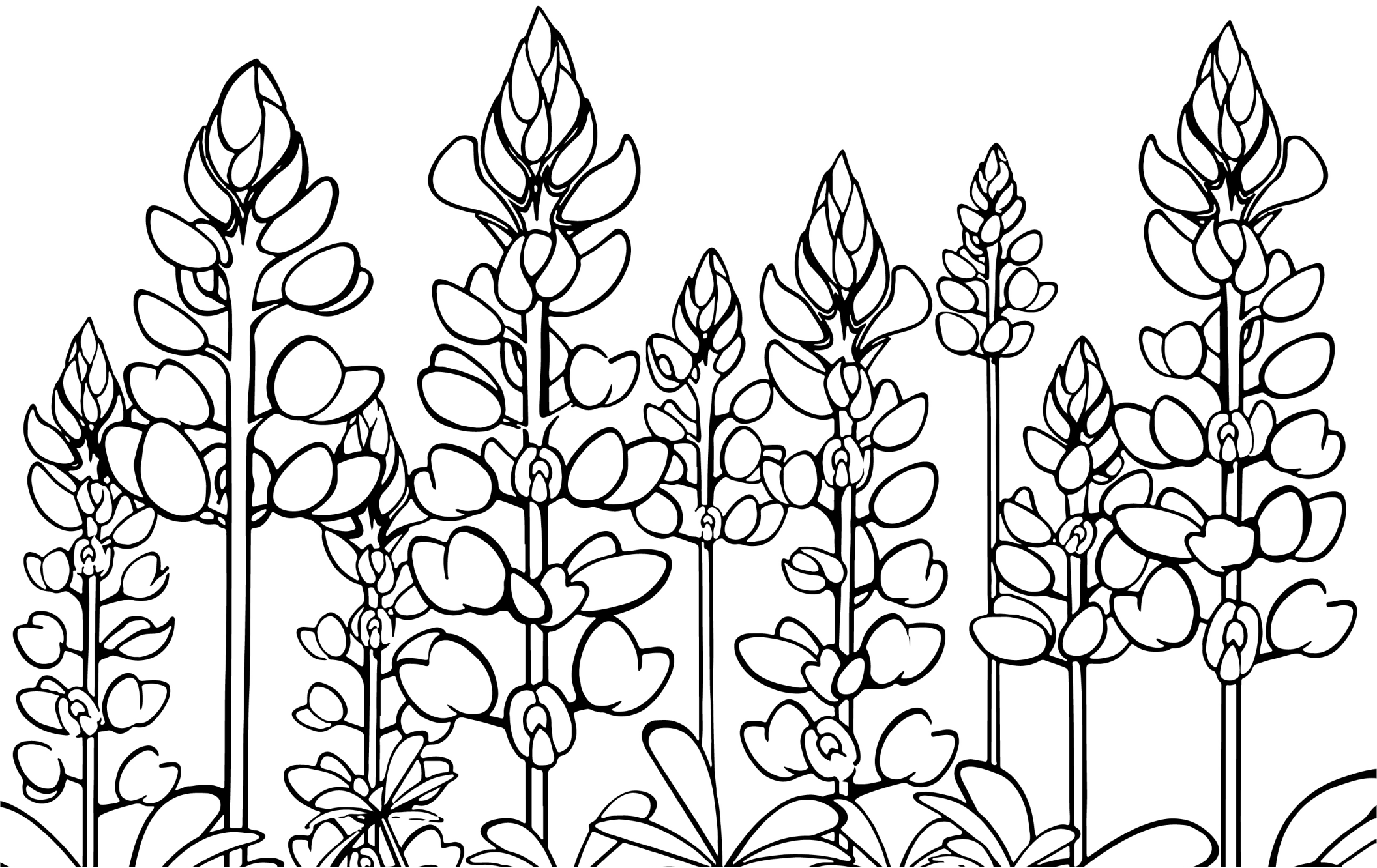
Texas Children's  
Hospital®

# Paw-sitively Awesome



## Meet Elsa

Elsa loves children, and she is happiest when she's on the job at Texas Children's Hospital as part of the Pawsitive Play Program. Elsa is one of our five therapy dogs, and all day long she plays with children, visits them in their rooms, jumps onto their beds if they invite her to, or just sits quietly by their side when they need a furry friend. When Elsa meets a child who feels nervous about being in the hospital, she helps them feel calmer and less worried. She is everyone's friend.



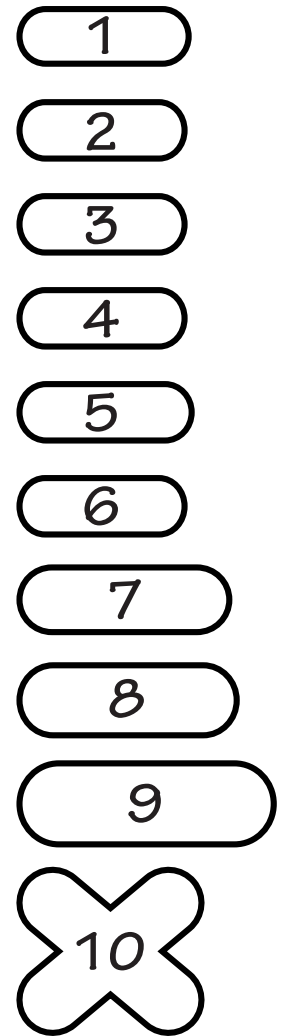
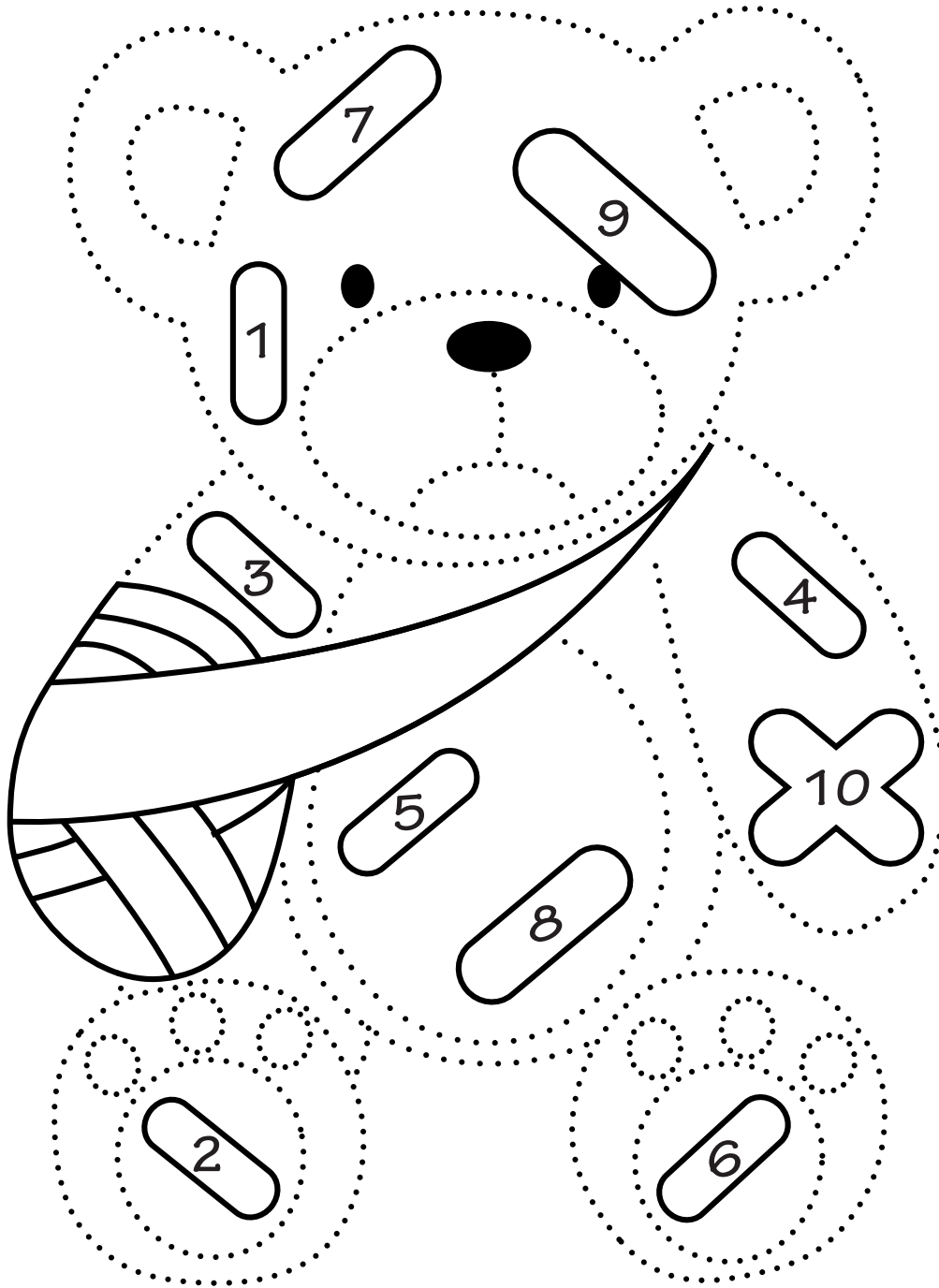
**Texas Bluebonnets**

# Katie the Kangaroo



Katie the Kangaroo is a member of our Texas Children's Kangaroo Crew. This team drives special ambulances and flies custom airplanes to help sick children reach our hospital. Katie is always a hop, skip, and jump away from helping our patients.

# Help Heal Teddy





# Word Search

Answers on page 34.

R F T C N Y V W W P C K S F E Z E T T O Z O D K  
 I S X H H C A D N I E T Z P D G E L S A V Y X Z  
 A C H I C B E D G I R D O E D P S A J K E A C A  
 H C K L R J R X N E W C I I I T Q O Z P N L T K  
 C Y K D A R Y F T U S B R A E C O W A U I P W L  
 L Z P R E W Q C C O F B X T T R U V O E C E A E  
 E W K E S R H L R M E Y H M A R I L U R I V M G  
 E O S N E E O C N L C O L G A L I H Y E D I B A  
 H H A S R V I T C E S B N I I R X C G K E T U C  
 W F M M H M M A C C X A G O M I K C S L M I L Y  
 M P V I B Z R W O O K W N T J A G W F A O S A D  
 X A E R W I W P S G D F N J O R F Z A W H W N I  
 E T N A M R E T E M O M R E H T R T W L H A C E  
 X I O C I N I L C R A E B Y D D E T Q E L P E R  
 A E Z L W E G L W K A N G A R O O C R E W A V A  
 M N E E Y L P O C A R D I O L O G Y R S Z X C C  
 I T F N C G M O Y G O L O I D A R C L I N I C E  
 N C I E H E O E H S Y P A R E H T S J Y J K A C  
 A O L T N E G L U L N Z H O G A Q R U V A P Y S  
 T P D W I K A R O U A C H I L D R E N R S R E T  
 I W L O R K G L R R I B H O S P I T A L G V X P  
 O N I R E E P S T G U D O O L B K T S J O E U Q  
 N F H K R H E C A H Z E S L Y O P O P L E Z O A  
 P I C Y D X Y K C U R E N B G G W D G U S P S N

AMBULANCE  
 BLOOD  
 CARDIOLOGY  
 CARE  
 CHILD LIFE ZONE  
 CHILDREN  
 CHILDREN'S MIRACLE  
 NETWORK  
 CLINIC

CURE  
 DOCTOR  
 ELSA  
 EXAMINATION  
 GLOBAL HOPE  
 GLOVES  
 HEALTH  
 HOSPITAL  
 ICU

KANGAROO CREW  
 LEGACY  
 MASK  
 MEDICINE  
 MICROSCOPE  
 MIRACLE BRIDGE  
 NEUROLOGY  
 NURSE  
 PATIENT

PAVILION FOR WOMEN  
 PAWSITIVE PLAY  
 PEDIATRICS  
 RADIOLOGY  
 RESEARCH  
 STETHOSCOPE  
 STRETCHER  
 SURGEON  
 SURGERY

TEDDY BEAR CLINIC  
 THERAPY  
 X-RAY  
 WALKER  
 WHEELCHAIR

# Brain Teasers

Answers on page 35.

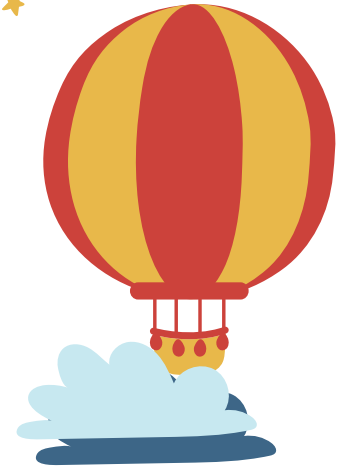
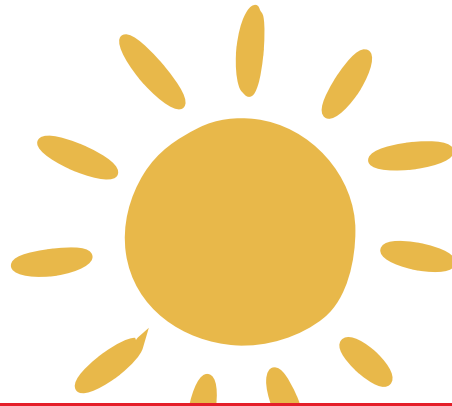
1. There are three houses. One is red, one is blue, and one is white. If the red house is to the left of the house in the middle, and the blue house is to the right to the house in the middle, where is the white house?
2. You are in a cabin and it is pitch black. You have one match on you. Which do you light first: the newspaper, the lamp, the candle, or the fire?
3. Who is bigger: Mr. Bigger, Mrs. Bigger, or their baby?
4. Mike is a butcher. He is 5'10" tall. What does he weigh?
5. A farmer has 17 sheep and all but nine run away. How many are left?
6. How far can a rabbit run into the woods?
7. In a year, there are 12 months. Seven months have 31 days. How many months have 28 days?
8. What are the next three letters in the following sequence?  
J, F, M, A, M, J, J, A, \_\_, \_\_, \_\_
9. Jimmy's mother had four children. She named the first Monday. She named the second Tuesday, and she named the third Wednesday. What is the name of the fourth child?
10. Before Mt. Everest was discovered, what was the highest mountain in the world?
11. Which is heavier? A pound of feathers or a pound of rocks?
12. What is full of holes but can still hold water?
13. A family lives in a large tower apartment building, 10 floors high. Every day their son takes the elevator from the family's apartment on the 10<sup>th</sup> floor to the ground floor and goes to school. When he returns in the afternoon, he uses the elevator to get to the fifth floor, and then uses the stairs for the remaining five floors. Why?

# Brain Teasers

Answers on page 35.

14. I do not have any special powers, but I can predict the score of any football game before it begins. How can I do this?
15. You are driving a bus. At the first stop, two women get on. The second stop, three men get on and one woman gets off. At the third stop, three kids and their mom get on, and a man gets off. The bus is grey, and it is raining outside. What color is the bus driver's hair?
16. Imagine that you are in a boat, in the middle of the sea. Suddenly, you are surrounded by sharks circling your boat. How can you put an end to this?
17. Give me food, and I will live; give me water, and I will die. What am I?
18. Which travels faster? Hot or Cold?
19. When you have me, you immediately feel like sharing me. But, if you do share me, you do not have me.
20. What can you hold without ever touching or using your hands?
21. First, I threw away the outside and cooked the inside. Then I ate the outside and threw away the inside. What did I eat?





# Get Active!

Ready to try something different? Let's get up, get out, and get moving! Exercise will help you feel better and stay fit, so give some of these activities a try.

On the Active Bingo sheets, you'll find all kinds of fun and sometimes silly poses and actions to try.

Let your imagination run wild as you try some of the other ideas, like the string path, picnic, maze, or airplane tournament.

There are activities that exercise your brain, too. You can do a science experiment, create some artwork, check out the birds in your neighborhood, or build a sun dial.

Ready, set, go!

# Active Bingo

This unique version of Bingo can be played without a caller. All you need is your bingo sheet and a marker or ink dabber.

Try out your best moves, and mark 5 numbers in a row either vertically, horizontally, or diagonally to get as many bingo game wins as possible on each new card. You can also try “four corners” marked or make an “X” on your card.

Shout out “bingo” to get your card checked.



# Active Bingo

10 sit ups	Jump on right foot 10 times	Balance on one foot for 10 seconds	Bring your knee to your chest 10 times while standing	10 speed skaters
Squat down to the floor, then jump up to the sky 10 times	10 push-ups	10 jumping jacks	Jump on your left foot 10 times	10 kick-boxing kicks on each leg
Hold a plank for 30 seconds	10 crab toe touches	FREE SPACE	Hold a hip bridge for 30 seconds	5 inchworms
10 side leg raises on each side	Hold a right-side plank for 30 seconds	5 supermans	20 mountain climbers	20 rear kicks
5 star jacks	Hold boat pose for 30 seconds	Hold tree pose on the right for 30 seconds	Hold a left-side plank for 30 seconds	Hold tree pose on the left for 30 seconds

Board 1

# Active Bingo

Hold tree pose on the right for 30 seconds	Hold a left-side plank for 30 seconds	Hold tree pose on the left for 30 seconds	10 sit ups	Jump on right foot 10 times
Balance on one foot for 10 seconds	Bring your knee to your chest 10 times while standing	10 speed skaters	Squat down to the floor, then jump up to the sky 10 times	10 push-ups
10 jumping jacks	Jump on your left foot 10 times	FREE SPACE	10 kick-boxing kicks on each leg	Hold a plank for 30 seconds
10 crab toe touches	Hold a hip bridge for 30 seconds	5 inchworms	10 side leg raises on each side	Hold a right-side plank for 30 seconds
5 supermans	20 mountain climbers	20 rear kicks	5 star jacks	Hold boat pose for 30 seconds

Board 2



# More Activities

## Activity 1

Use string to create a path through your yard as short or as long as you wish. Use a magnifying glass to crawl along the ground, following the string, and see what tiny things you find along the route. You can change the route every day, or keep it the same and see what new things you find.

## Activity 2

Spread a blanket outside for a healthy picnic.

## Activity 3

Do-it-yourself laser maze: get a roll of crepe paper and some masking tape, and have fun designing mazes and working your way through them!

## Activity 4

Place your favorite teddy bear or other stuffed animal in your window and ask your neighbors to do the same. While taking a walk around your neighborhood, have some fun by keeping an eye out for the stuffed animals put on display at other houses. Have fun on your very own Teddy Bear Safari!



# Paper Airplane Tournament

## Goal:

See whose paper airplane flies the farthest.

## Materials:

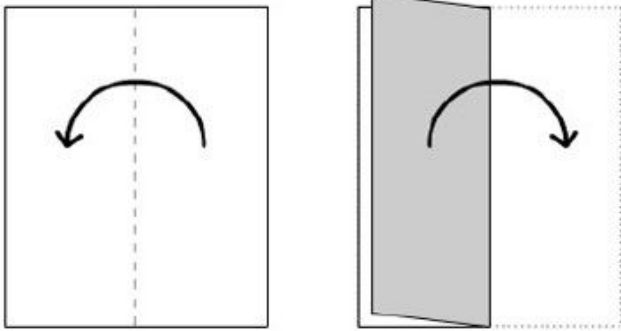
- Blank pieces of standard printer paper
- Markers and crayons

## **How to Play:**

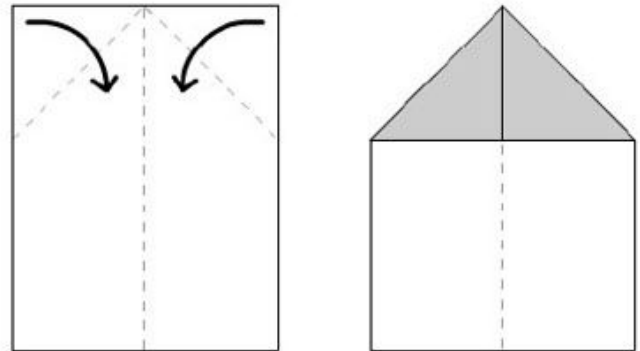
1. Hand everyone a piece of paper and teach them how to fold a paper airplane (instructions on the next page). Have them name and decorate their planes.
2. Go to an open area. At the same starting line, have two people fly their airplanes at the same time and see whose airplane flies the farthest.
3. After everyone has flown their planes, give each person the opportunity to make a new airplane. They can either create a new plane or keep the one they have. When everyone is done, take them to the open area again—this will be the “contest” round to see whose airplane flies the farthest. The person whose airplane flies the farthest wins the game.

# Paper Airplane Instructions

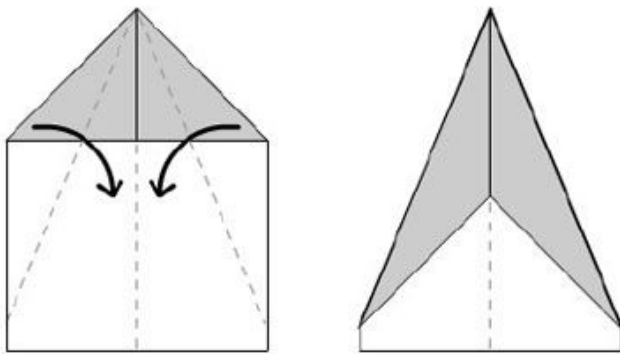
STEP 1: Turn your paper so the printed side is facing down. Fold the paper in half, crease the edge, and unfold.



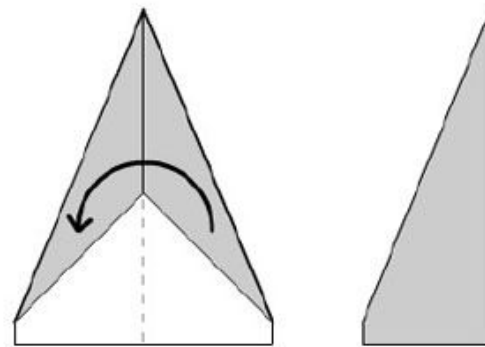
STEP 2: Fold the two upper corners down at a 45-degree angle. Make sure the edges line up with the center crease.



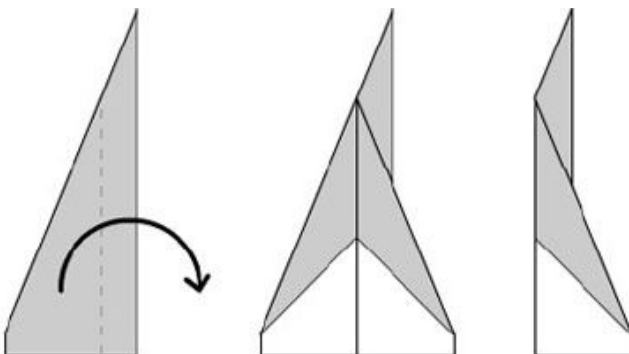
STEP 3: Fold each side again. Make sure the edges line up with the center crease.



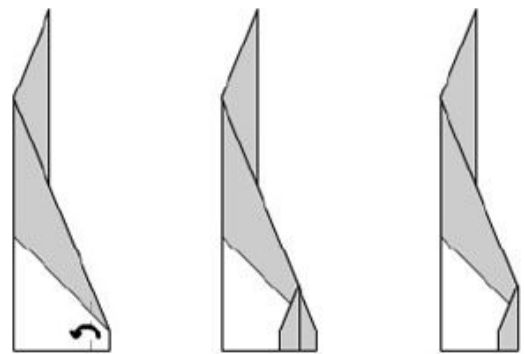
STEP 4: Fold the paper in half along the center crease.

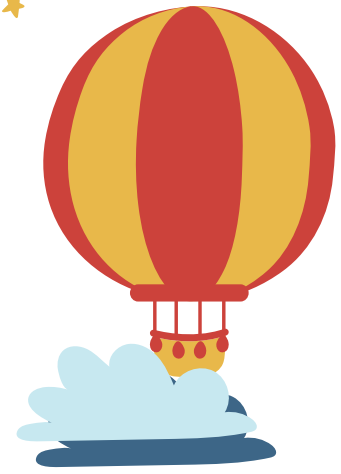


STEP 5: Fold the wing fin along the line shown. Repeat on the other side.



STEP 6: Fold the wing fin along the line shown. Repeat on the other side. Open the wings and fly!





# Flex-Your-Brain Activities

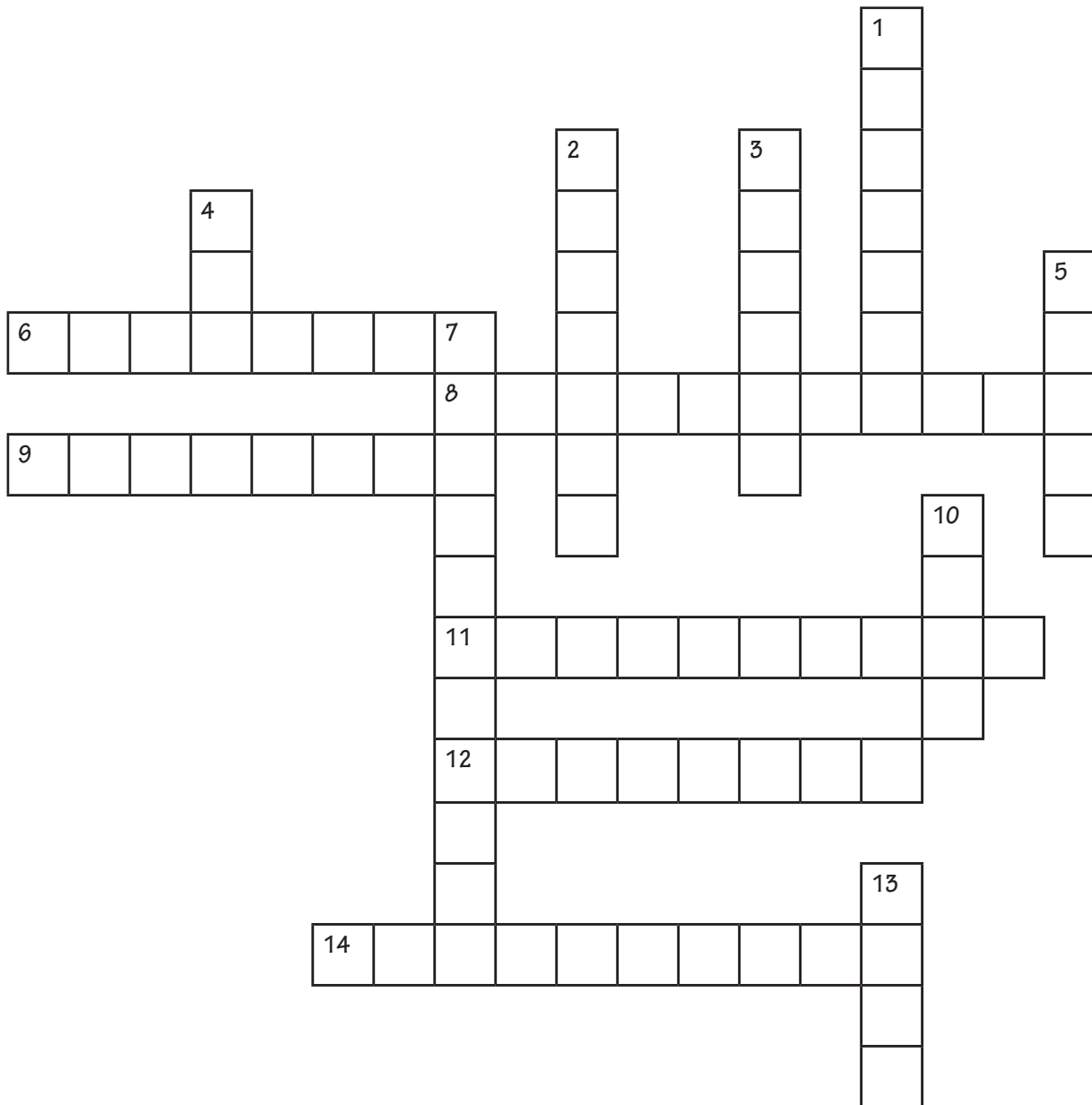
Now let's do a few brain exercises.

Exciting new ideas and activities are not only fun, they also help your brain work better, and you will start coming up with many more ideas of your own. Your imagination is endless!

Let's get started!

# Crossword Puzzle

Answers on page 36.



## Across

- 6 Used to cover a sore or scrape.
- 8 Used to take your temperature.
- 9 Take this and feel better.
- 11 It helps you breathe.
- 12 Used to help you walk.
- 14 If you can't walk, you can move around in this.

## Down

- 1 Just a quick prick and you'll feel better soon.
- 2 When you are in the hospital, you are called this.
- 3 Someone who helps us when we are sick.
- 4 You rest here when you are sick.
- 5 Someone who takes care of you in the hospital.
- 7 A doctor uses this to listen to your heart.
- 10 Made of plaster of paris.
- 13 A tube that carries medicine into your veins.

# Sudoku

Answers on page 37.

		8	1	4		9		2
	2		6	7	3			
	6	1	2			3	7	4
1	9			2	4		5	3
7							1	
	3	2					9	
		7	3	8		6		9
9			7			5		1
6	1						2	

Difficulty level: Easy

# Sudoku

Answers on page 38.

					3	4		
	4	2		1			8	
5	6				7			
				3				
7		4	5	9				
		9		6			3	
9		6		7	1	5		
			3			6	2	
		3	2		6		9	8

Difficulty level: Medium



# Sudoku

Answers on page 39.

9	2					3		
	5			4			2	
					6			
			4				1	
3					5	6	8	
				8	3			4
6	8		1	3				
		4				1		
	1	9				5		

Difficulty level: Hard

# Sudoku

Answers on page 40.

					4			7
	2			1		9	5	
6			2					
		6	8				1	
	5		1			4		8
2						6		
				7				
1	8							
				6			9	

Difficulty level: Expert

# Egg experiment

Place a whole egg in a clear glass filled with vinegar. Each morning, make observations about its deterioration and what you see or don't see.

This fun experiment makes the eggshell “disappear.”

## Materials:

- Vinegar (at least 16 ounces)
- A clear glass or cup
- One egg

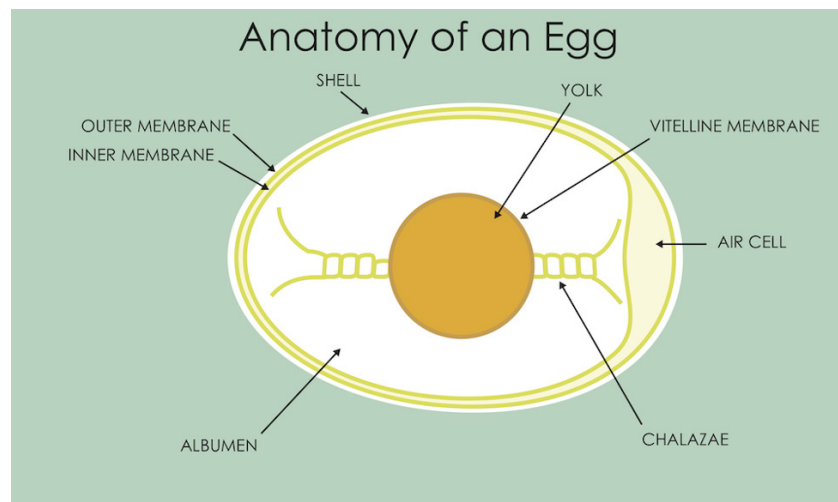
Carefully place the egg in a cup and fill the cup with vinegar so that the egg is completely covered. Don't worry if the egg floats a bit. Just get enough vinegar in the cup to mostly cover the egg.

In just a short while, you should see some bubbles appearing on the outside of the egg. These are bubbles of carbon dioxide gas from the reaction. It can take 12-24 hours before a good portion of the shell is removed. A good sign of progress is a white frothy scummy layer on the top of the surface of the vinegar.

After two days of soaking, you should have a pretty cool egg with no shell.

Check out this link for more fun things to do with your egg:

<https://www.imaginationstationtoledo.org/educator/activities/how-to-make-a-naked-egg>



# More Activities

## Activity 1

Create paintings, drawings and collages daily for an end-of-the-week art show. Think of a theme (nature, family, things that make you happy) or improvise.

## Activity 2

Start a list of names and/or pictures of the birds you see in your backyard, using the Cornell Lab of Ornithology ([birds.cornell.edu](http://birds.cornell.edu)) for proper identification.

## Activity 3

Track the sun's movement with a homemade sundial, which you can make out of rocks formed into a circle with a twig stuck into the center. Next, mark the time on the rock that the shadow of the stick hits and keep track of it the rest of the day.





# Nutrition

Eating well is another immune-boosting, feel-good move. Whether you're preparing a comforting family favorite or trying something adventurous, you're sure to have some fun and make new memories.

Texas Children's Employee Health and Wellness Team helped create a list of great recipes for you, including quick meals and one-sheet meals, slow cooker delights, and scrumptious desserts. So roll up your sleeves, pop that chef's hat onto your head, and let's get cooking!

# Healthy Recipe Challenge

Parents are encouraged to take photos of their family preparing their culinary masterpieces and post to social media. Show us your culinary masterpieces and healthy choices! Send us photos or use hashtags:

**#TexasChildrensCares**

**#TexasChildrensMyPlate**



# Meal Resources

**We recommend these delicious items from the chefs at the Food Network:**

## **Slow-Cooker Tortilla Soup**

<https://www.foodnetwork.com/recipes/melissa-darabian/slow-cooker-tortilla-soup-recipe-2108613>

## **Spiced Oven-Fried Potatoes**

<https://www.foodnetwork.com/recipes/food-network-kitchen/spiced-oven-fried-potatoes-recipe-2109759>

## **Homemade No-Cook Cookie Balls**

<https://www.foodnetwork.com/recipes/homemade-no-cook-cookie-balls-3415595>

## **Rice Pudding**

<https://www.foodnetwork.com/recipes/ellie-krieger/rice-pudding-recipe2-1947107>

## **Best Healthy Recipes for Kids and Families**

<https://www.foodnetwork.com/recipes/photos/our-best-healthy-recipes-for-kids-and-families>

## **65+ Healthy Dessert Recipes**

<https://www.foodnetwork.com/healthy/packages/healthy-every-week/healthy-desserts/healthy-dessert-recipe-ideas>

**Here are some 30-minute meals from A Mind “Full” Mom:**

<https://amindfullmom.com/?s=30+minute>

**Try these 1-day meal plan ideas from**

## **EatingWell:**

<http://www.eatingwell.com/article/290372/1-day-back-to-school-kids-meal-plan/>

**In a hurry? Clean Eating With Kids** has some great recipes, including dinner in less than 20 minutes:

<https://www.cleaneatingwithkids.com/>



# Meal Resources

## Sheet pan meal ideas:

### Maple glazed salmon

(The Seasoned Mom)

<https://www.theseasonedmom.com/sheet-pan-supper-maple-glazed-salmon-with-sweet-potatoes-and-broccoli/>

### Cilantro lime chicken

(Gimme Delicious)

<https://gimmedelicious.com/2016/12/03/sheet-pan-roasted-cilantro-lime-chicken/>

### Balsamic-herb chicken and vegetables

(skinnytaste)

<https://www.skinnytaste.com/sheet-pan-balsamic-herb-chicken-and-vegetables/>

### Lemon garlic butter shrimp and asparagus

(Carlsbad Cravings)

<https://carlsbadcravings.com/roasted-lemon-butter-garlic-shrimp-recipe/>

### Maple mustard chicken

(The Chunky Chef)

<https://www.thechunkychef.com/sheet-pan-maple-mustard-roasted-chicken/>

## Slow-cooker meal ideas:

**Fit Foodie Finds has a bevy of tantalizing slow-cooker recipes:**

### Chicken chili

<https://fitfoodiefinds.com/crockpot-chicken-chili/>

### Coconut curry chicken

<https://fitfoodiefinds.com/slow-cooker-coconut-curry-chicken/>

### Chicken salsa tacos

<https://fitfoodiefinds.com/crock-pot-chicken-salsa-tacos/>

### Asian chicken with sesame pea pods

<https://fitfoodiefinds.com/crockpot-asian-chicken-stir-fried-sesame-pea-pods/>

### 5-ingredient honey sriracha chicken

<https://fitfoodiefinds.com/5-ingredient-honey-sriracha-crock-pot-chicken/>

## Or try a few of these:

### Easy Thai chicken

(fitchen)

<https://thefitchen.com/easy-crockpot-thai-chicken/>

### Beef and broccoli

(Well Plated)

<https://www.wellplated.com/slow-cooker-beef-and-broccoli/>

### Greek chicken gyros

(The Seasoned Mom)

<https://www.theseasonedmom.com/slow-cooker-greek-chicken-gyros/>

### Mango chicken with sweet potatoes

(Food Faith Fitness)

<https://www.foodfaithfitness.com/slow-cooker-mango-chicken-sweet-potatoes/>

### Pork tacos with green goddess dressing

(Delightful Mom Food)

<https://delightfulmomfood.com/slow-cooker-pork-tacos-with-green-goddess-dressing/>



# My Nutrition Challenge

## Build a balanced plate by focusing on a new portion each week.

Post your tracker in a visible area. Do your best to balance your plate with the items listed below. At the end of each week, circle the statement that best describes how you did. Learn, have fun and try some new recipes.

### WEEK 1



#### Fill ½ of your plate with fruits and vegetables

Fruits and vegetables contain key vitamins, minerals, phytonutrients, and fiber. They give us energy, support our metabolism, fill us up, regulate digestion, and can even help prevent disease.

##### **This week, I did:**

*Awesome!*

*Pretty good.*

*Could've been better.*

*I'll get it next time.*

### WEEK 2



#### Fill ¼ of your plate with lean protein

Protein helps maintain our muscles and promotes satiety. Since it takes our body longer to break down protein than other foods – like carbohydrates or fat – this important portion will help keep you full and increase your metabolism.

##### **This week, I did:**

*Awesome!*

*Pretty good.*

*Could've been better.*

*I'll get it next time.*

### WEEK 3



#### Fill ¼ of your plate with complex carbohydrates

Complex carbohydrates include whole grains, such as oats, brown rice, beans, lentils, and sweet potatoes. Most individuals would benefit by including more complex carbohydrates into their diets.

##### **This week, I did:**

*Awesome!*

*Pretty good.*

*Could've been better.*

*I'll get it next time.*

### WEEK 4



#### Include 2 tbsp. of a healthy fat with your meals

Healthy fats can help regulate blood sugar, decrease inflammation, increase satiety, lubricate joints, and add flavor to our food. Healthy fats, including avocado and olive oil, can also promote better cardiovascular health.

##### **This week, I did:**

*Awesome!*

*Pretty good.*

*Could've been better.*

*I'll get it next time.*

**We hope you and your family have enjoyed the activities in this book!**

As we continue navigating this uncharted territory along with the rest of Texas and the world, we hope you can rest a little easier knowing that Texas Children's will continue to do all we can to help you continue to take care of your children and family.

Please take care of yourself and each other.

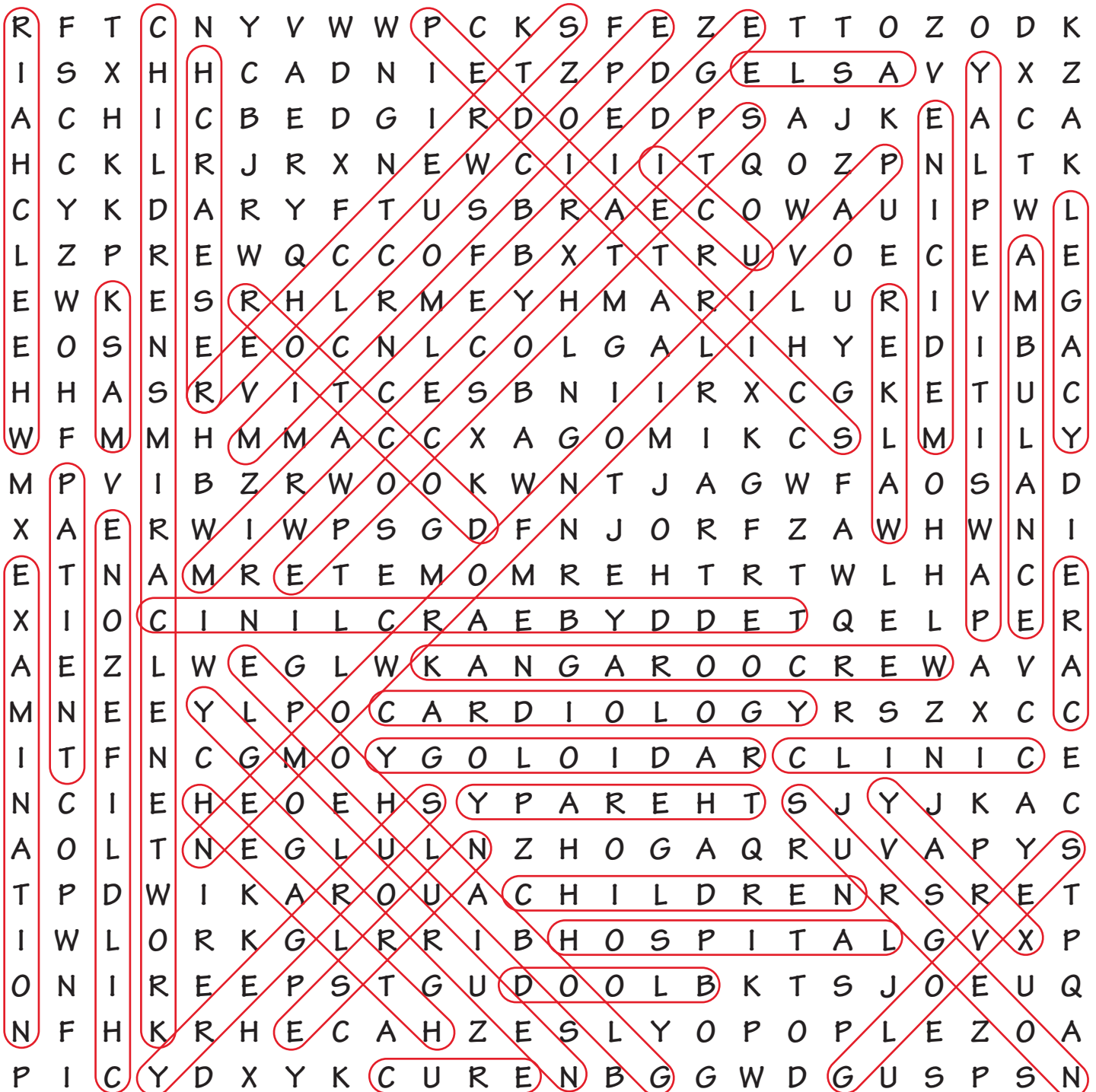


**Texas Children's  
Hospital®**

Office of Philanthropy  
[waystogive.texaschildrens.org](http://waystogive.texaschildrens.org)

# Word Search

## ANSWER KEY



AMBULANCE  
BLOOD  
CARDIOLOGY  
CARE  
CHILD LIFE ZONE  
CHILDREN  
CHILDREN'S MIRACLE  
NETWORK  
CLINIC

CURE  
DOCTOR  
ELSA  
EXAMINATION  
GLOBAL HOPE  
GLOVES  
HEALTH  
HOSPITAL  
ICU

KANGAROO CREW  
LEGACY  
MASK  
MEDICINE  
MICROSCOPE  
MIRACLE BRIDGE  
NEUROLOGY  
NURSE  
PATIENT

PAVILION FOR WOMEN  
PAWSITIVE PLAY  
PEDIATRICS  
RADIOLOGY  
RESEARCH  
STETHOSCOPE  
STRETCHER  
SURGEON  
SURGERY

TEDDY BEAR CLINIC  
THERAPY  
X-RAY  
WALKER  
WHEELCHAIR

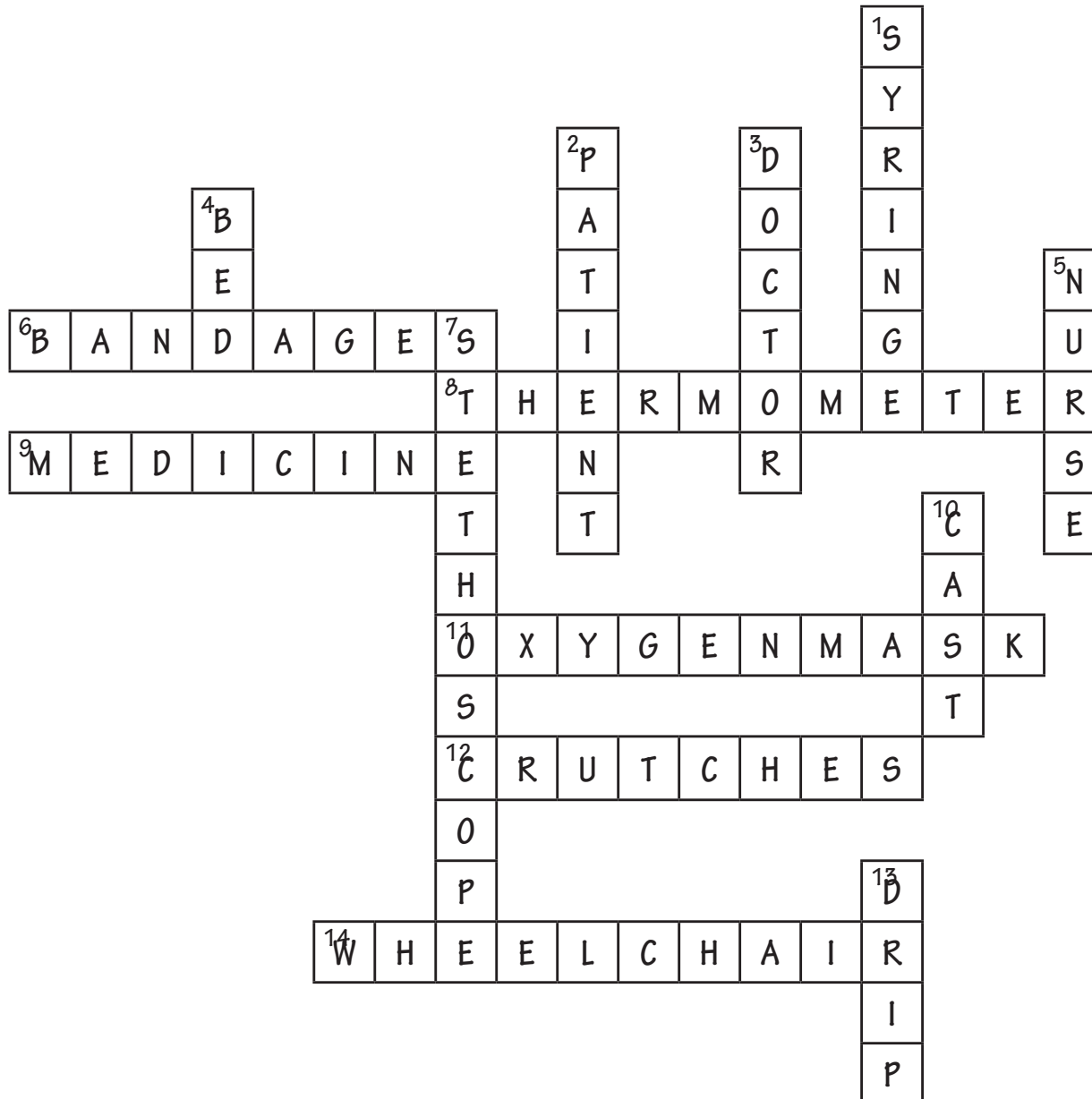
# Brain Teasers

## ANSWER KEY

1. In Washington, D.C.
2. You light the match first.
3. The baby, because he is a little bigger.
4. Meat
5. Nine
6. Halfway. After that, he is running out of the woods.
7. They all do.
8. S, O, N. The sequence is first letter of the months of the year. September, October, and November are the next in the sequence.
9. Jimmy, because Jimmy's mother had four children.
10. Mt. Everest. It was still the highest in the world. It just had not been discovered yet.
11. Neither. Both weigh a pound.
12. A sponge
13. Because he cannot reach the buttons higher than five.
14. Well, the score before any football game is always zero to zero.
15. Whatever color your hair is! Remember, you are the bus driver.
16. Stop imagining.
17. Fire
18. Hot is faster, because you can catch a cold.
19. A secret
20. Your breath
21. Corn on the cob

# Crossword Puzzle

## ANSWER KEY



### Across

- 6 Used to cover a sore or scrape.
- 8 It takes your temperature.
- 9 Drink this and feel better quickly.
- 11 It helps you breathe.
- 12 Used as legs to help you walk.
- 14 If you can't walk, you can move around in this.

### Down

- 1 Just a quick prick and you'll feel better soon.
- 2 When you are in the hospital, you are called this.
- 3 He/she helps us when we are sick.
- 4 You rest here when you are sick.
- 5 He/she takes care of you in the hospital.
- 7 A doctor uses this to listen to your heart.
- 10 Made of plaster of paris.
- 13 A tube that carries medicine into your veins.

# Sudoku

## ANSWER KEY

3	7	8	1	4	5	9	6	2
4	2	9	6	7	3	1	8	5
5	6	1	2	9	8	3	7	4
1	9	6	8	2	4	7	5	3
7	4	5	9	3	6	2	1	8
8	3	2	5	1	7	4	9	6
2	5	7	3	8	1	6	4	9
9	8	4	7	6	2	5	3	1
6	1	3	4	5	9	8	2	7

Difficulty level: Easy



# Sudoku

## ANSWER KEY

1	9	7	6	8	3	4	5	2
3	4	2	9	1	5	7	8	6
5	6	8	4	2	7	3	1	9
6	8	5	1	3	2	9	7	4
7	3	4	5	9	8	2	6	1
2	1	9	7	6	4	8	3	5
9	2	6	8	7	1	5	4	3
8	5	1	3	4	9	6	2	7
4	7	3	2	5	6	1	9	8

Difficulty level: Medium

# Sudoku

## ANSWER KEY

9	2	2	8	7	1	3	4	5
8	5	1	3	4	9	7	2	6
4	7	3	2	5	6	8	9	1
5	6	8	4	2	7	9	1	3
3	4	2	9	1	5	6	8	7
1	9	7	6	8	3	2	5	4
6	8	5	1	3	2	4	7	9
7	3	4	5	9	8	1	6	2
2	1	9	7	6	4	5	3	8

Difficulty level: Hard

# Sudoku

## ANSWER KEY

5	3	1	9	8	4	2	6	7
8	2	7	6	1	3	9	5	4
6	4	9	2	5	7	1	8	3
4	9	6	8	3	2	7	1	5
7	5	3	1	9	6	4	2	8
2	1	8	7	4	5	6	3	9
1	8	5	4	7	8	5	4	1
1	8	5	4	2	9	3	7	6
3	7	4	5	6	1	8	9	2

Difficulty level: Expert

# ALUMNI SPOTLIGHT

## SYDNEY FLOYD, NURSING '17

Sydney works as an RN at Children's Health in Dallas. She is a bright spot in the lives of the kids she cares for with her energetic smile and personality. It is more important than ever to have a bright and friendly face for these children, as their visitors are being limited. Sydney's education from A&M-Commerce helped her achieve her degree, licensing and job, but her heart is where she truly shines and is a natural in this role.

Thank you for your dedication to serving on the front lines Sydney!!





RMHC implemented a series of 4 cultivation emails to help develop affinity toward RMHC by extending value to everyone in the RMHC community in the form of downloadable/printable activities for kids sheltering at home. They displayed a unique understanding of what supporters are confronting during this pandemic, with a perspective that aligns with the mission and experience of providing family-centered care during challenging times for a family.

# Stay-at-Home Fun for Kids!

## A Printable Resource





## Activities for Kids, from Our RMHC Family to Yours

RMHC is known for providing physical and emotional support to families around the world. Our programs care for families of ill and injured children, providing some normalcy and distractions to their upended lives.

While all our lives are currently upended during this difficult time, we want to provide some fun for YOU and YOUR family, to provide a little family-centered care to you as well!

**If you have kids – or maybe grandchildren, nieces or nephews that you haven't seen for weeks – these activities are a perfect way to brighten their day!**

Print this out and relax with your children coloring and completing these activities. Or share this PDF with any special children in your life to let them know that they are close to you in your heart, even when you're separated.

**To learn more about RMHC, visit [rmhc.org](https://rmhc.org).**

### ABOUT RONALD McDONALD HOUSE CHARITIES

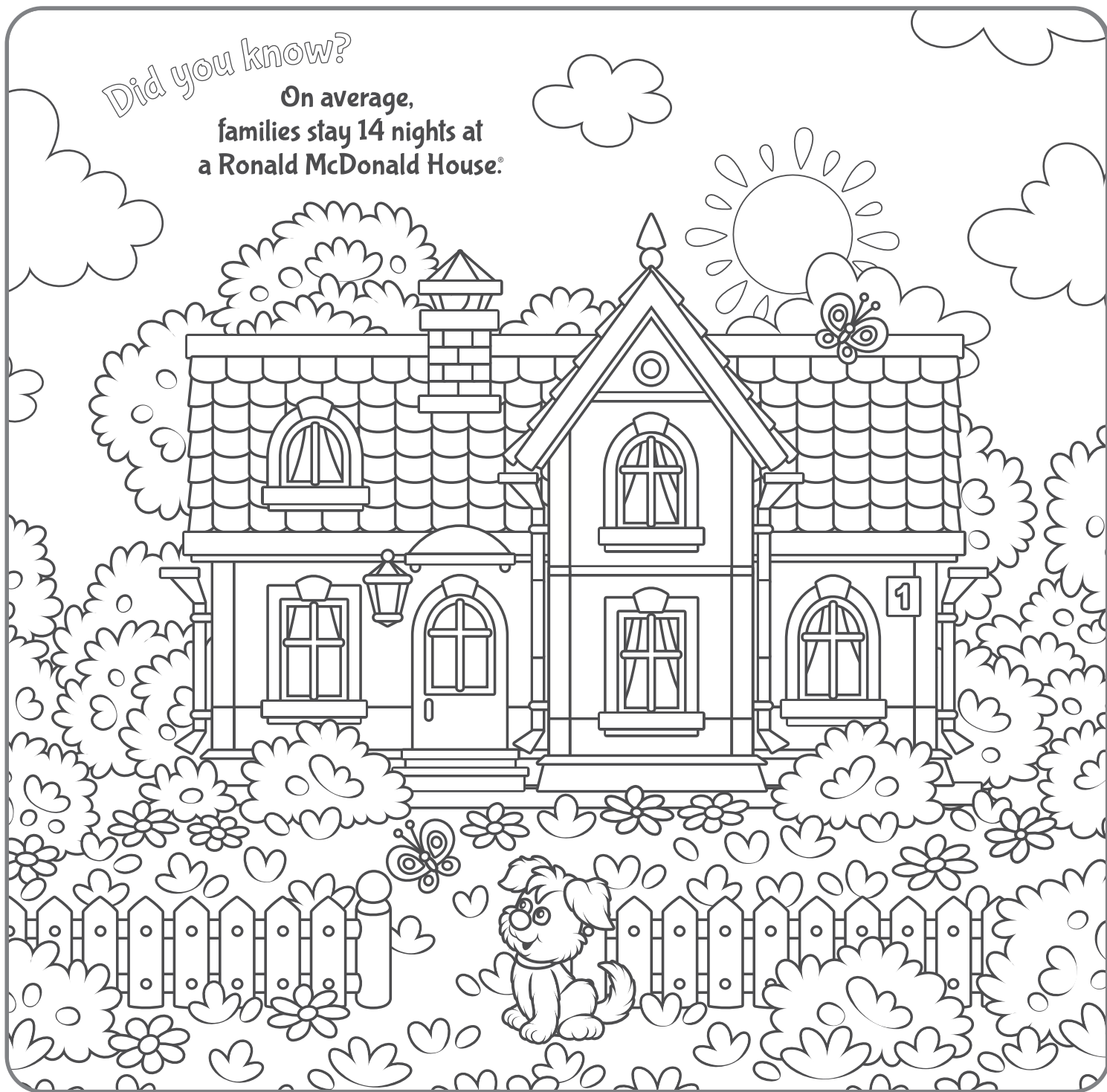
RMHC is a non-profit 501(c)(3) corporation and funding for our programs comes from a variety of sources. While McDonald's is our founding mission partner, since they helped us open the first Ronald McDonald House over 45 years ago, no individual company can, or should, solely fund all RMHC programs and the growth needed to serve more families. We are thankful for the generosity of individual and corporate donors and greatly value any support you can afford to RMHC, whether it's through cash donations, your time or fundraising efforts.

Follow RMHC on [Twitter](https://twitter.com/rmhc), [Facebook](https://facebook.com/rmhc), [Instagram](https://instagram.com/rmhc) and [LinkedIn](https://linkedin.com/company/rmhc).

# Coloring Time

*Did you know?*

**On average,  
families stay 14 nights at  
a Ronald McDonald House.®**



© RMHC



RMHC®

## Keeping families close®

Ronald McDonald House Charities® makes sure that sick children always have family close. We help provide more hugs, kisses and "I love yous" to millions of families with sick kids around the world.

**TO LEARN MORE, VISIT [RMHC.ORG](http://RMHC.ORG)**

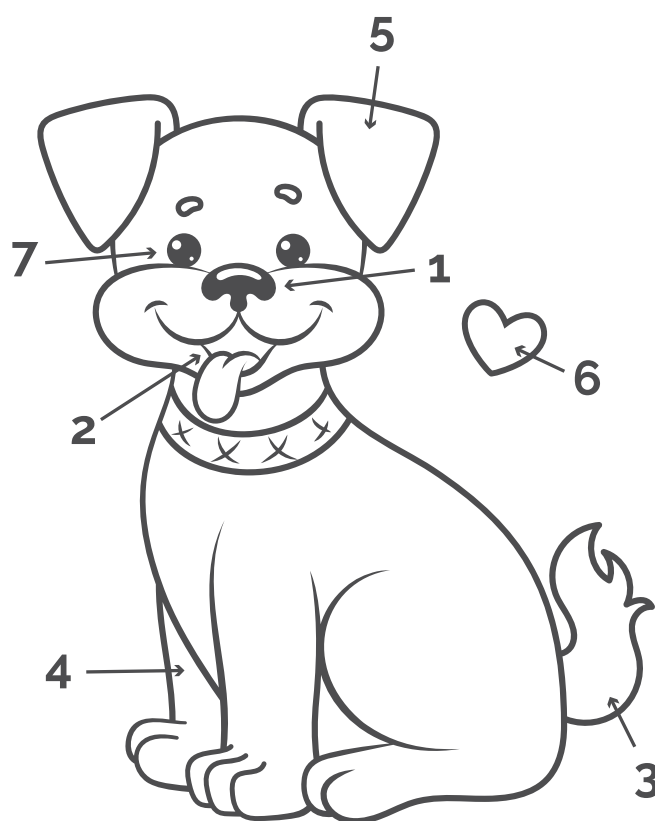
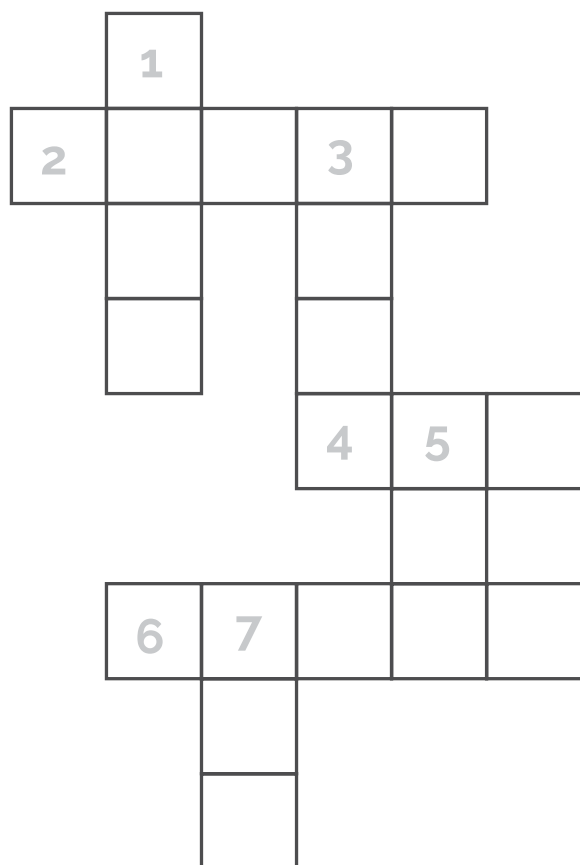


# House Dog Crossword

Many Ronald McDonald House programs have their very own House Dog! House Dogs provide comfort, puppy licks and hugs to families who may be far from home.

Can you solve the House Dog crossword below?

Answers are upside down at the bottom of the page.



Answers: Down - 1. nose, 3. tail, 5. ear, 7. eye Across - 2. mouth, 4. leg, 6. heart

© RMHC



## Keeping families close®

Ronald McDonald House Charities® makes sure that sick children always have family close. We help provide more hugs, kisses and "I love yous" to millions of families with sick kids around the world.

TO LEARN MORE, VISIT [RMHC.ORG](http://RMHC.ORG)

## Did you Know?

On average, families spend 14 days at a Ronald McDonald House® or a Ronald McDonald Family Room® while their sick child receives treatment.

# Secret Word Solve

Solve each word and then use the letters in the gray boxes to find the secret word.

Answers are upside down at the bottom of the page.



1

1				
---	--	--	--	--

2	4		
---	---	--	--

3			5	
---	--	--	---	--



3



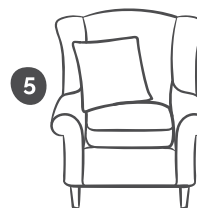
2



4

4		
---	--	--

5		2		
---	--	---	--	--



5

6								
---	--	--	--	--	--	--	--	--



6

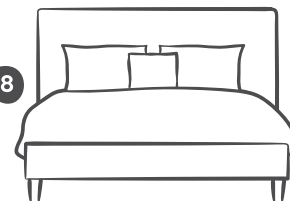


7

7		1			
---	--	---	--	--	--

8			
---	--	--	--

9				6				
---	--	--	--	---	--	--	--	--



8



9

10								3
----	--	--	--	--	--	--	--	---



10

Secret Word

1	2	3	4	5	6
---	---	---	---	---	---

Answers: 1. house, 2. milk, 3. apple, 4. dog, 5. chair, 6. toothbrush, 7. coffee, 8. bed, 9. teddy bear, 10. ice cream. Secret word: family

© RMHC



RMHC®

# Keeping families close®

Ronald McDonald House Charities® makes sure that sick children always have family close. We help provide more hugs, kisses and "I love yous" to millions of families with sick kids around the world.

TO LEARN MORE, VISIT [RMHC.ORG](http://RMHC.ORG)

# Word Decoder

Use the key code below to decode the sentence.

Answers are upside down at the bottom of the page.



## Key Code



Answer: Help keep families with sick kids together.

© RMHC



RMHC®

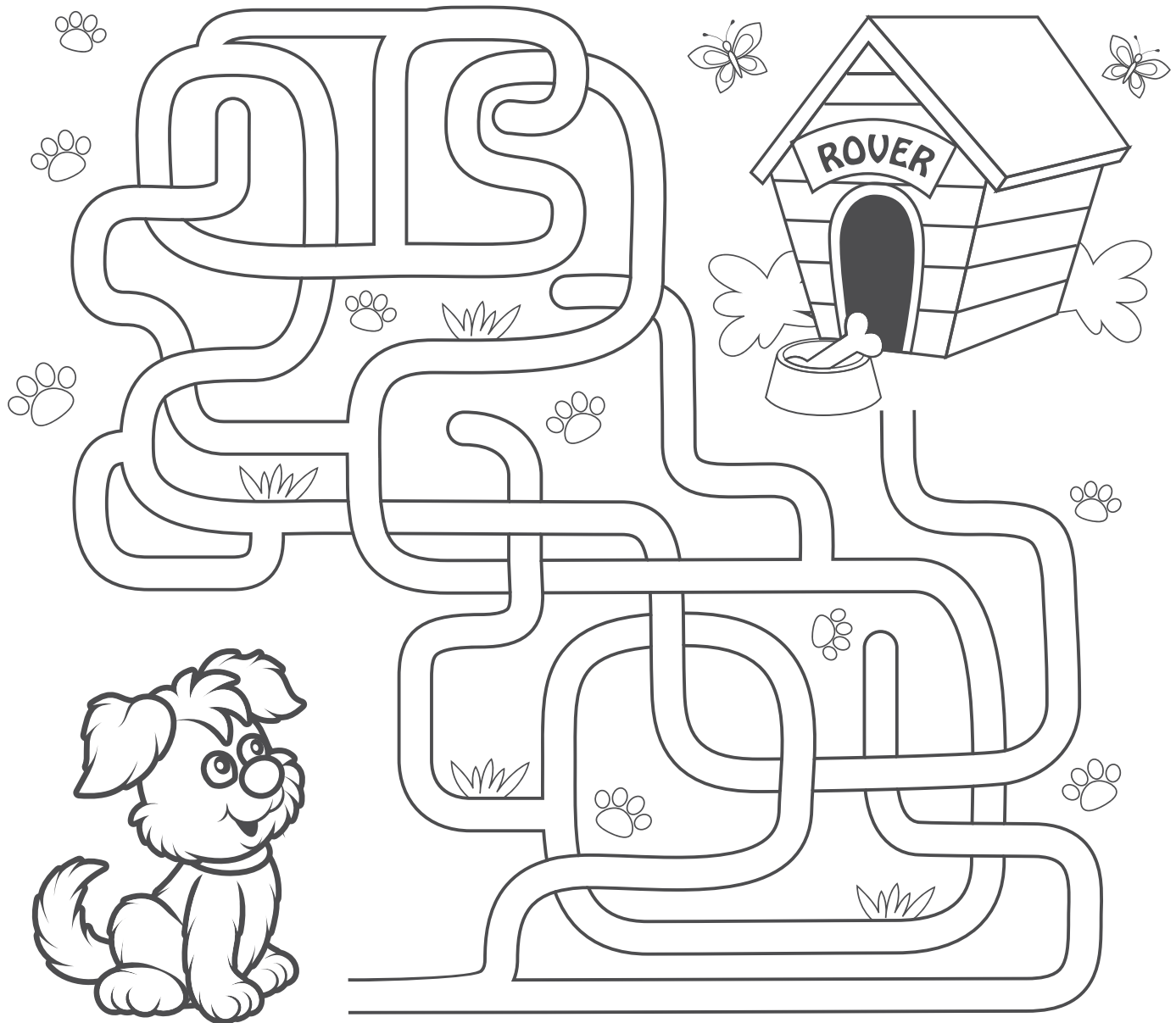
# Keeping families close®

Ronald McDonald House Charities® makes sure that sick children always have family close. We help provide more hugs, kisses and "I love yous" to millions of families with sick kids around the world.

**TO LEARN MORE, VISIT [RMHC.ORG](http://RMHC.ORG)**

# Solve the House Dog Maze

Can you help Rover find his way home?



© RMHC



RMHC®

## Keeping families close®

Ronald McDonald House Charities® makes sure that sick children always have family close. We help provide more hugs, kisses and "I love yous" to millions of families with sick kids around the world.

TO LEARN MORE, VISIT [RMHC.ORG](http://RMHC.ORG)

We decided to launch a virtual book club as a way to engage them while we couldn't have events - this will live on beyond the quarantine, but we were able to coordinate and get this off the group in just a few weeks. For our first title, we picked "One Hundred Years of Solitude" of course :) and we've had over 90 people sign up so far.

Book club launch invitation

**From:** [Loyal Blues](#)  
**To:** [Silverman, Jennifer](#)  
**Subject:** Introducing: Loyal Blues Book Club with Evviva Weinraub Lajoie  
**Date:** Tuesday, April 7, 2020 3:09:43 PM

---



Dear Jennifer,

I am excited to announce the launch of a new, exclusive program for our Loyal Blue donors—a virtual book club, hosted by UB's Vice Provost for University Libraries Evviva Weinraub Lajoie!

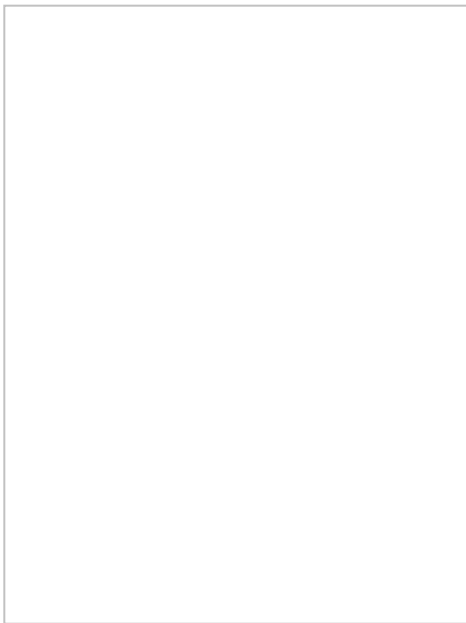
Evviva, who was appointed to the role of vice provost last fall, is a prolific writer and expert in digital library initiatives. She is excited to partner with us on this program and to share her passion for literature with our most loyal supporters.

The Loyal Blues Book Club is a virtual reading experience exclusively for UB donors. As a participant, you'll have the opportunity to connect throughout the year with alumni and UB friends from around the country, all while having an expert educator guide you through the stories and tales of both fictional and non-fictional characters alike.

Our first featured novel, *One Hundred Years of Solitude*, is a PBS Great American Read Top 100 Pick and considered to be Colombian author Gabriel García Márquez's masterpiece and foremost example of magic realism.

### **A message from Evviva**

Hello! Though it may feel like you have already experienced 100 years of solitude during this challenging and unprecedented time, I invite you to escape with me into the wonderful and colorful book "*One Hundred Years of Solitude*"—one of my all-time favorite reads. Probably Gabriel García Márquez's finest and most famous work, it tells the story of the rise and fall, birth and death of the mythical town of Macondo through the history of the



Buendía family.  
Inventive, amusing, magnetic, sad, alive  
with unforgettable men and women, and  
with a truth and understanding that strike  
the soul, "One Hundred Years of Solitude"  
is a masterpiece of the art of fiction.

[VIEW DETAILS AND SIGN UP](#)

### How it works:

I hope you are as excited as I am to begin this virtual journey. There is no cost to participate. Simply purchase a copy of the book and sign up above to receive weekly emails and facilitator notes from Evviva. This title is available through the Public Library through Overdrive, as an audio book and through a variety of vendors as an eBook. If you have trouble finding a copy, just let me know.

Once you've signed up, your reading journey can begin. We officially launch today and conclude with an interactive online discussion with Evviva on May 14. I also encourage you to join our [Facebook forum](#) for regular posts from Evviva and comments from other Loyal Blue readers. Further details regarding the online discussion with Evviva will be shared once you have signed up for the club.

I hope you will join us for the launch of the Loyal Blues Book Club! I am excited about this new forum to bring our Loyal Blue donors together and for the opportunities to explore with you some of the greatest pieces of world literature. If you have any questions or need more information, please contact me [here](#).



Jennifer Silverman-Van Treese  
Assistant Director for Donor Relations & Stewardship



[Unsubscribe](#) | If you believe you have received this message in error, please [click here](#).

University at Buffalo Office of Donor Relations and Stewardship | 916 Kimball Tower | Buffalo,  
NY



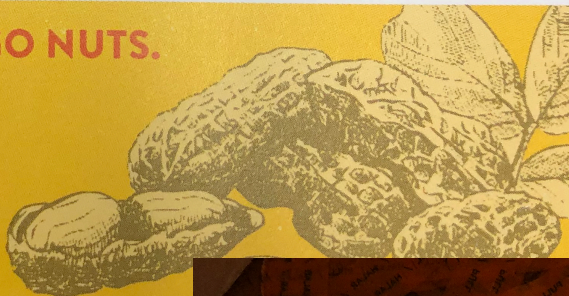
Auburn University College of Ag has a professor that has created and grown a unique variety of peanut. Dean Patterson had the first crop packaged to promote the college and the peanut. This was an opportunity for us in this time to reach out and mail a sample to our Ag Hill Dean's Society members, Development officer portfolios, and top donors in the past three years. About 200 total mailed out, just to bring a happy to let them know that we are still here and care about them and their families well being during this pandemic.



As we practice our social distancing, some of you may be going a little nuts with the change in lifestyle. The Auburn University College of Agriculture would like to change your outlook and offer you some Auburn Peanuts as a pick-me-up and thank you for all you do to make Auburn and the College of Ag the best.

**ENJOY, AND DON'T GO NUTS.  
EAT SOME PEANUTS!**

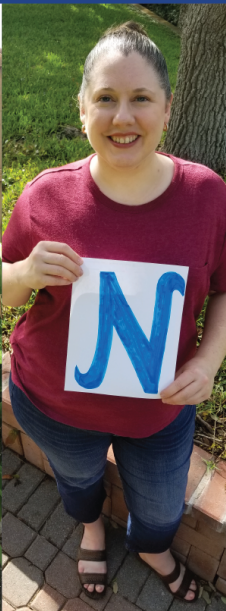
Office of Development  
(334) 844-1475  
coagdev@auburn.edu





We used this file to email to donors and share on social media.

DEL MAR COLLEGE  
FOUNDATION





"We have been sending out a weekly email series to our donor base called ""Side by Side YOU"" that features an inspiring story to uplift them. Our goal behind this series is to make our donors smile. When thinking about what we could offer them during this time, we realized we have access to tons of hope-filled stories from our program that make us smile, so we wanted to make them smile too.



side by side *you*



## MISSION MOMENTS



Meet Anthony! I truly believe Anthony invented the "contagious smile" because it is literally impossible not to smile when you're with him and be filled with the joy that radiates off him. While he doesn't fight to be the center of attention, Anthony consistently brings a warm and comforting presence into every situation. Even at such a young age, Anthony is able to actively listen to his peers and make them laugh when he can sense they are down. Spending time with him has allowed me to experience more of the character of Jesus because he is unassuming and laid back while being incredibly kind and invested in the people around him.

Anthony reminds me that, while the coronavirus is contagious, so is joy. Each of us have the power to uplift people, which is especially vital during this time. We are honored to walk this journey with you and hopefully make you smile along the way. We are praying for you and your families so please let us know if you have specific prayer requests we can be praying for. Sending joy your way!

Week 2 we switched to e-mail since many people were managing a lot and I thought calls may be disruptive. Started drafting "simmer" stewardship messages 1x/month for gift officers to send to people in their portfolio who they're not regularly in contact with. I message unmanaged donors \$1,500k+

# BerkeleyHaas

Donor Stewardship Message  
COVID Week 2  
March 2020

Dear James and Lora,

I tried recording a video greeting for you, but let's just say there were technical difficulties... so I'm settling for a good 'ol e-mail with photo instead. As a loyal donor to Berkeley Haas, you are one of our most valued relationships to the school, so I'm checking in to see how you're doing. Your steady support over the years enables our school to remain strong and nimble, which positioned us well to pivot quickly to online learning and remote work. Thank you.

See attached photo for an example of what Cal classrooms look like these days!  
[#StudentsAlways](#)

As Bay Area is now sheltering in place, I am looking for excuses to have virtual coffee and walking dates. So if you're in a similar boat and looking to connect, let's schedule something! I am happy to talk about anything from your pet to your Cal experience to what's for breakfast today. Our Cal motto is "Fiat Lux" Let there be light. So let's find the light, and strength in our network.

Here for you, and with deep appreciation for your long-standing support,  
Margaret

This is an email message sent to our members to let them know we are thinking about them, and to share ways for them to stay connected with us during this Covid-19 pandemic. This is an email message sent to our members to let them know we are thinking about them, and to share ways for them to stay connected with us during this Covid-19 pandemic. It includes links to our social media, an invite to join me at our book club event, and at the bottom is a banner we are putting on all of our communications with donor ask.

# MUSEUM OF FINE ARTS ST. PETE

ABOUT GIVE JOIN

Dear Friend of the MFA,

You are missed at the MFA! Our members at the center of everything do we do, and in these challenging times community is even more important than ever. So, while we can't gather in person, I'd to like to share some ways you might continue to find connection and inspiration through the MFA.

We're posting daily on [Facebook](#), [Instagram](#) and [Twitter @mfastpete](#). It's a great way to hear the latest from us, and to share your own stories about your favorite MFA experiences, and what you miss most about *your* Museum. If you're not on social media, please [email](#) us your favorites instead. **We'd love to hear from you!**

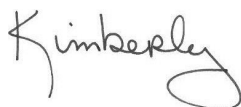
Additionally, if you haven't visited the [MFA YouTube channel](#) yet, I encourage you to explore our curator talks, exhibition highlights, and interviews with artists, including this great [video of photographer Herb Snitzer](#). It's one of my personal favorites, and I hope you enjoy it too.

Also, please join me for the [virtual MFA Book Club](#) on **April 16 at 11am**, when author Lissa Evans will participate from England to discuss her recent work, *Old Baggage*. I'm really enjoying this serious, yet often humorous tale of a middle-aged suffragette, long after the heyday of Women's Suffrage Movement. I hope to see you there. **Space is limited, so register soon!**

Thank you for being a part of our museum family, and I wish you health and safety during this difficult time. We're working on a wonderful surprise for you within our galleries, and we cannot wait to show you when we reopen!

Stay tuned, and stay well over this holiday weekend.

With gratitude,



Kimberly Finn  
Manager of Member Services

---

Since 1965, the MFA has celebrated art's capacity to create connections, foster curiosity, and enrich lives, which we need now more than ever.

The Coronavirus Aid, Relief, and Economic Security (CARES) Act allows for a \$300 deduction for charitable gifts, available to those who do not itemize their deductions. The bill also increases the cap on annual giving for those that do itemize deductions.

Click here to [support](#) your Museum with a gift of any size.

---

The Museum of Fine Arts, St Petersburg (MFA) is a non-profit cultural arts organization located along the downtown waterfront in St. Petersburg, FL. Our comprehensive collection, exhibitions, and public programs celebrate art and engage the diverse cultures and communities we serve.

To learn more about upcoming events and exhibitions, please [visit our website calendar](#) for the most current information.



Much like everyone else, Durham College was looking for ways to not only share information with donors, but share useful information in a meaningful way. Our team was pleased to share a Covid-19 related update along with a recipe donors could make at home, inspired by Durham College, Bistro '67 (a restaurant many of our donors have come to know)



April 8, 2020.

Dear friend of DC,

As a supporter of Durham College (DC) the impact you’ve made helps our team to create opportunities and lead with our hearts during this unprecedented time. Thank you. I am pleased to share with you that each day we are breaking new ground as we ensure learning continuity for our students and support them virtually, while at the same time finding small ways to contribute to our community.

Over the past couple of weeks, our campus community has been proud to:

- Provide essential equipment including ventilators, personal protective equipment (PPE), sanitizers and IV pumps to our local hospital.
- Put our 3D printers into action to create frames for face shields used by front-line healthcare workers.
- Provide fresh produce and pre-made food preserves from the W. Galen Weston Centre for Food to help seniors in our community through Community Care Durham’s Meals on Wheels program.

Through all of this, we remain so thankful for your commitment to DC as well. I hope you have an opportunity to enjoy a quiet moment and maybe even this sweet treat over the holiday weekend. Here is one of my favourite recipes from our Whitby campus restaurant, Bistro '67.

# SOURDOUGH DOUGHNUTS

Makes 1 dozen

### Ingredients:

- 1 egg
- 1 tsp baking powder
- ½ tsp baking soda
- ¼ tsp cinnamon
- 2 cups flour
- ½ tsp salt
- ½ cup sugar
- 2 tbsp oil
- 1/3 cup buttermilk
- ½ cup sourdough starter

### Instructions

- 1) Prepare a frying pan with enough oil to fry in, and allow it to reach 360 degrees.
- 2) Line a plate with paper towels and set aside.
- 3) In a medium bowl, whisk together the flour baking powder, baking soda, sugar, cinnamon and salt.
- 4) In a large bowl whisk together the starter, oil, egg and milk.
- 5) Mix the wet and dry ingredients together until they just come together.
- 6) Sprinkle some flour on your counter and dump the dough out of the bowl. Knead it gently 3 or 4 times until the dough comes together.
- 7) Sprinkle the top of the dough with a tiny bit of flour and roll out until it is 2” thick.
- 8) Cut your doughnuts out, reforming the dough back together as often as you need to.
- 9) Fry until golden brown, just a minute or two on each side.
- 10) Drain/dry on the paper towels and then coat as you see fit – powdered sugar, cinnamon and sugar, or glazed.



### What Is a Sourdough Starter?

A sourdough starter is cultivated wild yeast in a form you can use for baking. Since wild yeast is present in all flour, the easiest way to make a starter is simply by combining flour and water and letting it sit for several days. After a day or two, bubbles will start to form in the starter, indicating that the wild yeast is starting to become active and multiply. To keep the yeast happy, feed the starter with fresh flour and water over the next several days. Once it reaches a frothy stage, the starter is ready to be used.

Stay safe and be well,

Linda Flynn, CFRE  
President, Durham College Foundation  
Associate vice president, Development and Alumni Affairs