

HEROES WORK HERE



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IT'S A BIRD! IT'S A PLANE! IT'S...

CIVITAS SUPERHEROES!

During these unfamiliar and uncertain times, we understand that with great service comes great responsibility, especially when working with such a vulnerable population. We know that our community staff members bear the greatest weight of this responsibility, and we do not take that for granted. Every one of you is a hero to us and to our residents, and there aren't enough words to communicate just how thankful we are that you continue to fight this battle against COVID-19 with Civitas.



CHAPLAIN'S CORNER WITH CODY BAILEY

As leaders, we have many areas in our lives in which we strive to lead using our given strengths. We are uniquely gifted in many ways that help unify those around us, not just centering ourselves. Aristotle once said, "The whole is greater than the sum of its parts." When individual parts are connected to form one entity, they are worth far more than these parts on their own. Unfortunately, it often takes many failed attempts to realize that we are better as a whole. As Apostle Paul explained, we were created in a way that is dependent on others to succeed. He explains that only when we accept that we are part of a unified body will each individual be of any consequence. If we live together as one, we will find greater success!

COVID-19 QUICK TIPS



Avoid the mealtime rush! If restaurants in your area are open for dine-in service, make sure to ask for a table seated away from others and try to avoid popular meal times when possible.



Avoid using communal pens! Whether you're at a restaurant, the bank, or the grocery store, you should always bring a personal pen if a physical signature is required.



Keep your sanitizer handy! Try to keep a small bottle of hand sanitizer in your pocket or purse. CDC recommends the use of alcohol-based hand sanitizers with greater than 60 percent ethanol or 70 percent isopropanol.

RECOMMENDED LISTEN

FIND YOUR BLISS

One thing most of us can agree on is that there are significant discussions and changes happening in our world right now. In many cases, sudden change can cause anxiety, stress, and even fear. **The Ten Percent Happier podcast** (and its associated app) is a fantastic resource for learning more about de-stressing techniques, retraining your brain, and breaking bad habits regarding work, creativity, and productivity. To learn more about Ten Percent Happier as a whole, visit [tenpercent.com](https://www.tenpercent.com).



33,000

DID YOU KNOW? According to a recent study conducted by the Institute for Health Metrics and Evaluation (IHME) at the University of Washington, as many as 33,000 lives could be saved if 95 percent of the U.S. population wore masks in public.