



Stay safe... stay healthy... be well.

Wednesday Wellness Message (12/16/20)

This week's wellness message: What are some steps I can take to stay safer in the coming weeks? Here's some more information that may be helpful as COVID cases increase in our community.

STAY SAFE OHIO PROTOCOL

1. STAY AT HOME
2. Wear your mask.
3. Keep interactions short and stay apart.
4. Wash your hands.
5. Work from home.
6. Celebrate safe. Celebrate small.
7. Don't eat or drink with anyone outside of your household.
8. Limit travel.
9. Keep weddings and funerals safe.
10. Enjoy safe holiday activities!

MIKE DEWINE GOVERNOR OF OHIO
Ohio Department of Health
coronavirus.ohio.gov

It is particularly important to remember that experts advise us to *avoid eating or drinking with anyone outside our household*, so if you have visitors during the holidays, everyone should *wear a mask* and *keep distance* and *not share meals*. Patronize restaurants if you can but do takeout instead of in-person dining. And plan your holiday travel for next year. Let's work to make sure that everyone we *could* invite to our Christmas table this year will still be with us in the years to come.

When This Is Over

When this is over,
may we never again take for granted
a handshake with a stranger
conversations with neighbors
a crowded theater
Friday night out
the taste of Communion
a routine checkup
the school rush each morning
coffee with a friend
the stadium roaring
each deep breath
a boring Tuesday
life itself.

When this ends,
may we find that we have become
more like the people we wanted to be,
we were called to be,
we hoped to be.
And may we stay that way – better for each
other because of the worst.

- Laura Kelly Fanucci

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