

April 2020



## A Personal Reflection

**"Shelter-in-place"** has become a new catch phrase. I don't think I have ever heard it used so much & certainly not in this context. Most of us weren't around for the Spanish Flu, but this pandemic has brought back **family stories** from 1919.



(Isn't it strange that our pandemic is 2020 - two repeating digits. I have no idea what it means, it's an odd coincidence I just noticed.)

My great grandfather was a young physician and I remember my mother telling me that he "worked himself to death." As you can imagine that made an impression upon me as a youngster. I was very sad that my grandfather lost his father and I've often wondered what would have happened had he lived? How would that have shaped my grandfather's life, my mom's & mine?

The world will never know what Dr. Crumpler could have contributed to the world of science and Ft. Worth. But maybe by hearing his story - we will all pause and consider **"Am I sheltering in place?"**

Many of you are on the front the lines and staying home is not an option. But maybe you can feel **empowered for self-care?** Give yourself time. The world needs you & your gifts you bring!

Please allow yourself the **grace to rest**. Return to the things that you value the most - family, faith, friends & home. And if you are at home & feeling overwhelmed - **you are not alone!** Allowing others to work on our behalf requires gracious humility & strength.

Believing for better days ahead,

**Leah**

[Care & Prepare](#) will continue to share information relevant to the evolving pandemic. For concerns we suggest utilizing the **CDC** website & other vetted resources. Here are some links to: [VitalTalk's COVID ready Q&A w/ public Latest Updates If You Are at Higher Risk Total # of US Cases](#) unique stories, [Imaginative Activities for Children](#) & the [Alzheimer's Association](#) provides tips for caring patients with memory issues. Want more links to **local & global facts & resources? Curated** & located in one place: [Care & Prepare](#)

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Care & Prepare utilizes **Respecting Choices** for some evidence-based training materials. They are offering [Free resources!](#) Any day is a good day to make your **medical wishes known** to your family. It never hurts to revisit the discussion during a pandemic. Here are resources to help you have this important conversation today: [mydirectives.com](#) If you **prefer to have someone walk you through** your decision making follow [this link](#).

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**All of Care & Prepare "on site" Spring programming is on hold** until we get the "all clear" from the Texas governor's office. We are considering virtual training, but stayed tuned for more details. We will update our [homepage](#) with resources for the public and healthcare professionals.

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*"Be there for others, but  
never leave yourself  
behind."*

DODINSKY

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