

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](#)

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](#).

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.

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

DODINSKY

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