

To our Moore Center Community,

The storm that is swirling all around us is different from anything we have ever experienced and it's no wonder people are feeling confused and frightened. One of the unique challenges we are facing as an organization and community - and of course, in our personal lives - is just how quickly things keep changing. More often than not, we wake up with one reality to face, and just hours later it's seemingly changed again. Should we wear masks? Will the groceries we need be on the shelves tomorrow at the market? Am I washing my hands enough? What about my job? Or, most importantly, what about my safety and the safety of my loved-ones?

In no way am I trying to get you even more agitated, but I do want you to know that you're not alone. I understand exactly how you're feeling.

Sometimes, in the middle of the storm, we suddenly find those 'silver linings.' Without warning, we may stumble upon moments of productivity and focus. We realize we're actually problem-solving or having a moment of unexpected peace as we remember that we've been through other storms, and we've survived. We may also have small moments that make us smile. Last night I found a favorite candy bar that I had forgot I had hidden weeks ago. I actually stopped in my tracks and grinned ear-to-ear when I found that Score bar!

I want to thank you for hanging in there and for hanging on. I know you have questions that we haven't been able to answer completely or quickly, because so much is being revealed as we go along. And I know that while you are doing your jobs, you have many things on your mind that keep you distracted.

From my vantage point, you - and we - are doing a remarkable job. We are showing each other and ourselves that we are nimble and flexible and strong and resilient, and we are getting important things done!

So many of you have been asking, "How can I help?" Here are two suggestions:

1. Can you sew? If you have some free time on your hands and would love to truly make a difference, consider sewing some face masks for our community. The masks I am talking about would not be used for medical

reasons, but to help people remind themselves not to touch their faces while they are out and send a message of social responsibility when they need to move about the community. (Rest assured that we are working closely with the Department of Health and Human Services and expect to receive medical masks for our staff who are caring for clients.) Here's a sample mask-making tutorial for you, but there are many others you can find online: <https://www.goodhousekeeping.com/health/a31902442/how-to-make-medical-face-masks/>

You can donate masks in the drop box outside our McGregor Street office door on the 4<sup>th</sup> floor or mail them to Mary Dionne's attention at The Moore Center, 195 McGregor Street, Manchester, NH 03102.

2. For those of you who are still actively working but finding that your remote schedule isn't filling your typical day, please let your manager know. There are folks in some programs and administrative areas that are feeling overwhelmed so let us know if we can help to redeploy you in ways that would help us get more done while reducing the stress of overworked co-workers.

The bottom line is that there is no right or wrong way to feel right now. In fact, because feelings come and go and because this is such an uncertain, confusing and sometimes even scary time, your feelings are likely to be all over the map. So today, I just want you to be gentle with yourself and with your feelings, too. Whatever you're going through is absolutely okay.

Finally, it helps to share how you're feeling, and we have an amazing community with so many people willing to listen, so reach out and share where you're at with family, friends, co-workers or me and listen to others as they share how they're doing and feeling too. And always remember we are not just in this together, we are stronger and more capable because we are together! Hoping you find a hidden candy bar too!

Paul

Paul S. Boynton  
President and Chief Executive Officer