

To our Moore Center Community:

It's been a bit of time since I checked in with you, and I thought this was a good time to ask you a simple question: How are you feeling? If you're anything like me, when someone asks me this my first reaction is to offer a simple and polite, "I'm fine."

Yet, as we now approach the six-week mark of this historical journey we're all walking together, and as our personal and professional lives continue to be turned upside-down, I know that even when some of us insist we're 'fine' that might not necessarily be the case. In fact, I suspect that even those of you who seem to be managing okay would probably give a far more detailed answer if simply given the opportunity to do so.

I'll be honest... these days I sometimes find myself getting tired and stressed – even a bit overwhelmed – with the uncertainty of what may be lurking around the corner. Coupled with the fact we are now so isolated from one another, well, it certainly can be a heavy weight to bear. And, since I'm human, I'm fairly certain I'm not the only one to feel this way.

The most important thing I want you to know is that you're not alone. With all the uncertainty swirling around us, if you're not sleeping as well as you usually do, I understand. Or if you find yourself growing impatient or frustrated with even the slightest thing around family or friends or that person lurking on the other side of the computer screen, I understand. Or if you're anxious about the future, or the health and well-being of those you hold the tightest, I understand.

Now, more than ever, it's incredibly important to be gentle with yourself. If you have a day when things seem completely off-kilter, or it's a struggle to get anything done, let it go. You're doing the best you can, and sometimes that's enough. Remember, these are unprecedented days and we are all being asked to continue on despite it all.

I encourage you today, and in the days to come, to just do the best you can. Each day is a new beginning and if all you can muster is to take a deep breath in and let it out, well, I think that's heroic.

I'm thinking of you and cheering you on. And if you get a moment, send me an email and let me know how you are feeling! paul.boynton@moorecenter.org

Paul

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