



May 29, 2020

Dear PLAN Member,

Thank you for being a valued member of our Planned Lifetime Assistance Network (PLAN) of Massachusetts and Rhode Island.

We are hopeful this letter finds you well during these uncertain times.

The COVID-19 pandemic has affected all our lives in profound ways. We know how difficult these past months may have been. Perhaps you are feeling lonely, sad, or simply out of sorts with the disruption to our lives. Perhaps you are managing your own diagnosis or are concerned about someone you know. You may even have experienced the devastating loss of a loved one or friend. We pause to grieve for those who have passed on from the ravages of COVID-19. Whatever the case may be, there is grieving and loss at all levels. The emotions you are experiencing are real, and they are your own. We send thoughts of healing to everyone who is battling COVID-19 in various ways.

Here at PLAN, we want to be sure you feel our support and inform you of some great resources available for yourself or someone you love. Please do not hesitate to **reach out to your Service Coordinator** with concerns or just to talk about how you are feeling. It is important to take care of your physical AND emotional health during this stressful time. **PLAN is here for you!** Reach out to us at **888-890-PLAN (7526)**.

We also have a page on our web site dedicated to resources we believe are most helpful: <https://www.planofma-ri.org/covid-resources/> Here are some community resources as well:

- **Samaritans** operates 24/7. Call or text their 24/7 helpline any time at 877-870-4673.
- **Disaster Distress Helpline, 800-985-5990**, is a 24/7, 365-day-a-year, toll-free, multilingual, and confidential crisis hotline, available to all U.S. residents; immediate crisis counseling for those experiencing emotional distress related to any disaster, including disease outbreaks.
- **Give an Hour** (<https://giveanhour.org/coronavirus-resources/>): resources for staying mentally healthy including booklets, posters and tools for caregiver self-care, as well activity booklets for children.

As a **PLAN community**, we would like to process and reflect together through several **on-line support sessions** via 'Zoom' video conferencing. We sincerely hope you will join us by **video and/or phone**, depending on your comfort level and availability of technology, on one or both of the following dates:

(over)



- **Wed., June 10th @ 6:00 p.m. EST**
- **Wed., June 17th @ 6:00 p.m. EST**

During these sessions, we hope to foster a sense of community, provide a forum in which to grieve, and offer words of encouragement and suggestions for coping and moving forward. We will include readings from inspirational poems, light candles and practice some breathing exercises to promote healing, calming.

About the sessions:

- It is your choice whether to be seen/heard on-screen (attached are step-by-step **instructions on how to access 'Zoom' meetings**).
- Plan on spending about **45 minutes** on the call, or for as long as you would like.
- A **sign language interpreter** will be available during each session.
- Sessions are FREE to PLAN members, but **registration is required** here:

<https://bit.ly/2U3dbTK>

If you do not have email, perhaps a friend or caregiver can assist you. Simply provide them with the link above. Should you need further assistance, please **call your Service Coordinator**, who can register you and provide a link or phone number for the call.

- After you register, you or your helper will receive a confirmation email with instructions on how to join the meeting. You may choose to call in or join via computer (you can also do both). Please join **at least 10 minutes prior** to the start time to resolve any technology issues.

Thank you again for being a member of PLAN. We hope to 'see' you virtually soon!

Stay safe, be well!

A handwritten signature in black ink, appearing to read "Joan", written in a cursive style.

Joan McGrath
Executive Director