



*Seeking Employment, Equality and Community for
People with Developmental Disabilities*

SEEC Insider

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COVID-19 Update

Dear SEEC Staff,

I hope you and your loved ones are doing well and staying safe in these unprecedented and troubling times. For many of us, these are times unlike any we have ever experienced. The rapid spread of the new coronavirus (COVID-19) has led to a global public health crisis, and here at SEEC we have a profound responsibility to care for those we support during this time.

Thank you to everyone who has been working long hours to make sure that we are providing supports to everyone who needs them. Thank you for your flexibility as our processes and procedures change and we adjust to the most recent closures and government mandates. The way this organization has come together to fight this pandemic has made me incredibly proud. I am so proud of our staff and the way they are pivoting their work to provide innovative distance learning experiences. I am proud of my leadership team for making the hard decisions necessary for the health and safety of our community. And I am proud of our DSPs who are constantly showing up and caring for the people we support to make sure everyone stays healthy.

We have closed the office to all employees except myself and two others who keep things moving forward. If anyone wants to enter the office, they must first have their temperature taken. We are taking every precaution possible, practicing social distancing and cleaning the office thoroughly and regularly.

Similarly, we have instituted that we take the temperatures of anyone visiting a home with people we support. Whether it be a family member or staff, we are doing what we can to keep the people we support healthy.

At a time when there isn't a lot of happy news, I am pleased to report that SEEC has raised the DSP minimum wage to \$14.25 starting February 1st. Those who were receiving 14.25 received a 5% increase. All DSPs should have seen the increase in their most recent paycheck. The paycheck included the increase in pay as well as the one-time retroactive payment.

As you may have guessed, our Annual Spring Gala is not going to be the event we were anticipating. The Academy of the Holy Cross is closed indefinitely and large gatherings are prohibited. Though it could change, we do hope to have a virtual "fund-a-need" along

with selling raffle tickets for a Caps experience (we are optimistic that they will be playing in front of a live audience this time next year!) and a diamond necklace! We have tentative plans to try to host a sponsor cocktail party in the fall. Stay tuned for more information!

Make time to take care of yourself. Whether it's exercising, reading, baking, coloring, dancing, singing or mediating, we all need to make time for ourselves in order to think more clearly to help us weather the storm.

Lastly, remember to stay calm. Anxiety can be both more infectious and more dangerous than the disease itself. Information and education are key factors in the management of both anxiety and infectious disease. Below we've shared some of our favorite resources. We will continue to monitor the COVID-19 situation and will follow guidance from public health officials and government agencies. If you have questions, feel free to join our daily staff call from 12:30-1:00p or reach out to your supervisor.

Keep calm, keep positive. We are all in this together.

Best,

Karen

Karen Lee, Executive Director

Resources

CDC

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Maryland DDA

<https://files.constantcontact.com/f401fd14401/eb8f4ef7-2c74-4695-93a2-1ae6450b010f.pdf>

Maryland Unites Responding to the COVID-19 Pandemic in MD

<https://governor.maryland.gov/marylandunites/>

STAY ACTIVE!

Matt Ney's Fitbound program has short exercise videos accessible to all. Sign up for free and move throughout the day

<https://fitbound.com/>

Special Olympics School of Strength

[https://www.specialolympics.org/school-of-strength?](https://www.specialolympics.org/school-of-strength?utm_medium=email&utm_source=specialolymp&utm_content=3+-+Check+out+the+videos+Fitness+Tracker+and&utm_campaign=20200320_schoolofstrengthe1b&source=20200320_schoolofstrengthe1b&ms=20200320_schoolofstrengthe1b&cha=12)

[utm_medium=email&utm_source=specialolymp&utm_content=3+-+Check+out+the+videos+Fitness+Tracker+and&utm_campaign=20200320_schoolofstrengthe1b&source=20200320_schoolofstrengthe1b&ms=20200320_schoolofstrengthe1b&cha=12](https://www.specialolympics.org/school-of-strength?utm_medium=email&utm_source=specialolymp&utm_content=3+-+Check+out+the+videos+Fitness+Tracker+and&utm_campaign=20200320_schoolofstrengthe1b&source=20200320_schoolofstrengthe1b&ms=20200320_schoolofstrengthe1b&cha=12)

YMCA Launches 60 Free Online Classes (No Membership Required)

www.ymca360.org

Adaptive Yoga Session with Ms. Chitra

<https://www.youtube.com/watch?v=D0M9Odag73g&feature=youtu.be>

Planet Fitness – Free At Home Exercise Classes

<https://totallythebomb.com/planet-fitness-is-offering-free-at-home-exercise-classes-via-live-video>

Bluebird Sky Yoga

Classes via Facebook Live

In addition to streaming on Zoom, the 12:30 PM ET class with Becky will be available via Facebook Live! This class is free with the option to donate to @bluebird-sky-yoga on venmo. Follow Bluebird Sky Yoga on Facebook to view the class.

<https://www.facebook.com/BluebirdSkyYoga/>

FOR FAMILIES WITH DISABILITIES

COVID-19 Information By and For People with Disabilities

<https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf>

Coronavirus Social Story

<https://littlepuddins.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf>

Self-Advocacy Website

<http://www.selfadvocacyonline.org/>

Stories in ASL! #operationASLstorytime

https://www.youtube.com/playlist?list=PLyyNOvCkEYaF_eS-zb4nHES6W4ZkNPHck

EDUCATIONAL TOOLS FOR PARENTS

Khan Academy

www.khanacademy.org

Scholastic Learn at Home

<https://classroommagazines.scholastic.com/support/learnathome.html>

DC, MD and VA Schools Offer Learning Plans, Free Meals for Students During Coronavirus Closures

<https://wtop.com/local/2020/03/d-c-md-and-va-schools-offer-learning-plans-free-meals-for-students-during-coronavirus-closures/>

Audible is offering free titles for listeners 0-18 in multiple languages

English, Spanish, German, French, Japanese and Italian

www.stories.audible.co

FOOD

COVID-19: Local Food System Resources

Comprehensive list of food assistance resources, and opportunities for individuals and organizations to support community needs during the COVID-19 pandemic.

<https://mocofoodcouncil.org/covid-19-local-food-system-resources/#unique-identifier2>

Montgomery County Food Assistance Resource Directory

<https://mocofoodcouncil.org/foodassistance/>

Local Grocery stores offering dedicated shopping hours for seniors and those at-risk (call before going)

<https://www.montgomerycountymd.gov/HHS/Resources/Files/COVID19GroceryStores.pdf>

Free meals for MCPS students 18 and under:

https://www.montgomeryschoolsmd.org/uploadedFiles/Coronavirus/COVID-19_Emergency_Closure_Meals_for_MCPS_Students.pdf

Best DC Area Restaurants for Takeout and Delivery

<https://www.washingtonian.com/2020/03/16/the-best-dc-area-restaurants-for-takeout-and-delivery/>

ACTIVITIES & ENTERTAINMENT

Two months of free internet for new customers

[https://internetessentials.com/?](https://internetessentials.com/?fbclid=IwAR0BnafiiPhY7wUFnw8MBLXK6Gwr_NMMzHGxSQkqfLxETkVQd0G3bdd1cY)

[fbclid=IwAR0BnafiiPhY7wUFnw8MBLXK6Gwr_NMMzHGxSQkqfLxETkVQd0G3bdd1cY](https://internetessentials.com/?fbclid=IwAR0BnafiiPhY7wUFnw8MBLXK6Gwr_NMMzHGxSQkqfLxETkVQd0G3bdd1cY)

Free Virtual Museum Tours

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

Free Nightly Met Opera Streams

<https://www.metopera.org/about/press-releases/met-to-launch-nightly-met-opera-streams-a-free-series-of-encore-live-in-hd-presentations-streamed-on-the-company-website-during-the-coronavirus-closure/>

TED Talks: Educational discussions organized by topic of interest

https://docs.google.com/document/d/1IUzad8RFMU8cFwCLMeTv7bq1R3ctmdAo1MvZ-NOobpY/preview?fbclid=IwAR1QvyrCYzRRgRfreFaetZ8n_fbJCCHRRZPw3Ekjgt_Ntl1Zv7BJ6gChsSg

A List Of Live Virtual Concerts To Watch During The Coronavirus Shutdown

<https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>

Things to Do While Social Distancing

[Link to Social Distancing Activities PDF](#)

ARTICLES

We can do this — The doctor who helped defeat smallpox explains what's coming. We can beat the novel coronavirus—but first, we need lots more testing.

<https://arstechnica.com/science/2020/03/the-doctor-who-helped-defeat-smallpox-explains-whats-coming/>

STAY POSITIVE!

Focus on our virtues. Please see Dara Feldman's Facebook live video to share her virtues pick of the day with Dave, her husband. You can also pick your own virtues card daily by downloading The Virtues Cards App on your phone. This is a great way to start the day, a great activity to do with your family and Dara and Dave are a source of positive energy and kindness.

https://www.facebook.com/dave.feldman.58/videos/vb.691097272/10156619500227273/?type=2&video_source=user_video_tab

301.576.9000 | www.seeonline.org

