

# NEWSLETTER

*"Don't hide your scars.....Your pain will inspire hope in the addict that has none." - Unknown*

Featuring all of the information you need to stay safe during the COVID-19 crisis



## HAVE YOU SMELLED THE ROSES LATELY?

Recently, we have all been impacted by the worldwide phenomenon known as COVID-19, also popularly known as Corona Virus. With so much uncertainty, fear and uneasiness, we must not find ourselves so caught up in negativity, instead we should remember the beauty and awesomeness that spring gives us.

Yes, we should definitely adhere to the precautions given by the officials and professionals, i.e. masks, social distancing and staying home unless essentially required to do so. This doesn't mean that we can't go to our backyard and take in the beautiful colors and delicate yet fragrant smells this season continues to provide as it

does every year. Ask yourself, "When was the last time that I just stopped and smelled the roses?" Well, there's no better time than now to take the mandated pause on your life, stop the hustle and bustle for a moment, take in some self-care, and rejuvenate and refresh yourself, your mind, and your spirit. Go out to your yard and smell those roses, tulips, daisies, and honeysuckles; watch the bees play as they continue to work in pollinating, feel the breeze pierce through your skin in the brisk morning; appreciate the setting of the sun in the evening. All in all, take this moment while you can to enjoy just being.

# SOCIAL DISTANCING - THE NEW PERSONAL SPACE

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

COVID-19 spreads mainly among people who are in close contact (within about 6 feet) for a prolonged period. Spread happens when an infected person coughs, sneezes, or talks, and droplets from their mouth or nose are launched into the air and land in the mouths or noses of people nearby. The droplets can also be inhaled into the lungs. Recent studies indicate that people who are infected but do not have symptoms likely also play a role in the spread of COVID-19.

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes. However, this is not thought to be the main way the virus spreads. COVID-19 can live for hours or days on a surface, depending on factors such as sun light and humidity. Social distancing helps limit contact with infected people and contaminated surfaces.

Although the risk of severe illness may be different for everyone, anyone can get and spread COVID-19. Everyone has a role to play in slowing the spread and protecting themselves, their family, and their community. Social distancing, also called “physical distancing,” means keeping space between yourself and other people outside of your home. To practice social or physical distancing:

- Stay at least 6 feet (2 meters) from other people
- Do not gather in groups
- Stay out of crowded places and avoid mass gatherings

In addition to everyday steps to prevent COVID-19, keeping space between you and others is one of the best tools we have to

avoid being exposed to this virus and slowing its spread locally and across the country and world.

When COVID-19 is spreading in your area, everyone should limit close contact with individuals outside your household in indoor and outdoor spaces. Since people can spread the virus before they know they are sick, it is important to stay away from others when possible, even if you have no symptoms. Social distancing is especially important for people who are at higher risk of getting very sick.

## Tips for Social Distancing

- If you need to shop for food or medicine at the grocery store or pharmacy, stay at least 6 feet away from others.
- Use mail-order for medications, if possible.
- Consider a grocery delivery service.
- Cover your mouth and nose with a cloth face cover when around others, including when you have to go out in public, for example to the grocery store.
- Stay at least 6 feet between yourself and others, even with a face covering.
- Avoid large and small gatherings in private places and public spaces, such a friend’s house, parks, restaurants, shops, or any other place. Work from home when possible.
- If possible, avoid using any kind of public transportation, ridesharing, or taxis.

Stay connected while staying away. It is very important to stay in touch with friends and family that don’t live in your home. Call, video chat, or stay connected using social media.



*-Compliments of Centers for Disease Control*



## THE IMPORTANCE OF POLLINATORS

Imagine living in a world without flowers or fruit or even coffee or chocolate for that matter. Thanks to the wonderful work of pollinators like bees, much of the food we eat and flowers and plants we enjoy are possible.

And it's not just bees that are doing all the work. Butterflies, birds, beetles, bats, wasps and even flies are important in the pollination process. But despite the importance of pollinators, they are taken for granted all too often. Worldwide, there is an alarming decline in pollinator populations. Excessive use of pesticides and an ever-expanding conversion of landscapes to human use are the biggest culprits.

It is estimated that more than 1,300 types of plants are grown around the world for food, beverages, medicines, condiments, spices and even fabric. Of these, about 75% are pollinated by animals. More than one of every three bites of food we eat or beverages we drink are directly because of pollinators. Indirectly,

pollinators ultimately play a role in the majority of what we eat and consume.

Pollinators are vital to creating and maintaining the habitats and ecosystems that many animals rely on for food and shelter. Worldwide, over half the diet of fats and oils comes from crops pollinated by animals. They facilitate the reproduction in 90% of the world's flowering plants.

You can make a positive difference in your home environment. Provide a diverse assortment of flowering plants and encourage native species in your landscape. Use pesticides only when necessary and then only late in the day or evening. Look for alternative ways to deal with pest and disease issues before reaching for a quick fix. These often come at a price. Learn about and practice IPM (Integrated Pest Management). The actions you take in and around your garden can either help reduce or promote the population of pollinators in your landscape. Hopefully it's the latter.

*Written by Joe Lamp'ol*



## AUTISM AWARENESS MONTH

April is Autism Awareness Month, a time to bring attention to and raise awareness of Autism Spectrum Disorder and support those living with it.

Autism Spectrum Disorder (ASD) refers to a range of conditions often characterized by challenges with social, behavioral, and communication skills. According to the Centers for Disease Control, it is estimated that ASD affects as many as 1 in 68 children in the United States. Autism Awareness Month is intended to raise awareness of ASD, and promote acceptance and inclusion of people living with it. Although many misconceptions exist about ASD, all of our lives are better because of the different strengths every person brings to the world. This month gives us all a chance to celebrate those who identify with ASD and their unique contributions.

## DID YOU KNOW

There are numerous people that were born with Autism including this famous list:

Dan Aykroyd, Courtney Love, Tim Burton, Susan Boyle, Jerry Seinfeld, Robin Williams, Thomas Jefferson, Abraham Lincoln, Mozart, Andy Warhol, Emily Dickinson, Charles Darwin, Albert Einstein, Michelangelo and Bill Gates....

The list goes on and on proving that there are no limitations for one diagnosed with autism!

The past months have been very scary for some and absolutely frightening for others. There are any who live with health challenges such as immune, respiratory deficiencies, cancer, heart issues or other issues or are in their senior years. The anxiety of it all has kept us on edge on some level. At The Crane we value and support the individuals who have come to us for assistance in recovery from substance use and or mental disorders. They look to us to feel safe and expect certain provisions to be in place as they should. We are proud to maintain a standard of excellence in our service to the individuals we serve.

This week we devoted the group time to have a mask making workshop for the individuals



to assist them in their mental and emotional wellness. It's tough being in residential treatment, then to be in recovery with all the normal stresses one may deal with and having this pandemic added to their plate as well.

Collectively, this can be overwhelming. For this reason we decided to teach them how to make masks to use when away from the residence to help them feel more safe during this trying time in their recovery. We had almost full participation.

Many of them love having an arts and craft type exercise as a change in the daily mundane of the curriculum. We call it Peer Support with a Twist!

*Written by Yolanda James*

## TIRED OF THE QUARANTINE?

When the "shelter in place" order came down from the governor April 3rd (now extended until April 30th), many residents were left wondering how they'll possibly entertain themselves over the next few days, weeks (or more).

With only essential trips outside the home allowed, the novel coronavirus is not only straining our health care system — it's testing the attention spans of those stuck at home for their safety and the good of public health. It's going to be hard, but we have some ideas.

1. Remember, you can still go outside for exercise, so long as you practice social distancing (remaining 6 feet away from others) while you're out there.

2. Livestream something that interests you. The Monterey Bay Aquarium is continuing to stream video of its sea otters, penguins, jelly-

fish and more. The Oakland Zoo, Lake Tahoe and Hawaii are some other places you can virtually visit and most of them, like the zoo is completely free!!

4. We all know what most people are going to be doing during this time: Watching or streaming TV. Check out Netflix, Amazon Prime TV and other services that will keep you plenty busy (See Trakell Picks on page 5)!

Some other ideas include downloading a crossword puzzle or sudoku app or scheduling video call visits or Netflix parties with friends. There's even a Google Chrome plugin that'll sync up your Netflix stream with your friends', which is amazing.

*Written by Michael Nowels*





## VIRTUAL CRANE

Need to speak with one of our peer specialists, but you're sheltered in place or you just don't have transportation to get to the Center? No worries, The Crane is available through the Zoom application for recovery check in, relapse prevention or even one on one meetings. Recovery check in is every day, Monday - Friday at 3 pm and appointments can be made any weekday between 8 am and 1 pm, just call the front desk at 770.960.2009 or visit our webpage to set up an appointment.

To download the app, simply go to the website [zoom.com](https://zoom.us) on your phone, laptop or tablet, or go through the "Play Store" or "Apple Store." Once downloaded, you can create an account, or just click on "Join Meeting." The daily meeting ID for recovery check in is 838.951.2807. A private Member ID will be given for one on one appointments to protect anonymity of Individual and what is discussed during the session.

If you need further assistance in setting up zoom or joining into a meeting, reach out to us at 770.960.2009 or email from our webpage: [thecrane.org](https://thecrane.org) and someone can assist you immediately.

## TRAKELL'S PICKS

Okay, so you're stuck in the house with nothing to do...WRONG. This is the perfect time for you to binge watch some really good shows and movies that may have slipped past you. If you need a little guidance check out my suggestions and the network/streaming service you can find them on. Most streaming services offer free trials, so check them out, but don't forget to cancel if it doesn't quite fit into your budget.



### SELF MADE-INSPIRED BY THE LIFE OF MADAM

**C.J. WALKER (Netflix Mini Series):** An African American washerwoman rises from poverty to build a beauty empire and become the first female self-made millionaire. Based on a true story.

**6 UNDERGROUND (Netflix Movie):** After faking his death, a tech billionaire recruits a team of International operatives for a bold and bloody mission to take down a brutal dictator.

**BIGGER (BET+ Series):** The threat of marriage to a boring-in-bed boyfriend drives a single black woman to indulge in a "bigger and better" option, while she and her group of ambitious friends in their mid-30s take a deeper look at their stagnant lives, asking themselves-is there something bigger and better in life overall.

**OZARK (Netflix Series) :** A financial adviser drags his family from Chicago to the Missouri Ozarks, where he must launder \$500 million in five years to appease a drug boss.

**FIRST WIVES CLUB (BET+)** After neglecting their friendship, best friends Ari, Hazel and Bree reunite to help each other through rough patches in their lives. Together, the women learn as long as they have each other, they're unstoppable.

**SNEAKY PETE (Amazon Prime):** A con man on the run from a vicious gangster takes cover from his past by assuming the identity of prison cellmate, Pete, "reuniting" with Pete's estranged family, a colorful, dysfunctional group that threatens to drag him into a world just as dangerous as the one he's trying to escape.

**INFLUENCE (BET+):** Carl Weber introduces us to the Hudsons, a family of African-American lawyers lead by famed attorney Bradley Hudson. They are handed the task to defend Grammy Award Winning singer Savannah (Deborah Cox) who has been charged with the murder Of her husband Kyle Kirby (Anthony Hamilton).



## THE ORIGINS OF EASTER

Eastertide, or the Easter Season. Eastertide ends on the 50th day after Easter, which is known as Pentecost Sunday.

In Eastern Orthodox branches of Christianity, Easter Sunday serves as the start of the season of Pascha (Greek for “Easter”), which ends 40 days later with the holiday known as the Feast of the Ascension.

### WHY IS EASTER CALLED ‘EASTER’?

St. Bede the Venerable maintains that the English word “Easter” comes from Eostre, or Eostræ, the Anglo-Saxon goddess of spring and fertility. Other historians maintain the “Easter” derives from ‘in albis’, a Latin phrase that’s plural for alba, or “dawn,” that became eostarum in Old High German, a precursor to the English language of today.

Despite its significance as a Christian holy day, many of the traditions and symbols that play a key role in Easter observances actually have roots in pagan celebrations—particularly the pagan goddess Eostre—and in the Jewish holiday of Passover.

### RELIGIOUS TRADITIONS OF EASTER

The resurrection of Jesus, as described in the New Testament of the Bible, is essentially the foundation upon which the Christian religions are built. Hence, Easter is a very significant date on the Christian calendar.

According to the New Testament, Jesus was arrested by the Roman authorities, essentially because he claimed to be the “Son of God,” although historians question this motive, with some saying that the Romans may have viewed him as a threat to the empire. He was sentenced to death by Pontius Pilate, the Roman prefect in the province of Judea from 26 to 36 A.D.

Easter is a Christian holiday that celebrates the belief in the resurrection of Jesus Christ. In the New Testament of the Bible, the event is said to have occurred three days after Jesus was crucified by the Romans and died in roughly 30 A.D. The holiday concludes the “Passion of Christ,” a series of events and holidays that begins with Lent—a 40-day period of fasting, prayer and sacrifice—and ends with Holy Week, which includes Holy Thursday (the celebration of Jesus’ Last Supper with his 12 Apostles, also known as “Maundy Thursday”), Good Friday (on which Jesus’ crucifixion is observed) and Easter Sunday. Although a holiday of high religious significance in the Christian faith, many traditions associated with Easter date back to pre-Christian, pagan times.

Easter 2020 occurs on Sunday, April 12. However, Easter falls on a different date each year.

Easter Sunday and related celebrations, such as Ash Wednesday and Palm Sunday, are considered “moveable feasts,” although, in western Christianity, which follows the Gregorian calendar, Easter always falls on a Sunday between March 22nd and April 25th. Easter typically falls on the first Sunday after the first full moon occurring on or after the spring equinox.

In Eastern Orthodox Christianity, which adheres to the Julian calendar, Easter falls on a Sunday between April 4th and May 8th each year.

In some denominations of Protestant Christianity, Easter Sunday marks the beginning of

*Continued on page 15*

# BEHOLD, I AM A NEW CREATURE

"I'm not who I once was. I'm a new person."

Those simple words from my son, spoken to students at a school assembly, describe the change God made in his life. Once addicted to heroin, Geoffrey previously saw himself through his sins and mistakes. But now he sees himself as a child of God.

The Bible encourages us with this promise: "If anyone is in Christ, the new creation has come: The old has gone, the new is here!" (2 Corinthians 5:17). No matter who we've been or what we've done in our past, when we trust Jesus for our salvation and receive the forgiveness offered through His cross, we become someone new. Since the garden of Eden, the guilt of our sins separated us from God, but He has now "reconciled us to himself through Christ,"

"not counting" our sins against us (vv. 18–19). We are His dearly loved children (1 John 3:1–2), washed clean and made new in the likeness of His Son.

Jesus is innocence found. He liberates us from sin and its dominating power, and restores us to a new relationship with God—where we are free to no longer live for ourselves but "for him who died for [us] and was raised again" (2 Corinthians 5:15). Watch Fernando Sosa's devotional video, "Jesus, the Liberator." As with Geoffrey, Christ's transforming love gave him a new identity and purpose to point others to the Savior. And He does the same for us!

## ISLAMIC INSPIRATIONAL STORY: TRYING PANCAKE

A six year old boy decided one morning to make pancake for his parents. He found a big bowl and spoon; He pulled a chair to the counter, opened the cupboard and pulled out the heavy flour canister, spilling it on the floor.

He scooped some of the flour into the bowl with his hands, mixed in most of a cup of milk and added some sugar, leaving a floury trail on the floor which by now had a few tracks left by his kitten. He was covered with flour and getting frustrated.

He wanted this to be something very good for his parents, but it was getting very bad. He didn't know what to do next, whether to put it all into the oven or on the stove, (and he didn't know how the stove works!).

Suddenly he saw his kitten licking from the bowl of mix and reached to push her away, knocking the egg carton to the floor. Frantically he tried to clean up all mess but slipped on the eggs, getting his pajamas sticky.

And just then he saw Dad standing at the door. Big tears came in the boys eyes. All he did wanted to do was something good, but he

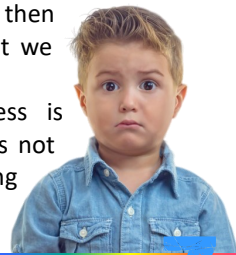
did made a terrible mess. He was sure a scolding was coming, maybe even a spanking. But his father just watched him. Then, walking through the mess, he picked up his crying son, hugged him and loved him.

Moral of Story: That's how Allah deals with us. We try to do something good in life, but it turns into a mess. Our marriage gets all sticky or we insult a friend or we can't stand our job or our health goes sour.

Sometimes we just stand there in tears because we can't think of anything else to do. That's when Allah picks us up and loves us and forgives us.

But just because we might mess up, we can't stop trying to "make pancakes" Sooner or later we will get it right, and then they will be glad to see that we atlas tried...

Motivational Quote: "Success is not permanent and failure is not final. So, never stop working after success and never stop trying after failure."



# WHICH CAME FIRST: THE BUNNY OR THE EGG

## EASTER EGGS

Despite denomination, there are many Easter-time traditions with roots that can be traced to non-Christian and even pagan or non-religious celebrations. Many non-Christians choose to observe these traditions while essentially ignoring the religious aspects of the celebration.

Examples of non-religious Easter traditions include Easter eggs, and related games such as egg rolling and egg decorating.

It's believed that eggs represented fertility and birth in certain pagan traditions that pre-date Christianity. Egg decorating may have become part of the Easter celebration in a nod to the religious significance of Easter, i.e., Jesus' resurrection or re-birth.

Many people—mostly children—also participate in Easter egg “hunts,” in which decorated eggs are hidden. Perhaps the most famous Easter tradition for children is the annual White House Easter Egg Roll, when children roll Easter eggs down Capitol Hill.

## EASTER BUNNY

In some households, a character known as the Easter Bunny delivers candy and chocolate eggs to children on Easter Sunday morning. These candies often arrive in an Easter basket.

The exact origins of the Easter Bunny tradition are unknown, although some historians believe it arrived in America with German immigrants in the 1700s. Rabbits are, in many cultures, known as enthusiastic procreators, so the arrival of baby bunnies in springtime meadows became associated with birth and renewal.

Notably, several Protestant Christian denominations, including Lutherans and Quakers, have opted to formally abandon many Easter

traditions, deeming them too pagan. However, many religious observers of Easter also include them in their celebrations.

Easter foods are steeped in symbolism.

An Easter dinner of lamb also has historical roots, since a lamb was often used as a sacrificial animal in Jewish traditions, and lamb is frequently served during Passover. The phrase “lamb of God” is sometimes used to refer to Jesus and the sacrificial nature of his death.

Today, Easter is a commercial event as well as a religious holiday, marked by high sales for greeting cards, candies (such as Peeps, chocolate eggs and chocolate Easter bunnies) and other gifts.



## MEETINGS

Need a meeting? Don't fret, there are hotline numbers and virtual meetings available throughout the week. Don't forget the crane also host virtual meetings Monday through Friday.

Check the website for details and the Member ID.

NA Hotline:

Various numbers, please check our website [thecrane.org](http://thecrane.org) and click on 12 Step Meetings for the full listing

AA Hotline: 404.515.3178

Double Trouble:  
1.800.297.6146

GA Hotline: 404.237.7281

FA Hotline: 781.932.6300





# MANAGING STRESS ASSOCIATED WITH THE COVID-19 VIRUS OUTBREAK

The COVID-19 (coronavirus) outbreak has the potential to increase stress and anxiety, both because of the fear of catching the virus and also because of uncertainty about how the outbreak will affect us socially and economically. There are practical steps you can take to improve your wellbeing.

## COPING WITH THE STRESS OF COVID-19

Dealing with stress reactions caused by the COVID-19 virus outbreak can improve your health, quality of life, and wellbeing. The following evidence-informed principles have been shown to be related to better outcomes in many adverse situations (2). There are key actions within each element that might be especially helpful for those affected by the COVID-19 outbreak (1, 3). It's not necessary to have all elements in place but implementing some of the following suggestions may help you deal with the stress caused by the COVID-19 virus.

### INCREASE SENSE OF SAFETY

Reduce anxiety with healthy actions that make you feel safer. The CDC and other experts suggest the following good hygiene habits to limit the risk of infection:

- Wash hands frequently with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Properly dispose of used tissues.
- Cough or sneeze into your upper sleeve, arm, or elbow if you don't have a tissue.
- Clean your hands after coughing/sneezing.
- Stay at home if you are sick.
- Avoid contact with those who are sick.
- Clean and disinfect objects or surfaces that may have come into contact with germs.

- Make plans for what will happen if someone in the home becomes ill/quarantine.
- Read more about prevention on the CDC website.

### STAY CONNECTED

- Seek support from family, friends, mentors, clergy, and those who are in similar circumstances.
- Be flexible and creative in accessing support via phone, email, text messaging, and video calls.

### CULTIVATE WAYS TO BE MORE CALM

- Realize that it is understandable to feel anxious and worried about what may happen, especially when many aspects of life are being affected.
- If you find that you are getting more stressed by watching the news, reduce your exposure, particularly prior to sleep.
- While circumstances may be stressful and beyond your control, you can try to offset them with positive calming activities. Practice slow, steady breathing and muscle relaxation, as well as any other actions that are calming for you (yoga, exercise, music, keeping the mind occupied).
- Preparing for a range of possible scenarios and having adequate supplies should sheltering at home be necessary can help you feel more calm. For instance, you can put together a kit with supplies to last you and your family 3 - 5 days. See page 14 for supplies that you should make sure to have in place during quarantine.





Earth Day was a unified response to an environment in crisis — oil spills, smog, rivers so polluted they literally caught fire.

On April 22, 1970, 20 million Americans — 10% of the U.S. population at the time — took to the streets, college campuses and hundreds of cities to protest environmental ignorance and demand a new way forward for our planet.

The first Earth Day is credited with launching the modern environmental movement, and is now recognized as the planet's largest civic event.

The first Earth Day in 1970 launched a wave of action, including the passage of landmark environmental laws in the United States. The Clean Air, Clean Water and Endangered Species Acts were created in response to the first Earth Day in 1970, as well as the creation of the Environmental Protection Agency (EPA). Many countries soon adopted similar laws.

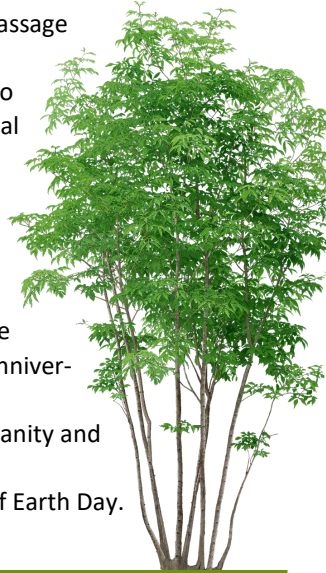
Earth Day continues to hold major international significance: In 2016, the United Nations chose Earth Day as the day when the historic Paris Agreement on climate change was signed into force.

The theme for Earth Day 2020 is climate action. The enormous challenge — but also the vast opportunities — of action on climate change have distinguished the issue as the most pressing topic for the 50th anniversary.

Climate change represents the biggest challenge to the future of humanity and the life-support systems that make our world habitable.

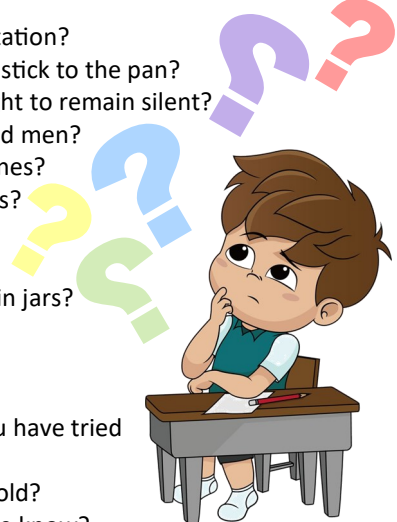
Earth Day is April 22 of every year. April 22, 2020 will mark 50 years of Earth Day.

*Compliments of earthday.com*



- Do Lipton employees take coffee breaks?
- Can you be a closet claustrophobic?
- Why does Hawaii have interstate highways?
- How is it that a building burns up as it burns down?
- If a train station is where the train stops, what is a workstation?
- If nothing ever sticks to Teflon, how do they make Teflon stick to the pan?
- If the police arrest a mime, do they tell him he has the right to remain silent?
- What hair color do they put on the driver's licenses of bald men?
- Why do they put Braille on the drive through bank machines?
- If Barbie is so popular, why do you have to buy her friends?
- What are Preparation A through Preparation G?
- How come there aren't B batteries?
- Why do black olives come in cans and green olives come in jars?
- If all the world is a stage, where is the audience sitting?
- If love is blind, why is lingerie so popular?
- If the #2 pencil is so popular, why is it still #2?
- How do you know that honesty is the best policy until you have tried some of the others?
- How does a thermos know if the drink should be hot or cold?
- If a word in the dictionary were misspelled, how would we know?

## THINGS THAT MAKE YOU GO HMMM.....



# EXACTLY WHAT IS THE CORONA VIRUS?

## WHAT ARE CORONAVIRUSES?

Coronaviruses are a large group of viruses that can cause illness in animals and humans. Some coronaviruses commonly circulate in the United States and usually cause upper respiratory symptoms such as cough or runny nose, although some can cause more serious illness. The 2019 novel (new) coronavirus causes the illness coronavirus disease 2019 (COVID-19).

## WHAT IS COVID-19?

Coronavirus Disease 2019 (COVID-19) is a disease that was identified in Wuhan, China, and is now being spread throughout the world. People are encouraged to take common-sense precautions to prevent the spread of all infectious diseases, including COVID-19.

Wash hands frequently with soap and water for at least 20 seconds at a time.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact with people who are ill. Cover your mouth and nose with a tissue when you cough or sneeze.

Do not reuse tissue after coughing, sneezing or blowing your nose.

Clean and disinfect surfaces that are frequently touched.

## HOW DOES COVID-19 SPREAD?

Coronaviruses like COVID-19 are most often

spread through the air by coughing or sneezing, through close personal contact (including touching and shaking hands) or through touching your nose, mouth or eyes before washing your hands. Learn more from the Centers for Disease Control and Prevention (CDC) about how COVID-19 spreads and how to protect yourself and your community from getting and spreading respiratory illnesses.



## EXPOSURE AND SYMPTOMS

Symptoms of COVID-19 are fever, cough, and shortness of breath. Symptoms may appear 2-14 days after exposure.

The State of Georgia has a COVID-19 hotline: 1.844.422.2681. If you believe that you are experiencing symptoms of COVID-19 or have been exposed to the novel coronavirus, please contact your primary care doctor, an urgent care clinic, or your local federally qualified healthcare center. Please do not show up unannounced at an emergency room or health care facility. In the event of an emergency call 9-1-1.

*GA Department of Public Health*

## WHERE'S MY STIMULUS?

The bill is signed, the \$2 trillion stimulus is on the way. But many people are still confused, and wonder if they will really see a check for \$1,200.

### **Q: Will I qualify for a \$1,200 stimulus check?**

Under the current plan, 90% of adults should qualify for an initial \$1,200 stimulus payment.

### **Q: When will I receive my money?**

Congressional leaders hope to have the first checks heading for your bank account in the next week or two. However, if the IRS does not have a bank account on file, it could be three months.



**DID YOU KNOW:** April 17th is known as the Day of Silence, during which students take a daylong vow of silence to protest the actual silencing of lesbian, gay, bisexual and transgender (LGBT) students and their straight allies due to bias and harassment.

# THE MONTH OF DIVERSITY



Our planet is filled with a rainbow of races and religions, all equal in every way. It doesn't matter if you don't understand them all or even know they exist, but it does matter that you accept them all and do not judge any of them as less than worthy. We are all in this together, and our ignorance of other's beliefs is no excuse for intolerance in any form.

As we enter April, I'd like everyone to take some time to Celebrate Diversity Month. Take the time to INVOLVE yourself and others in learning about cultures and religions that are not part of your daily life. Involve your children, family, friends and neighbors; so that we may all gain a better understanding of our global family. Talk about, show examples of and become involved in celebrating diversity today and every day. There are endless possibilities of how you can do this, but here are a few examples if you need a bit of inspiration:

1. Find recipes for various ethnic foods.
2. Create a craft with your children that represents different cultures.
3. Bring together different religious groups via social media platforms, skype, or zoom to learn about each other or pray for world peace together.
5. Explore different cultures through art forms, poetry, music, crafts, language, etc.
6. Rent movies that deal with diverse topics.
7. Have a display or flag ceremony of different nations' flags.
8. Read about a religion you have heard of but don't know much, if anything, about.

## SWEET AUBURN



During a lesson about adjectives, my friend, an elementary school teacher, asked her class to describe their mothers. One

boy described his mother's hair as auburn.

Impressed by his sophisticated word choice, my friend asked, "How do you know her hair color is auburn?" Her student replied, "Because that's what it says on the box."

## SAME DIFFERENCE

I ate salad for dinner! Mostly croutons and tomatoes.

Really just one big, round crouton...covered with tomato sauce. And cheese.

Fine, it was pizza....I ate a pizza.



## DISRESPECTFUL JEANS

I was at the customer-service desk, returning a pair of jeans that was too tight. "Was anything wrong with them?" the clerk asked. "Yes," I said. "They hurt my feelings."



## HONEST SLOGANS



Some company slogans should be updated. Here are a few thoughts....**Hallmark**: "When you care enough to give a card mass-produced by a corporation." **Ritz Crackers**: "Tiny, edible plates." **CliffsNotes**: "They're still going to know you didn't read the book." **ChapStick**:

"You'll misplace it before the tube's empty."

**Hot Pockets**: "Every bite is a different temp."

## HONESTY

Sometimes honesty isn't the best policy. A patient showed up at our medical office and asked, "You're Mary, aren't you?" I smiled. "No, sorry, I'm not." "Are you sure? You look just like someone I know named Mary." "Well, I hope she's young and skinny." "No," he said, settling into his chair. "She looks like you."



## RAMADAN: REVELATION OF KORAN

During the holy month of Ramadan, Muslims across the globe endure a period of daily fasting – the largest act of religious observance of its kind.

For the world's 1.8 billion Muslims, the annual event represents a time to fast and devote a particular focus to prayer, purification and charitable acts.

### **WHEN DOES RAMADAN START AND END?**

This year Ramadan, which is the ninth month in the Islamic calendar, begins on Thursday April 23 and ends on Saturday May 23.

As the calendar is lunar, the dates for when each month begins move every year; in 2019 Ramadan began on Sunday May 5 and ended in the evening of Tuesday June 4.

In the Islamic calendar, each new month begins when the first crescent of a new moon is seen.

It is 10 to 11 days shorter than the solar year and has no leap days, weeks or months, which is why it is a movable feast.

### **What is the meaning of Ramadan?**

During the holy month, Muslims do not let food or drink pass their lips from dawn to dusk. Muslims believe Prophet Mohammed received a series of revelations from God which combined to form the Koran – and that the Koran was revealed during the ninth month of the

Islamic calendar, Ramadan.

After learning the Koran was to be revealed to him by Jibreel during the month, the Islamic prophet Muhammad told his followers that the gates to heaven would stay open for the month, while the gates of hell would be closed. Many Muslims will try and recite as much of the Koran as they can during the month.

As the holiest month of the year, it is a crucial period for practicing Muslims and underpins some of the religion's core values, such as prayer and giving to charity.

### **WHY DO MUSLIMS FAST DURING RAMADAN?**

Fasting (sawm in Arabic), is one of the five key pillars underpinning the Islamic faith. The others are prayer (salat), giving a percentage of your salary to charity (zakat), making the Hajj pilgrimage to Mecca and, of course, a belief in the Muslim faith (shahadah).

### **WHAT IS EID-AL-FITR?**

To celebrate the end of the fasting month, the first day of the next month, Shawwal, is marked with a big feast, the exchanging of gifts and celebrations, known as the 'Festival of Breaking Fast' or Eid al-Fitr. This year it takes place from Saturday May 23 to the evening of Sunday May 24. The Eid prayer is also performed, in congregation in open areas like mosques, fields and community centers.

*Written by Rozina Sabur*

## THE “OTHER” CRISIS, NOT CORONA

The global spread of the novel coronavirus has upended daily life for millions of people around the world. In many communities, the COVID-19 pandemic has spurred consumer panic buying; the bread and milk aisles at supermarkets, for example, are barren because people are understandably concerned about the health impacts of the virus.

But the hottest commodity in this strange new world (outside of hand sanitizer) may be toilet paper. We've seen a slew of viral videos showing shoppers hoarding packs of TP and getting into fist fights over the coveted remaining rolls. On Amazon, price gouging has run rampant, with some packs of toilet paper selling for as much as \$60.

If other people's hoarding has left you in a sudden toilet paper pinch, what else can you use when you need to....well, you know? Glad you asked. On page 15 we give you a comprehensive guide to treating your bum—and your plumbing—right.



# MANAGING STRESS ASSOCIATED WITH THE COVID-19 VIRUS OUTBREAK CONTINUED

Include supplies in your kit such as:

- Water and food, vitamins, fluids with electrolytes, and food preparation items such as a manual can opener.
- Prescribed medical supplies or equipment, such as glucose or blood pressure monitoring equipment; thermometer; medicines for fever, such as acetaminophen or ibuprofen; anti-diarrheal medication.
- Hygiene supplies such as soap and water, alcohol-based hand wash, soap, tissues, toilet paper, and disposable diapers if necessary.
- General supplies such as a flashlight and batteries, portable radio, and garbage bags.
- Read more about pandemic preparedness on the CDC website.

## IMPROVE YOUR SENSE OF CONTROL AND ABILITY TO ENDURE

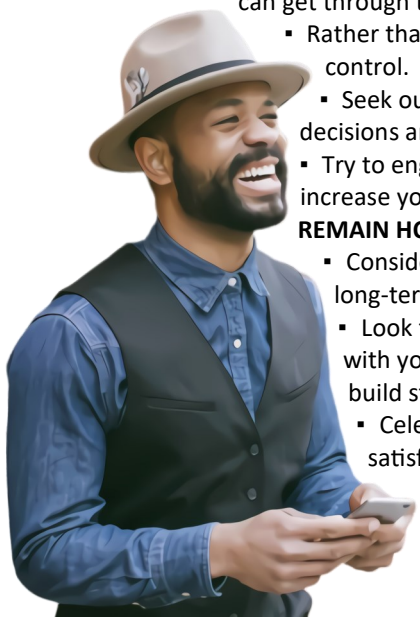
- Accept circumstances that cannot be changed and focus on what you can alter.
- Modify your definition of a "good day" to meet the current reality of the situation.
- Evaluate the absolute risk of contracting the virus and recognize the benefits of accepting a certain level of risk in order to maintain as much of your normal routine as possible.

## THOSE WHO HAVE BEEN FACED WITH LIFE-THREATENING SITUATIONS RECOMMENDED THE FOLLOWING STRATEGIES:

- Quickly recognize, acknowledge, and accept the reality of the situation.
- Make a plan for dealing with feelings of being overwhelmed or overly distressed. Preparation can make you feel more in control if these feelings arise.
- Combat unhelpful emotions by using distraction or staying busy (physically and mentally)
- Avoid impulsive behavior.
- Increase positive coping behaviors that have worked in the past.
  - Shift negative self-statements to statements that allow you to function with less distress. Try changing "this is a terrible time" to "this is a terrible time, but I can get through this."
  - Rather than getting discouraged, focus on what you can accomplish or control.
  - Seek out mentoring or information to improve your ability to make decisions and take actions when necessary.
  - Try to engage in the situation as a challenge to be met, which can increase your ability to act both creatively and decisively.

## REMAIN HOPEFUL

- Consider the stressful situation in a broader context and keep a long-term perspective.
- Look for opportunities to practice being more patient or kind with yourself, or to see the situation as an opportunity to learn or build strengths.
- Celebrate successes, find things to be grateful about, and take satisfaction in completing tasks, even small ones.
  - Draw upon your spirituality, those who inspire you, or your personal beliefs and values.



*Courtesy of National Center for PTSD*



# THE ORIGINS OF EASTER

Jesus' death by crucifixion, marked by the Christian holiday

Good Friday (the Friday before Easter), and subsequent resurrection three days later is said, by the authors of the gospels, to prove that he was the living son of God.

In varying ways, all four of the gospels in the New Testament (Matthew, Mark, Luke, and John) state that those who believe in Jesus' death and resurrection are given "the gift of eternal life," meaning that those of faith will be welcomed into the "Kingdom of Heaven" upon their earthly death.

## PASSOVER AND EASTER

Notably, Easter is also associated with the Jewish holiday of Passover, as well as the exodus of the Jews from Egypt, as described in the Old Testament. These links are clearly seen in the Last Supper, which occurred the night before Jesus' arrest and the sufferings Jesus endured following his arrest.

The Last Supper was essentially a Passover feast. However, the New Testament describes it as being given new significance by Jesus: He identified the matzah (or bread) he shared with his 12 apostles as his "body" and the cup of wine they drank as his "blood." These rituals would come to symbolize the sacrifice he was about to make in death, and became the basis for the Christian ritual of Holy Communion, which remains a fundamental part of Christian religious services.

## CONTINUED

As Jesus' arrest and execution were said to have occurred during the Jewish observance of Passover, the Easter holiday is often close to the former celebration on the Judeo-Christian calendar.

### Easter Traditions

In western Christianity, including Roman Catholicism and Protestant denominations, the period prior to Easter holds special significance.

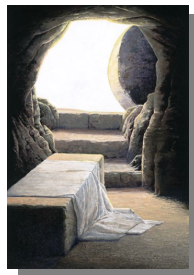
This period of fasting and penitence is called Lent. It begins on Ash Wednesday, and lasts for 40 days (not including Sundays).

The Sunday immediately prior to Easter is called Palm Sunday, and it commemorates Jesus' arrival in Jerusalem, when followers laid palm leaves across the road to greet him. Many churches begin the Easter observance in the late hours of the day before (Holy Saturday) in a religious service called the Easter Vigil.

In Eastern Orthodox Christianity, Easter rituals start with the Great Lent, which begins on Clean Monday (40 days prior to Easter, not including Sundays). The last week of Great Lent is referred to as Palm Week, and it ends with Lazarus Saturday, the day before Palm Sunday.

Palm Sunday marks the beginning of Holy Week, which ends on Easter.

*Contributed by History.com*



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## THE "OTHER" CRISIS CONTINUED

If you can't make it to the grocery store or pay a premium for TP online, the following materials work just fine for cleaning yourself—as long as you don't flush them down the toilet.

- Wipes, paper towels, napkins, tissues, and toilet seat covers.
- Rags and hand towels. Just make sure you wash them in hot water.

Remember you may be able to use paper towels or napkins, but you're not suppose to flush them, same with rags, hand towels, socks and sponges. Simply put, flushing these items can clog the sewer line and cause sewer to back up into your home. If hard times warrant, you may have to double bag and find a dumpster...



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