

Keeping you safe and informed

**AN IMPORTANT MESSAGE TO OUR
COMMUNITY FROM
CHARLOTTE HUNGERFORD HOSPITAL – April
6, 2020**

Facing challenging times together

As we move through this pandemic, our focus is clear across Hartford HealthCare, including here at Charlotte Hungerford Hospital. Each one of us is doing all we can to stop the spread of COVID-19 and protect the health and safety of our patients and families we care for, as well as our colleagues. As your caregivers we have always taken great pride in serving you and humbly accept the responsibility of being here for you at a time of need. These feelings have never been more evident than now.

During these extraordinary times, something else has revealed itself — the caring, courage and compassion of our staff has been matched by the community. You see, while we have been here to take care of you, the generosity of the community in supporting us at this time has been overwhelming and so deeply appreciated. The donations of supplies, giving of food and beverages, and the well wishes have lifted and sustained us as your caregivers. Thank you!

Caring for yourself and loved ones

We also send this message today to recognize that you are also caregivers and providers and may be experiencing many of the things we are. There was no training manual for this. These are difficult times for everyone. Not visiting friends and loved ones and missing the joys and even sorrows of being together have taken their toll on each of us in our own ways. Remember your mental health is as equally important as your physical health. Now is a time to be on the lookout for the emotional needs of yourself and others, and make sure to take time and do things you enjoy to maintain your overall wellness.

Try to also acknowledge any stress and anxiety you are feeling, and seek help when you need it.

Call our Behavioral Health Services at **888.984.2408**. Leave a message and someone will call you back.

Our message to you at home

It's hard when you're stuck inside, but the coronavirus (COVID-19) quarantine is only a temporary blip in your life, and while it's natural to feel sad and lonely, there are some ways to keep your spirits up.

- **Be productive.** That hall closet you've ignored can be cleaned, the gourmet meal you dreamed about can be prepped and prepared, that filing cabinet stuffed with receipts and papers can be organized. Taking control of everyday things feels good.
- **Play.** Bring out those board games and have a marathon with the family. Tackle a jigsaw puzzle together. Throw the ball around in the backyard.
- **Dance.** Turn up the music loud and let loose with your best moves, either alone or with the kids.
- **Exercise.** Head outdoors for a walk or bike ride in the fresh air or dust off your DVDs and renew your love of yoga. Just move a little and the endorphins will boost your spirits.
- **Laugh.** Google "dad jokes" and try to find the silliest, or pop in a comedy and just let the giggles flow.
- **Create.** Dig into your craft supply stash and make something pretty – a wreath of spring flowers, cross-stitched bunny, art with those pebbles and shells you collected at the beach last summer. Share it to brighten someone else's day.
- **Teach.** Train those little sous chefs, seamstresses or artists. This is a great time to share practical and fun skills with each other.
- **Connect.** Use technology to visit with friends and family. You can "watch" favorite movies together or craft while you chat. Being "together" is especially important for anyone home alone these days.
- **Help.** If you need to head to the market, ask your elderly neighbor if you can pick up something. Better yet, bake some cookies and leave a plate on their porch. Offer your expertise – via video chat – to friends struggling to home school in subjects that challenge them.
- **See the good.** Slow your mind enough from the hectic nature of the news to notice the little things — spring bulbs flowering in the yard, the taste of homemade spaghetti sauce, the smell of a candle filtering through the house, the words of songs on your playlist, the adoration

in your pet's face. Those little things are restorative and can tide you over to better times.

Keeping You Informed and Connected – visit our website for the latest news and information, go to: <https://hartfordhealthcare.org/coronavirus> (in Spanish: <https://espanol.hartfordhealthcare.org>) or call our **COVID-19 HOTLINE:** Available 24/7 at 860.972.8100 (toll-free at 833.621.0600) staffed by healthcare professionals, ready to help you with answers.

In closing, our mission as a health care provider is bigger than ourselves, particularly during this challenging time. But we can't imagine a greater privilege than serving alongside incredibly inspirational people, nor find a higher purpose than meeting the needs of this community we serve. This outbreak requires the best of humanity to overcome. How gratifying it is to see that very humanity at work in front of our very own eyes – within our workforce and within our community.

Leadership Team
Charlotte Hungerford Hospital