

The RACINE MIRROR

free

A Reflection of the Positive in the Community

April 2021
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Moments in the Mirror with the Lady in the Mirror!

Life Is Now

by Lisa Parham

We keep waiting for that amazing thing to happen in the future that will be the key to our happiness, but this it. Period. Right now. Life continues to be a series of right now's, so learn to love right now and you'll have an amazing life, period. Fear of life is an illusion. Most of the things we fear never happen. Or if they do happen, they are rarely as bad as we fear they will be.

For most of us, fear is the worst thing that can happen to us. Reality isn't as painful as we think.

If you really think about it, at the end of the day what matters most is the people in our lives. Put them first every single day before work, before the computer, and before your daily hobbies. Treat them as if they are everything to you because they are. Life is short, and you should enjoy it now. How much of your day is fun? I mean really fun? Don't make things serious that don't have to be. Don't worry about what other people think of your fun. Create fun in your life and enjoy it.

So in my closing, we try so hard to avoid failure, but failure is the real evidence we tried. If you avoid failure, you avoid taking action. Expect and accept that failure is part of living life now. Learn from it and move on.

When you find that the things in life that you love to do with all your heart, then every day will feel like a gift. If you haven't found your passion, make it your mission to find it. The joy it brings will spill over into all aspects of your life.



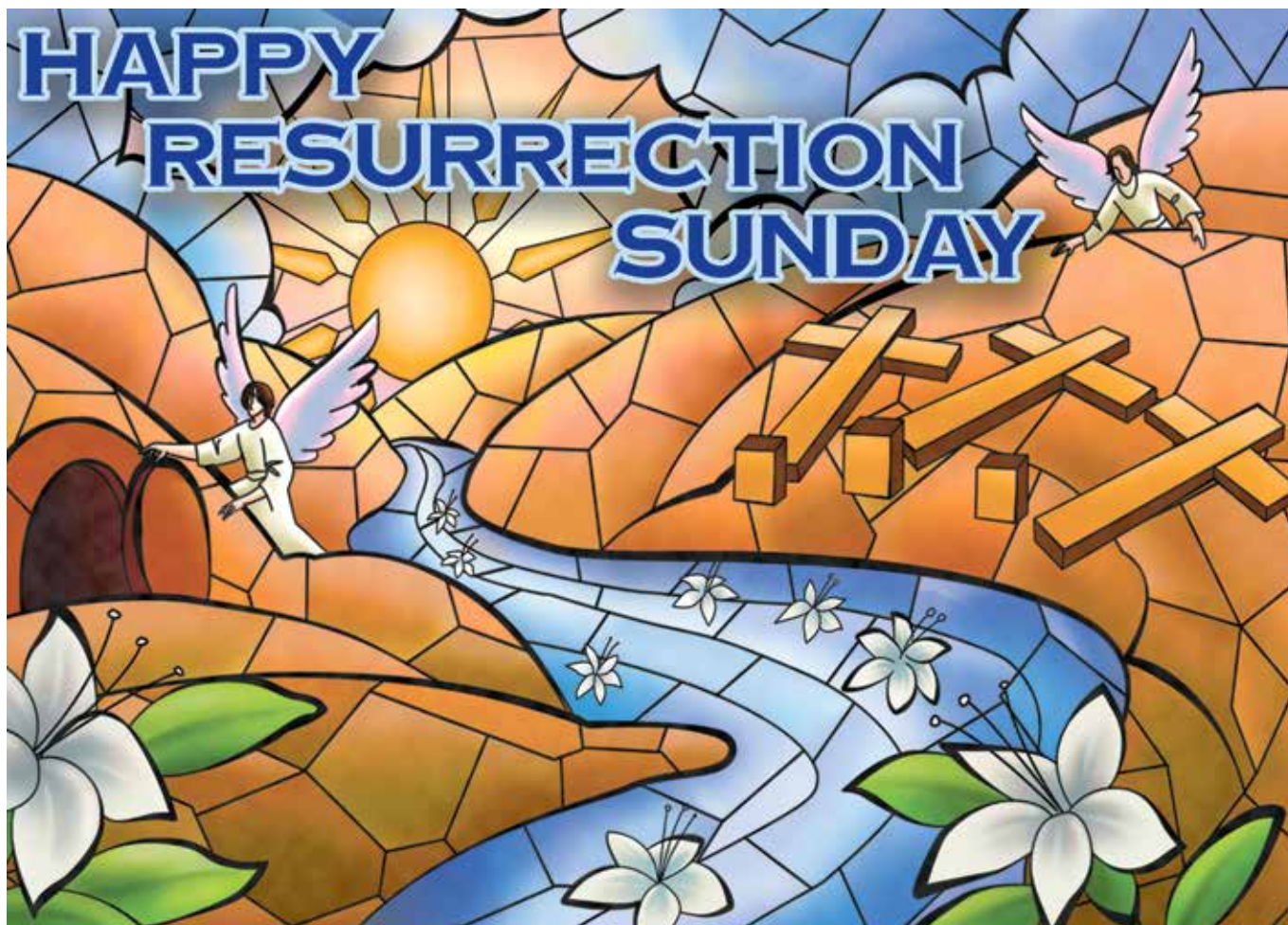
A meaningful life is what you define it to be. Life is now. So if you neglect to define the meaning of life, you won't experience it. Decide what make life worth living for you and then design your life around that.

Always,

Lisa Parham

Lisa Parham
Chief Operating Officer

"I feel that we should all work to continue to make Racine a positive atmosphere for our Younger People. Thank you for helping to be a positive influence in our Community."



Please remember to vote April 6th

THE RACINE MIRROR

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OUR MISSION

- To uplift our community by being a reflection of what is positive and good.
- To be a vessel of information through our professional interviews, stories, and editorial perspectives.
- To encourage interaction among diverse walks of life.

OUR VISION

- To retain a love and understanding for our community and its members.
- To be a positive influence and a profile for faith and hope.
- To endorse individual uniqueness and promote an appreciation for diversity.

OUR VALUES

- Respect
- Integrity
- Positive Development
- Excellence
- Good Stewardship

The views and opinions printed in The Racine Mirror do not necessarily reflect those of the owner and management. Though articles, letters, and editorial perspectives may be edited for presentation purposes. The Racine Mirror does not suppress the editorial content or viewpoints of its writers.

Contribute story ideas by calling The Racine Mirror office at 262-633-8677 or you can email us at racinemirror@yahoo.com
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REGISTRATION FOR VACCINATION CLINIC EXPANDS

Residents with underlying medical conditions who become eligible for the COVID-19 vaccine starting Monday, March 22, can register now on the Wisconsin COVID-19 Vaccine Registry to receive the vaccine at the upcoming Regency Mall clinic.

Residents can register for the clinic by visiting the Wisconsin COVID-19 Vaccine Registry at <https://vaccinate.wi.gov>. They will then receive an invite to book an appointment when they are eligible. Individuals can also register by phone by calling toll-free 844-684-1064 (interpreters available for non-English speakers). The community-based vaccination clinic at Regency Mall/former Burlington Coat Factory location will open Tuesday, March 23. Hours of operation will be 11 a.m. to 7 p.m. Tuesdays through Saturdays. Appointments for the first week are still available.

According to the DHS, the next eligibility group includes individuals age 16 and over with the following medical conditions:

- Asthma (moderate-to-severe)
- Cancer
- Cerebrovascular disease (affects blood vessels and blood supply to the brain)
- Chronic kidney disease
- COPD (chronic obstructive pulmonary disease)
- Cystic fibrosis
- Down syndrome
- Heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
- Hypertension or high blood pressure

• Immunocompromised state (weakened immune system) from solid organ transplant, blood or bone marrow transplant, immune deficiencies, HIV, use of corticosteroids, or use of other immune weakening medicines

- Liver disease
- Neurologic conditions, such as dementia
- Obesity, as defined by a body mass index (BMI) of 30-39 kg/m² (Click here for the CDC's BMI calculator)
- Overweight, as defined by a BMI of 25-29 kg/m²
- Pregnancy
- Pulmonary fibrosis (having damaged or scarred lung tissues)
- Severe Obesity (as defined by BMI 40 kg/m² or more)
- Sickle cell disease
- Type 1 or 2 diabetes mellitus
- Thalassemia (a type of blood disorder)

This new eligibility group joins several populations already eligible for the vaccine, including:

- Front-line health care personnel
- Residents in skilled nursing and long-term care facilities
- Police, fire personnel, and correctional staff
- Adults age 65 and older
- Educators and childcare workers
- People enrolled in Medicaid long-term care programs
- Some public-facing essential workers, including those in the food supply chain such



Army Spc. Angel Laureano holds a vial of the COVID-19 vaccine, Walter Reed National Military Medical Center, Bethesda, Md., Dec. 14, 2020. (DoD photo by Lisa Ferdinando)

as restaurant, bar, and grocery store workers

- Non-frontline essential health care personnel
- Staff and residents in congregate living facilities.

All residents age 16 and older will be eligible in May. Even those who are not cur-

rently eligible can register for the clinic now through the Wisconsin COVID-19 Vaccine Registry. They will then receive an invite to book an appointment when they become eligible.

For vaccine-related questions and registration support, call toll-free (844) 684-1064.

Bob Wirch

Please contact me to share your views or if you need help with a state agency.

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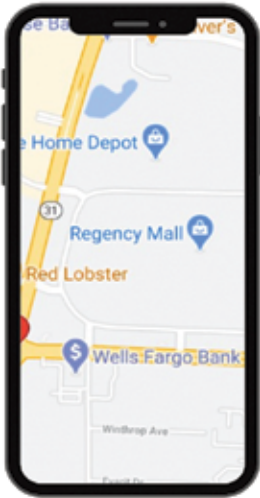
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DHS Community-Based Vaccination Clinic in Racine County

Registration and Scheduling Information



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When: Tuesdays - Saturdays

11 a.m. - 7 p.m.

Where: Regency Mall

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Am I Eligible?*



Or visit:

<https://www.dhs.wisconsin.gov/covid-19/vaccine-about.htm>

Register

Register NOW, even if you are not currently eligible. Registration is required before you can schedule an appointment.

Schedule

If you are eligible AND if vaccine is available, you will receive an email to schedule an appointment.*

Questions?

Call (844) 684-1064 (toll free) between 7 a.m. and 7 p.m. Use the links and QR codes below for more information.

*If you are not currently eligible, you will be given the option to be placed on a waiting list.



Using your phone's camera, hover over the QR code below and click the link when it appears on your screen.



[WCVR Registration](#)



[Community Clinic FAQs](#)



[What is WCVR?](#)

Black Doula on the Rise

Editor's Note: OOPS, we made a mistake in the previous issue. Corrected article follows.

by Dominique Lambricht

Kay'La was born here but not raised here until later down the line. She has two daughters right now and a son on the way, first son. With her last birth, having the experience she had, which was a way different experience than her first birth, without a doula or midwife or without being at home, she got into doula work herself. It kind of sparked Kay'La's light to support the birth worker and support other families through their birth journey and pregnancy journey and postpartum period. She has her own organization Experience Empower Embrace wellness services or provides private doula services to clients.

She also makes natural wellness, health, and skin products, looks to provide other services, and just gets her nonprofit established with Birth & Embrace Communities, Inc. hoping to do things with that. Kay'La brought a direct need and her passion to help under marginalized communities to life with the WeRISE Project: Black Birth Workers Response to Covid-19. The WeRISE doula project under the African American breastfeeding network has 24 doulas, they're all black certified holistic doulas WeRISE supported through the certification process with the project to help and serve a hundred women. As of now, until July 31st to serve these women between Racine, Kenosha, and Milwaukee. Kay'La helped develop and run the project as the Project Director until April 2021, when she sadly resigned to prepare to move and plan for her new baby.

Kay'La is amazingly excited about the new opportunities. She is looking forward to being helpful. This started from a client that Kay'La had in Racine and she went into preterm labor right around the time when things with COVID had got heavy last March. And it was very devastating because for one, Kay'La couldn't get into the hospital. She didn't start as a client of Kay'La's.



Someone called her when the hospital gave her trouble, saying they wouldn't support her baby if it was born too early. She was three days off of 24 weeks. So it kind of caught Kay'La off guard on a Friday night. So as she was trying to look for support for this mom. Lakeeta Watts, who was also one of WeRISE participating doulas, supported Kay'La, trying to find, make calls, and do whatever they could for this mom, and support with technology, not even virtually.



Kay'La has been doing this work for two years now. She did a little certification through Well-Rounded Maternity when her daughter was two weeks. It was a full weekend, all Friday afternoon, to eight at night and then all day, Saturday and Sunday—like a crammed weekend. But typically, it just depends on the certifier. She had to do a week of about 25 hours from what she remembered of the process. So, it was more spread out, but typically the certification is about that long. Depending on the type, for birth, for birth doulas, it's just like that about 20. And then if you want to do post part of it depending on the course if it's altogether maybe a little bit longer or you can do it separately.

Right now, Kay'La's main focus is providing expansion in birth work in our communities. Hopefully, for Kay'La, she would love to continue to see projects like this continue to support our communities because we don't always have access to finances to afford services like this. Because doulas have statistically shown to help the birthing outcomes, it is very beneficial to have a service that can help you get the support you need from a doula. The hope is that insurance companies, doctors, and our community sees the benefit of the work that is being done by WeRISE.

Many women, birthing families, and our community don't know the benefit of a doula. Sometimes they don't even know that they're at risk when they're going into the hospital. Black women have the highest infant and maternal mortality rates. Sometimes they're walking in those hospitals to birth babies and they're walking out planning funerals or different things that we just don't look forward to. It's a lot of systemic racism that we deal with and that there is support out here from doulas. Kay'La

encourages birthing families to look into getting a doula right now with the WeRISE program and/or other doula services. If the services they can get are from someone that looks like them, can help women advocate for themselves, and navigate the hospital system or look into alternative birthing options, they would more likely trust their care providers more.

Doulas are in the communities of Racine, Kenosha, and Milwaukee. And you can get the support from them. When you have children, each pregnancy is a different experience. Whether you've had a traumatic experience the first time or not, having support the second time around can be beneficial to the birthing process and navigating hospital changes. Doulas also benefit the partners because they are being excluded in the hospitals.

We hear about the white coat syndrome, going into the hospital or doctor's office for an appointment and getting so much anxiety. You can get high blood pressure just from being afraid. Then, going through that alone, you never know what news you will get and not have the support. Then when it comes to birthing, your partner doesn't always know what to advocate for or how to help you stick to a birthing plan—they may need extra support. So just make sure you both are

supported. Doulas are super beneficial to the birthing experience and can be the difference between a healthy birth and an adverse birthing outcome.

If you are expecting, Kay'La recommends looking into Doulas to support you on your birthing journey.

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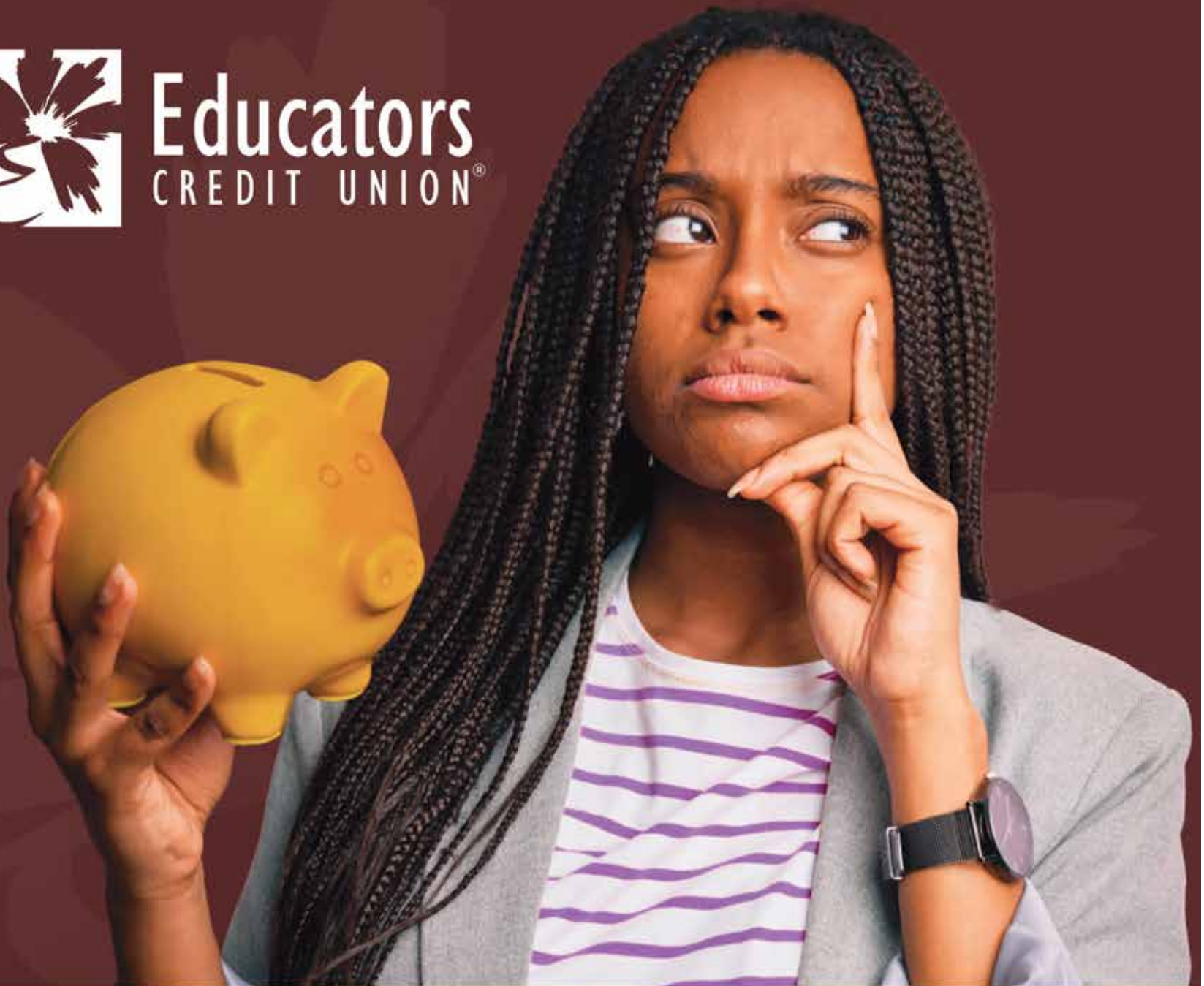
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Health Department Loosens Restrictions in “Safer Racine” Ordinance

With cautious optimism, ordinance update goes into effect

City of Racine – Dottie-Kay Bowersox, the City of Racine Public Health Administrator, released a revised version of the City’s “Safer Racine” ordinance which loosens some restriction in the “Safer Racine” ordinance and allow for capacity increases in many categories of establishments and well as mass gatherings. Modifications to the Safer Racine ordinance go into effect at 12:01am on Monday, March 22, 2021

Updates to the ordinance include:

- Bars, restaurants, indoor recreational facilities, faith based places of worship, swimming pools, indoor places of arts and culture, will be allowed to operate at 75% capacity as long as 6ft physical distancing can be maintained

- Indoor and outdoor mass gatherings will be allowed up to 75% capacity or no more than 200 persons, whichever is less (up from 50% or 50 people, whichever was less) for venues that require City approval or permits, or venues such as weddings, concerts, banquets, funerals, concerts, and festivals.

- High risk recreational activities, such as school sports, are permitted with a limit of 2 spectators per player, coach, or officiating personnel, and no more than 75% occupancy of the facility or 200 persons, whichever is less

- All other details can be found at www.racinecoronavirus.org/reopening

City of Racine Public Health Administrator, Dottie-Kay Bowersox issued the following statement with the release of the

updated ordinance:

“This week, the City of Racine, recognized one year since the notification of the first COVID-19 case within its jurisdiction. During the previous twelve months, the worldwide pandemic has taken so many lives, required modifications to our lifestyles, and caused economic devastation which has taken its toll on the entire community. With that stated, the City is experiencing a significant and sustained decline in the number of positive COVID-19 cases, increased and

consistent testing opportunities, timely notification of positive cases and contact tracing, as well as increased vaccine distribution opportunities.

“The decrease in cases is also due to the efforts of all Racinians through the use of facial masks, physical distancing, staying home when ill, celebrating special events only with household members, and frequent hand washing and sanitizing. As we continue these efforts and as eligibility for vaccinations is expanded, the hope is that 2021 will

be a year of recovery and resilience.

“The Safer Racine reopening plan will continue to be evaluated and updated with the hope that these trends will continue but this relies on this community’s vigilance and willingness to get vaccinated. As the State of Wisconsin expands eligibility and vaccine supply, it is imperative that all applicable Racinians get vaccinated. This is the only way to ensure the protection of each of us from the virus and a return to the normalcy that we have compromised in order to ensure the health of the community.

“On behalf of the City of Racine Public Health Department I would like to sincerely thank everyone for your sacrifices over the last twelve months as we look forward to a brighter summer. As a reminder, the City’s Mask Ordinance is in effect and is one of the best ways to ensure the safety of your family, friends, and those you have yet to meet. This has been a long marathon, but there is reason to be optimistic and the finish line could be in sight. Let’s support one another and get there together.

The Public Health Administrator is given the authority to make such modifications to the City of Racine ordinance known as Safer Racine by the City of Racine Common Council. The updated Safer Racine document can be found at www.racinecoronavirus.org. Questions about the ordinance can be directed to publichealth@cityofracine.org or 262-636-9201.



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Big Brothers Big Sisters celebrates National Volunteer Month with programs for youth and adults

April is National Volunteer Month, and Big Brothers Big Sisters of Racine and Kenosha Counties is celebrating those who are already volunteering as mentors, “Bigs,” and recruiting volunteers and children (Littles) for other opportunities.

New programs open to volunteers, Bigs and Littles alike include the following:

Board members wanted. Now is the time for you to become a board candidate or to nominate someone you know to sit on the Big Brothers Big Sisters board. People with backgrounds in finance and human resources are especially needed. The board meets once a month and oversees the policies and procedures of the organization. To obtain an application call (262) 637-7625 or email sonya.thomas@beabignow.org.

Rewriting Futures is a virtual in-school social and emotional learning program for 3rd to 5th grade youth who have experienced a social or emotional backslide during the pandemic and recent social unrest. The program is seeking mentors to serve as facilitators (we provide training) and children participants for the 7-week program. Contact Big Brothers Big Sisters at (262) 637-7625 or email madeline.rech@beabignow.org for details.

OnTrack is a college readiness program for high school students. The online college and career readiness curriculum is designed to help students, parents, counselors, educators, and after-school program staff success-



fully navigate the post-secondary education attainment process. The program, which begins fall 2021 is seeking student participants and adult volunteers to oversee grade-specific video modules, that provides students with the knowledge and confidence to complete their high school experience and create a viable post-secondary education plan.

Using OnTrack’s curriculum, students

are better prepared to navigate high school, understand the post-secondary application process, gain acceptance to an institution of their choice, and receive financial aid to support their attendance. OnTrack has more than 180 instructional videos, taking the guesswork out of college planning. Call (262) 637-7625 or email madeline.rech@beabignow.org for details.

Garden Mentors. Spring and summer will be amazing at a community garden at St. Paul’s Baptist Church on Center Street in Racine. The program will teach children how to start and maintain their own vegetable gardens with the help of a mentor. There will also be classes about nutrition, soul food cooking demonstrations and fun, hands on activities. Food grown during the program will be donated to participating families. Limited plots are available. Call (262) 637-7625 to volunteer or register.

Social Media residents can get involved by following Big Brothers Big Sisters of Racine Kenosha Counties on Facebook and Instagram and sharing meaningful content with your friends.

Community Based Mentoring. Dozens of youth in Racine and Kenosha are waiting to be matched with a Big Brother or Big Sister, and the only way to ensure they have someone to inspire them to reach their potential is for more adults to step up and volunteer to become Bigs. Being a Big means committing to spending a few hours a month with a young person doing things that you love to do, like gardening, playing basketball, visiting the library, or learning how to cook. Register online at www.beabignow.org.

Get involved with National Volunteer Month by calling Sonya Thomas, executive director at (262) 637-7625 or emailing sonya.thomas@beabignow.org and write volunteer in the subject line.



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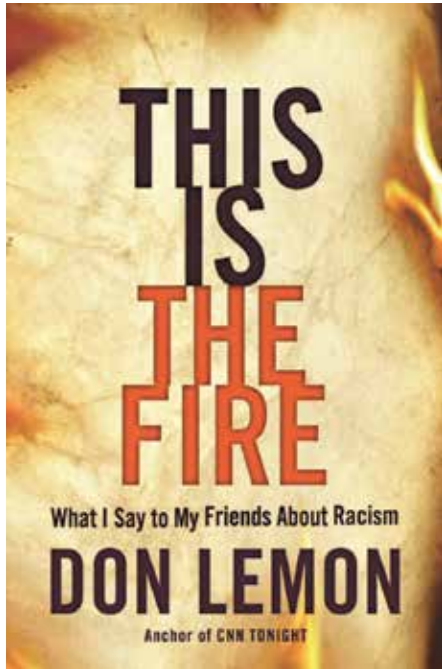
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“This is the Fire: What I Say to My Friends About Racism” by Don Lemon

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 224 pages



by Terri Schlichenmeyer

This really makes your blood boil. This. The racism gone amok, discrimination, the protests that don't seem to work, nobody's listening. You're hot under the collar over it all, totally inflamed, ready for real action, and in "This Is the Fire" by Don Lemon, you'll find some sometimes-warm, sometimes-scorching thoughts to sit with first.

Coincidentally or not, as a trial begins soon in Minnesota, this book opens with a poignant letter from Lemon to his young nephew on the evening of George Floyd's death. Lemon writes of the legacy he got from his parents, his grandmother, and his beloved older sister, and he tells his nephew that the boy is "old enough to know what's going on..."

There's been enough complacency: "Silence is no longer an option."

Once was a time, though, when things were kept quiet.

"My life has been blessed..." says Lemon, "but let's be real: I grew up gay and Black in the South in the 1970s."

Raised by an extended family of women, he heard stories of voter suppression, the denial of education, and too many hard times. Several years ago, Lemon went to Africa with his mother, to a fortress where slaves left that continent; he grew up in Louisiana

and knew about the area's dark past. He acknowledges that things have changed; that some things are "different this time," but they're still the same, whether you live in poverty you've been manipulated to be in, or you live in a well-to-do enclave and try to Shop While Black.

Racism, he points out, is so endemic that we don't always see it sometimes, or know its entire history. We condemn White Supremacy without understanding how it ever existed in the first place, we march to "defund the police" but forget that many Black families likewise fear a neighborhood without them.

"Racism... is a contagious assailant," he says.

"Healing is you and me standing on the John Lewis Bridge. We can get there... if we're willing to do the work."

As today's books go, "This is the Fire" is pretty thin. It doesn't look like much, but dive inside for ten minutes and you'll see that it's thick with hope.

And yet, one might argue that, despite that the words here are fresh and current, author and CNN Tonight anchor Don Lemon doesn't tell readers much that's new. George, Breonna, Jacob, Stephon, Sandra, their names are familiar, and absolutely no one has forgotten the last White House administration. Readers get a bit of biography and that



Photo credit: CNN

delicious Lemon sense of wry humor, but what else?

Perspective.

Lemon's thoughts are the kind that make you gasp. They're I-never-saw-it-that-way avowals that leave room for self-education, reparation with wisdom, honest reflection, and fixing what's so deeply and wrongly embedded in this country.

They demand that you think. Now.

And so, whether you're up for a heated argument, a fiery debate, or just a warm talk with someone, this is the perfect time to read those words. "This is the Fire" will spark a discussion.

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Starving Artist Fair

The Racine Art Guild is inviting regional artists to participate in its 56rd annual juried Starving Artist Fair August 1, 2021.

Cash prizes are awarded for Best of Show and People's Choice. Each will be awarded \$100.00.

The Fair draws over 4,000 visitors annually and is considered one of the Midwest's premier art fairs. The fair, held in the lakefront park on the Racine Campus of Gateway Technical College, features 110 artist booths, live performances, food trucks, a children's art area, silent auctions and more.

Proceeds are donated to the Racine Art Guild's local art student Scholarship Fund. Up to four scholarships are awarded to students nominated by their college.

Online applications are available at www.racineartguild.com/safracine.

For more information contact Fair coordinator Jayne Herring at RAGuildSAF@gmail.com.



Reuse-Your-Shoes Recycling Program

Racine - City of Racine Parks, Recreation and Cultural Services (PRCS) is offering the Reuse-Your-Shoes program as part of "Earth Day" activities on Saturday, 4/24/21.

This unique program allows citizens to donate used athletic shoes to save landfill space and help conserve resources. All brands of used, dry, mud-free athletic shoes are acceptable.

The following items will not be accepted: Shoes containing metal parts; cleats, spikes, thongs, sandals, pumps, dress shoes and

boots; shoes in plastic bags or tied together.

Athletic shoes may be dropped off at barrels located in the parking lot at the Dr. M.L. King Community Center, 1134 Dr. M.L. King Dr., between 10:00 a.m. and 12:00 p.m., on Saturday, 4/24/2021.

Information about PRCS events may be found at cityofracine.org/ParksRec/; by visiting the PRCS main office at 800 Center St, Rm. 127; or by calling (262) 636-9131. PRCS may also be found on Facebook: [facebook.com/RPRCS](https://www.facebook.com/RPRCS).

Notice of NAACP Election

The Racine Branch NAACP will hold its election for Branch President on Saturday, April 3, 2021. Ballots have been mailed to members in good standing. Members who have not yet received a ballot should contact Ms. Bettie Poole at (262) 308-3817. Ballots may be dropped in the mail slot at the NAACP office at 1633 Racine Street. Ballots must be received before 2:00 pm, April 3. For more information, please call (262) 632-1151.

United Way of Racine County Opens Community-Wide Survey

March 11 (Racine, WI) — United Way of Racine County invites anyone who lives or works in Racine County to complete its strategic planning survey. It seeks responses from across the community—not just from its partners, donors and service recipients, but also from anyone willing to share their thoughts on its work and Racine County's needs. Community members' responses will be used to shape the future of United Way's work as it undergoes a strategic refresh.

The survey will be open through April 3. To complete the survey, visit United-WayRacine.org/2021-Survey



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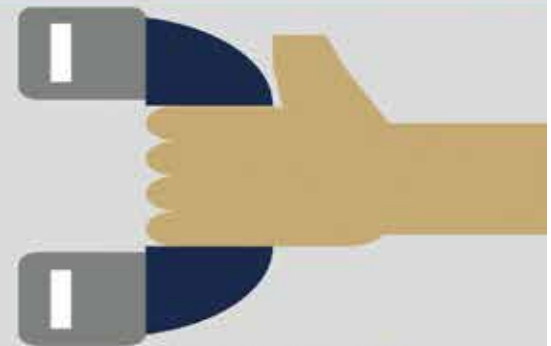
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Here's how homeless Americans can get their \$1,400 stimulus check — pass it on

by Elisabeth Buchwald

Homeless Americans who don't have a fixed address or bank accounts will have to jump through an array of hoops to claim their payment.

Homeless Americans who qualify for \$1,400 stimulus checks may have to file a tax return to claim it.

Millions of Americans won't have to do anything to receive their third stimulus check. It will either automatically be mailed to them or deposited directly into their bank accounts.

But homeless Americans who don't have a fixed address or bank accounts will have to jump through an array of hoops to claim theirs.

Hamdia Ahmed, a model and advocate, drew attention to the hurdles homeless people face to claim their stimulus checks in a tweet that was shared over 130,000 times since she posted it on Monday.

If you are homeless, you can go to a tax return office where they will file something called EIP return. They will put the money on a debit card after," she said in her tweet.

What if you missed the Nov. 21 deadline?

Some 9 million non-tax-filing Americans did not claim their checks six months after the 2020 CARES Act, which called for \$1,200 stimulus checks, according to the IRS.

Americans who missed the deadline could still claim all three stimulus checks by electronically filing a 2020 tax return. That will enable them to receive the stimulus-check money they're owed through a "Recovery Rebate Credit".

Americans who earned less than \$12,200 last year or \$24,400, if they are married, won't have to pay any taxes. But they will need to enter their personal identifying information, such as their Social Security number, through the IRS' Free File Program, where tax software companies prepare returns free of charge for people who make up to \$72,000 a year.

Americans can access this program on a cellphone or computer. Additionally, people experiencing homelessness can get in-person tax help by visiting their nearest IRS Volunteer Income Tax Assistance. You can locate a provider here.

Americans who were eligible for stimulus money, but missed out on some or all of the payment can also get funds they are owed using the same programs if they qualify.

This group could include households with a new baby in 2020, people who earned less in 2020 than they did in 2019 and young adults who are filing their taxes for the first time.

If you do not have a bank account and

don't wish to open one, the IRS can mail you an Economic Impact Payment Card, which functions like a debit card.

If you don't have a permanent address, you can arrange to have your stimulus money sent to a local post office, homeless shelter or religious place of worship. You can also contact United Way's 211 Economic Impact Payment Helpline by calling (844)-322-3639 for assistance.

Sen. Tina Smith (D., Minn.) in a letter signed by 28 Democratic senators in February, urged Treasury Secretary Janet Yellen to "commit to conducting outreach to all populations to make sure [homeless people] are aware of their potential eligibility and can sign up for and receive the payment."

The letter came shortly after the \$900 billion stimulus package that authorized \$600 stimulus payments passed in late December.

But it's not quite that simple. The IRS did not respond to MarketWatch's request for a comment.

Homeless Americans who used the non-filer tool to get their first stimulus check should have automatically received their second \$600 stimulus check and will receive their third in the same manner.

If you do not have a bank account and don't wish to open one, the IRS can mail you an Economic Impact Payment Card, which functions like a debit card. If you don't have a permanent address, you can arrange to have your stimulus money sent to a local post office, homeless shelter or religious place of worship.



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Looking to the future of the Racine Symphony

We are looking towards the future. After a challenging year, there is finally good news on the horizon. Here at the RSO, we are hard at work planning our 2021-22 season and are counting the days until you are once again in the concert hall.

As much as we take joy in these concerts, we also must acknowledge the tremendous expense involved. Ticket sales account for only a small portion of our proceeds. Donors like you help keep the music alive.

An additional \$5,000 will help sustain us into next season and continue to produce the concerts you know and love. Make your gift today at <https://racinesymphony.org>.

The future is bright for the RSO. With your help we look forward to many more

years of enriching your lives through the power of music. Together we can keep the RSO and the Racine arts community strong and vibrant.

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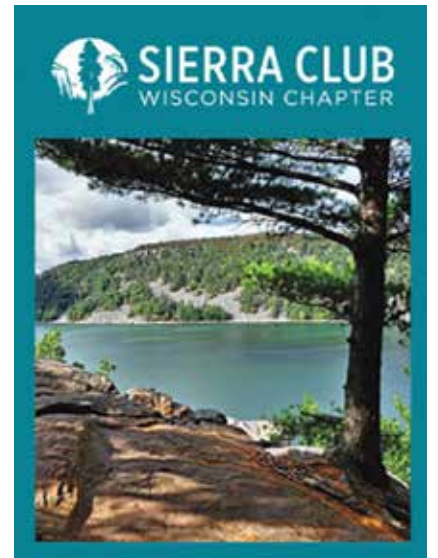
Statewide branch of Sierra Club to be known as Sierra Club Wisconsin Chapter

Madison--Starting today, the statewide branch of the Sierra Club will be known as the Sierra Club Wisconsin Chapter.

"The Sierra Club has broadened its perspective and become more diverse in many ways. We recognize how important it is to be inclusive and respect all voices, and we welcome everyone to the table as we work to limit the dire effects of climate change. Our new name reflects the fact that we represent everyone in Wisconsin. From initially equating an environment with unspoiled nature, we now see all environments as relevant, including those that are built," said Laura Lane, Chair of the Sierra Club Wisconsin Chapter.

"Though our new name will better represent the breadth of the volunteers, community members, and leaders Sierra Club works with across the state, our commitment to ensuring access to clean drinking water, public lands, and a safe environment will never change. We have a new name, but the same dedication," said Elizabeth Ward, Sierra Club Wisconsin Chapter Director.

This change was overwhelmingly approved by 83% of our members who voted in the Chapter's annual election.





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UW-Parkside Associate English Professor Dana Oswald is the 2021 Bonnie Wheeler Fellowship recipient



The Wheeler Fellowship has been offered to women at the associate professor level in Medieval Studies to ensure career advancement by affording them time to complete scholarly work since 2011. In addition to summer funding, each recipient is paired with a distinguished mentor in the field who engages with the recipient and her project to its successful completion. The Fellowship also aims to cultivate women academic leaders.

“For mid-career female scholars what matters most is finding time to conduct research and write. The Wheeler Fellowship will give Dr. Oswald the opportunity to complete her manuscript and to connect her with a senior colleague in her field,” said Lesley Walker, Dean of UW-Parkside’s College of Arts and Humanities. “I am thrilled that she has earned this well-deserved and competitive fellowship and look forward to reading her book!”

Professor Oswald has published articles on monstrosity, gender, and sexuality in Old and Middle English literature, and on best teaching practices in the university literature and writing classrooms. Her book, *Monsters, Gender and Sexuality in Medieval English Literature*, was published in 2010. She is currently working on a book entitled *Old English Maternal Bodies*.

“Our selection committee found Professor Oswald’s proposal for the completion of her monograph, *Old English Maternal Bodies*, very compelling especially because it examines the medical and legal Early English traditions to find the reproductive bodies of women in a corpus of literature that participates in the occlusions of

such bodies, and indeed such lives,” said Dr. Catherine Keene, treasurer and committee member of the Bonnie Wheeler Fellowship Fund.

“She is a very impressive teacher-scholar and we are pleased to offer her this highly esteemed professional honor.”

You find more information on the Bonnie Wheeler Fellowship Fund website at bonniewheelerfund.org.



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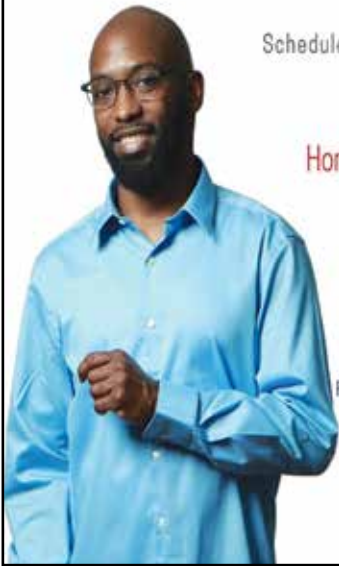
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4 Financial Steps to Take Today When Dealing with Alzheimer's

by Yvette Stewart

If a person close to you has been diagnosed with Alzheimer's disease, it may be time to address some serious financial questions. Due to the debilitating nature of Alzheimer's and related forms of dementia on your loved one's ability to make sound financial decisions, the sooner you can get financial matters in order the better.

Here are four important steps to take:

#1 – Look for signs of unusual financial activity

Discrepancies involving money can often be among the early signs of cognitive challenges for an individual. Red flags may include difficulty paying a proper amount for an item, leaving bills unpaid or making out-of-the-ordinary purchases. If you observe signs of a loss in judgment related to financial matters, additional action may be required.

#2 – Identify and designate a power of attorney

Many people are reluctant to hand control over of their personal finances. It's important to have an honest discussion with your loved one and help them appreciate the importance of having somebody in a position to look out for their interests. Most important is to identify somebody who can be considered a trusted surrogate to help manage day-to-day money matters when that becomes necessary. An individual should be designated as



financial power-of-attorney, authorized to sign checks, pay bills and help keep an eye on the affected person's finances. The person designated with power-of-attorney can ease into the role, only assuming full control when it becomes absolutely necessary as the person receiving the diagnosis loses capacity to make rational decisions.

#3 – Make sure proper documentation is in place

An individual needs to be considered competent to complete or update legal paperwork such as wills, trusts and other estate planning documents. This should include an advanced health care directive that will indicate the levels of care that should be followed if health deteriorates. Also check beneficiary designations on any retirement and financial accounts as well as life insurance policies. With all relevant documentation, be sure the information and named beneficiaries are up-to-date and that proper processes are followed. Check with an estate planning attorney for help.

#4 – Assess costs of care and how it will be covered

A top priority is to determine a strategy

for how your loved one will be cared for, particularly if their cognitive abilities should deteriorate over time. Will specialized care be required, either in the home or in a nursing or assisted living facility? If so, are there resources or long-term care insurance policies in place to help deal with those costs? This will greatly affect any decisions on a care strategy. Talk to an elder law attorney about trusts that can be established to provide for care for the disabled individual while still protecting the family's assets.

Be proactive in your approach

Waiting too long to address financial considerations after an Alzheimer's diagnosis can compound an already stressful and emotional time. Take steps to get on top of the situation as soon as you are aware that it could be a problem. Even establishing a plan for addressing these issues before a form of dementia is firmly diagnosed makes sense. Consult with your financial advisor for guidance on how to manage these challenging times.

Yvette M. Stewart, is a Financial Advi-

sor with Ameriprise Financial Services, Inc. in Brookfield, WI. She specializes in fee-based financial planning and asset management strategies and has been in practice for 14 years. To contact her, visit www.ameripriseadvisors.com/yvette.m.stewart, email: yvette.m.stewart@ampf.com. PH: 262-901-1540. Ameriprise Financial Services, 16650 W Bluemound Rd, Suite 800, Brookfield, WI 53005. She resides in Racine, WI. Investment advisory products and services are made available through Ameriprise Financial Services, Inc., a registered investment adviser. Ameriprise Financial Services, Inc. Member FINRA and SIPC. © 2021 Ameriprise Financial, Inc. All rights reserved.



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Art = Heart Award Winners Announced

SOMERS, Wis. – Five local K-12 students have been recognized for showing their heart in artistic ways as part of UW-Parkside’s Art = Heart exhibition.

University faculty and staff selected the five as award winners, and you can view their artwork and the entire exhibition virtually at the Art = Heart website, <https://www.uwp.edu/therita/artgalleries.cfm>.

“For this exhibition, Parkside’s College of Arts and Humanities invited K-12 students in the region to think about how being creative and making art brings them

joy, comfort, peace, and happiness – all things for a positive mindset,” said Gallery Director Colin Matthes. “The students then translated those thoughts into original artworks.”

The award winners include:

- Kimberly Lagunas, senior at Waukegan High School, won Best in Show for her dreamlike digital painting. Notice her brilliant use of reflection.
- Loden Chapman, a senior at Catholic Central High School, took home the Most Inventive award for his digital drawing

titled Fractured Brain. He was also the artist who submitted the most art, five works in total.

• The Campus Choice award went to Helene Holland. Her well-executed and relatable drawing of a bedroom demonstrated a keen understanding of two-point perspective. Holland is in 12th grade at The Prairie School.

• Seven-year-old Esme Reilly charmed the jurors. She won the Most Heart award for her drawing of two dogs sharing a loving moment at the top of a hill.

• Roger Martinez, 11th grade at Waukegan High School, won the Dean’s Favorite award for his realistic drawing of man and screen.

There are thirty-nine artworks in the exhibition, including drawings, paintings, photographs, and digital images from students ranging from first graders to high school seniors.

For more information on Parkside Galleries, visit the website or email the Gallery Director, Colin Matthes at gallery@uwp.edu.

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Bacon Egg Cheese Biscuit	\$2.99

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- Meatloaf
- Turkey
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- BBQ Ribs/Rib Tips

APPETIZERS

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- Little Smokies
- Finger Sandwiches
- Chicken Wings
- Vegetable Tray
- Fruit Tray
- Cheese Tray
- Pin Wheels
- Meat Platter

SIDES

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- Fettucini Alfredo
- Bacon Spaghetti
- Mostaccioli
- Stuffed Shells
- Lasagna
- Vegetable Lasagna
- Dressing
- Macaroni & Cheese
- Green Bean Casserole
- Fried Corn
- Corn
- Steamed Vegetables
- Mashed Potatoes
- Greens - Mustard/Turnip/Collard



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- Belle Urban Offices (1900 Kentucky St.)

the bus

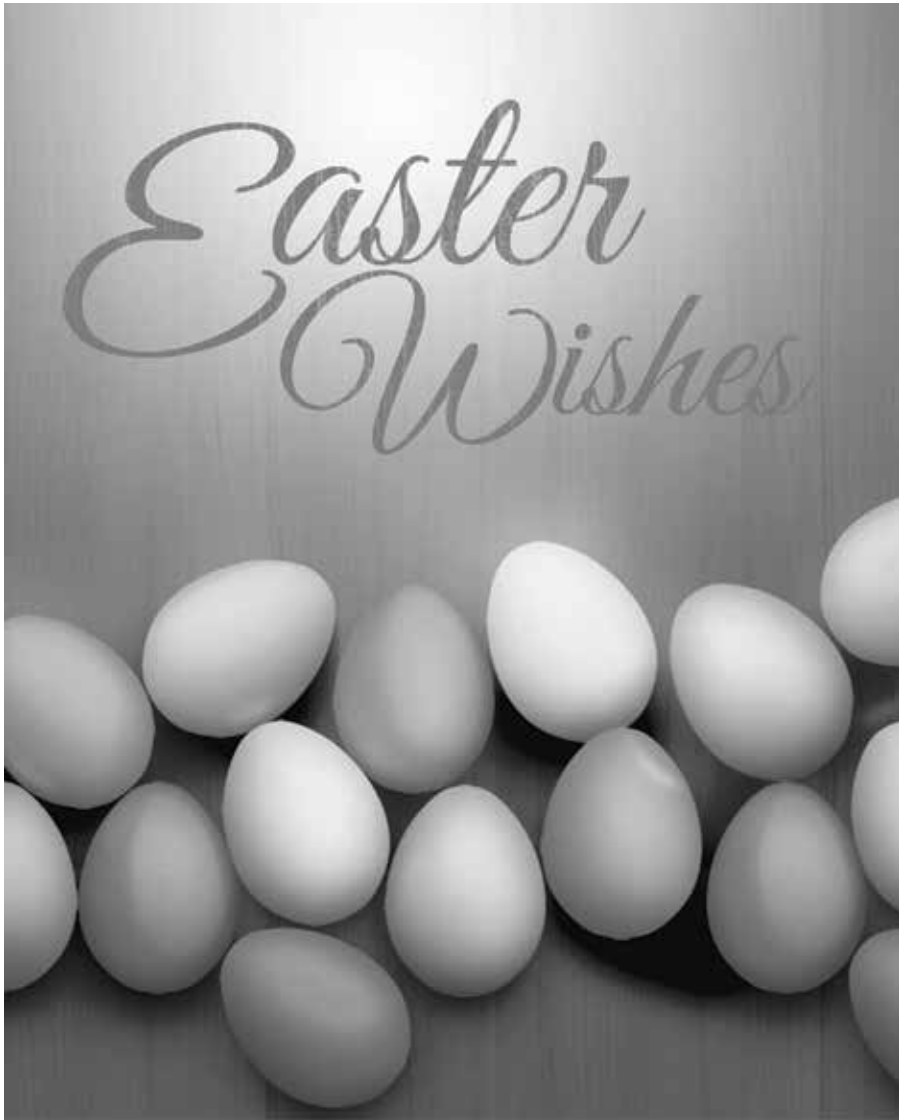
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THE PRAYER CLOSET

APRIL 2021

“And, behold, two blind men sitting by the way side, when they heard that Jesus passed by, cried out, saying, Have mercy on us, O Lord, thou Son of David. And the multitude rebuked them, because they should hold their peace: but they cried the more, saying, Have mercy on us, O Lord, thou Son of David.” (Matthew 20:30-31)

Today’s verse talks about two blind men that no one really paid attention to. No one gave them much of a chance — but Jesus did! All through scripture we see that He had such great compassion and mercy everywhere He went, and He still has it today.

Maybe you feel like life has overlooked you. Maybe you feel like the people around you don’t really see what you are going through. Today, know that God sees you. He’ll never overlook you even when people overlook you. He is good and no matter what has happened in your life, remember that His mercy endures forever.

Notice what these men did — they called on Jesus. Even when people tried to quiet them, they called even louder. They had confidence that He would hear them and you can have confidence, too! Be bold and step out in faith, call on Him and trust that He sees you and hears you and He will have mercy!

Father I thank You for Your mercy and grace. Today I have the confidence to trust and call on you. Thank you for hearing me in Jesus Name. Amen.

Apostle Charles C Jones D.D.
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“The Hospital: Life, Death, and Dollars in a Small American Town” by Brian Alexander

© 2021, St. Martin’s Press
 \$28.99 / \$38.50 Canada
 307 pages



Photo credit: Shelley Metcalf

by Terri Schlichenmeyer

One-hundred two degrees. That’s what the thermometer said and that’s an awfully high temperature, Covid or not. Your first thought was the hospital. That’s where you’re taken when you’re very sick but as in “The Hospital” by Brian Alexander, will the facility be there to take you?

Tucked in the northwest corner of the state, Bryan, Ohio, is a lot like other American small towns: people are friendly, folks know their neighbors, and they pitch in when someone’s sick. That’s especially true in Bryan: the hospital there, affectionately known as CHWC (Community Hospitals and Wellness Center), is the county’s largest employer, staffed by many doctors and nurses who’ve known their patients all their lives.

In other times, this might sound idyllic, like a perfect plot for a warm sitcom.

Now, though, CHWC struggles. As an independent hospital located near corporate-backed medical giants that’ve been “gobbling up small independents,” CHWC has tinier margins and less access to discounts offered by suppliers and equipment manufacturers, and its size often means that high-tech cases go to larger facilities, rather than to CHWC.

It’s almost a David-and-Goliath situation but Goliath has the edge, a situation exacerbated by poverty, opioids, methamphet-

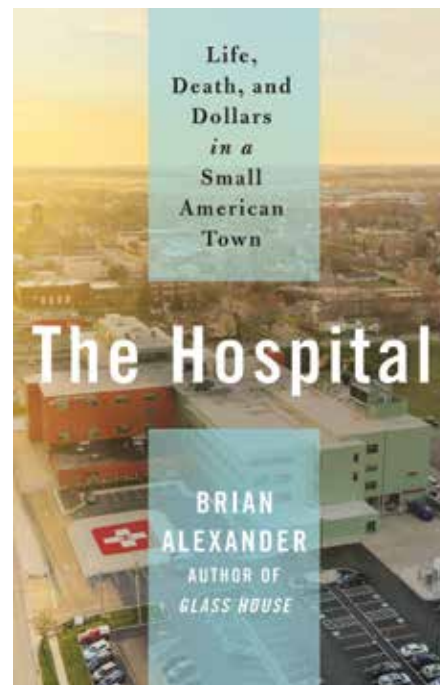
amines, and lack of resources. Bryan, says Alexander, is actually, literally, physically bisected by haves and have-nots.

But, of course, the story of a hospital isn’t just the story of a hospital. Alexander writes of the town itself, and of CHWC’s CEO, who grew up in Bryan and who exhibits a sense of ownership for the hospital he loves. It’s the story of patients: a woman with cancer; a husband with major life-threatening health issues; mothers and kids; and former factory workers who have multiple jobs but no health insurance. It’s the tale of nurses, of doctors who came for a year and stayed for many, and of a hospital board that wants what’s best for the facility.

And it’s a story of a budget, its balance, and the wolves at the door...

It’s difficult this year, if not impossible, not to feel overloaded with medical updates and information. It’s everywhere, everybody’s talking about it, and you may feel like you know enough but you may not – at least, not until you’ve read “The Hospital.”

Even for readers living in a metropolitan area with strong medical facilities, there’s a hint of foreboding inside author Brian Alexander’s words here, and in inferences that one might make about the future of community hospitals and their patients. You also get a sense that much of what happened in Bryan can happen anywhere, a realization that’s



attached almost completely to money and insurance, issues which Alexander presents as two sides of a delicate scale that’s being tipped by poverty and job loss.

“The Hospital” is like Hillbilly Elegy with a bad cough, just waiting for a room. It’s political, scary, and empathetic, with C-Suite-level details you can feel free to skip. Most importantly, this book will make you consider yourself, neighbors, and your own nearby facility, with righteous alarm and trepidation of a high degree.

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A portrait of Angela Cunningham, a Black woman with short dark hair, wearing a grey blazer over a dark top. She is smiling and sitting in a black leather office chair. In the background, there are wooden bookshelves filled with books.

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Adopt-A-Park Program

Racine – The City of Racine’s Parks, Recreation and Cultural Services Department is seeking individuals, groups, and/or organizations to volunteer in the Adopt-A-Park program for 2021. Applications are accepted on an ongoing basis.

The Adopt-A-Park program is designed to encourage community involvement through volunteerism by helping the PRCS department maintain and beautify our City of Racine parks. The program encourages the participation of leagues, businesses, schools, churches, local service groups, sports associations, youth organizations, individuals, etc. to perform various tasks such as litter pick-up, maintenance of flower beds, painting, spreading playground mulch, and other approved duties on a regularly scheduled basis. Volunteer organizations may elect to clean their adopted park on a monthly, bi-monthly or quarterly basis. Please be sure to include Earth Day (April) and Make a Difference Day (October).

The goal of the Adopt-A-Park program is to build a sense of community pride and ownership around every park. PRCS believes that the success of the park system depends on the support, assistance, advocacy and enthusiasm of the public. We are



CITY OF RACINE
Play. Every Day.

seeking the best practices and strategies to work together.

If you are interested in this great volunteer opportunity or would like more information on the program, please contact Jaimie Kirkwood at (262) 636-9459; jaimie.kirkwood@cityofracine.org.

Get social! Visit, like & follow us at www.facebook.com/RPRCS/ and at [racineparksandrec](https://www.instagram.com/racineparksandrec) on Instagram. Information about all PRCS events and activities may be found at cityofracine.org/ParksRec; by emailing prcs@cityofracine.org; or by calling (262) 636-9131.

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Health, Wellness Services, Programs and Support



What services, programs and support best maximize/optimize your health, wellness and a long, comfortable, enjoyable, "aches and pains" free life?

- For your health, wellness, do you know what your vision, mission; goals, needs, interests are, and are you achieving/accomplishing them? Maybe it's don't know or need clarity; not going well or having the success you want.

- What changes, improvements or breakthroughs do you want/need to make but maybe not making or trying?

- What blocks/barriers, excuses do you need to overcome but maybe not overcoming or facing? You might know perfectly well what to do, but aren't doing it.

So, Listen to this. For handling those questions, issues or challenges, YOU and YOUR family, friends; work, school, church can have just about all the:

1 Info, tools, resources and options, possible answers you/they could want or need.

If not, something's missing, HCT will help you get it.

See www.maxfulfillment.com/health-booklet/ and the left-hand side menu.

Start with Health, Nutrition, Diet

Checkup and Biweekly (Baby Step) Health Change.

2 Support, assistance, accountability you/they could want or need from further info to webinars---further info, Q&A; discussion, meeting; support, assistance; advising, coaching; talk/presentation, workshop/webinar.

What are you waiting for?! Nothing better, worth a try, contact me!

You have "nothing to lose and everything to gain".

At the same time, can I have your attention please? There is something else that's real important if not crucial.

There is more to Health, Wellness Programs, Services and Support than just what you and I, ourselves, individually want/need. And it's this.

We are "in this together", our "brother and sister's keeper" as the sayings go, not separate, alone.

What we do individually, as a group, community, country or the world impacts, affects all of us.

And what has recently shown that so strongly, powerfully and vividly that can't be denied? It's COVID 19. Every country, "man, woman and child" in the world has been impacted, affected by it.

So we need to if not must be thinking of, reaching out and helping others with their Health, Wellness and Well-Being. AND NOT JUST OUR OWN HEALTH. And it does take a "village to raise" both.

Just look at the sad, sorry, dreadful state/condition our health is in. See 1 in www.maxfulfillment.com/healthpurpose/.

So what do we do? How can you and I do our part, our fair share?

Here are some examples or possibilities.

1. Passing this HCT SERVICES www.maxfulfillment.com/ and/or other health, wellness programs along to others; family, friends; work, school, church.

2 Partner, team up with others who are ready, eager to change; are serious, take health, their health seriously, and realize the possible "dire consequences" if they don't improve their health, wellness.

- It can be easier and more rewarding to make and keep an agreement with someone else rather than yourself.

3 Help, support each other fulfill the New Norm for Personal Health www.maxfulfillment.com/healthministry/.

- Helping others with their health helps you with yours and fulfills ethical/moral and social responsibility.

4 Take part in a Health Ministry Community Service www.maxfulfillment.com/healthministry/.

5 Other, what you add?

That's it for now. Best, blessings to you and your health, wellness; health, nutrition, diet.

Randy Bennett Ed.D.
HCT (HEALTH Change, Support and Accountability TEAM/COMMUNITY)

www.maxfulfillment.com/healthbooklet/Testimonials/

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Upcoming Programs/Services offered by the Racine Public Library

A sign language interpreter is available with one week's notice. For information, call the Library's Business Office at 262-636-9170.

The library is currently closed. The library has limited services. We appreciate your patience as we work to safely provide items for you to pick up at curbside at the library and bookmobile locations. To request items please call 262.636.9217

New hours for Curbside pickup, Internet Services, and the RPL call center begin March 1st.

RPL Main is shifting its hours in response to patron usage. Earlier hours on Fridays and Saturdays will replace infrequently used evening hours. This change is temporary. RPL is currently able to offer curbside pickup and Internet access by appointment. Our Call Center is also available.

RPL will continue to adjust as the library gradually adds to the services we are able to offer.

March Hours: Monday-Thursday 9:00AM-6:00PM, Friday and Saturday 10:00AM-4:00PM.

Curbside Pickup is located in the outer lobby off the circle of Library Dr. Place your holds at www.racinelibrary.info or call 262.636.9217.

Monday-Thursday 9:00am-6:00pm and Friday & Saturday 10:00am-4:00pm.

Mobile Curbside Pickup: Have your holds placed on the bookmobile. Pick up from a location near you. Visit www.racinelibrary.info for Bookmobile schedule.

Call Center: Call or text, 262.636.9217, RPL your reference questions we are standing by to help! Email racine_reference@racinelibrary.info Staff is available Monday-Thursday 9:00AM-6:00PM, Friday and Saturday 10:00AM-4:00PM

Need a library card? You can now sign up for a digital library card at www.racinelibrary.info. A physical card will be mailed to you.

Parking Lot WiFi: RPL has extended its WIFI Coverage to the patron parking lot. You may use your devices to connect to the library WiFi from the safety of your car. If required the password for use is rpl75lake

Tax Forms: The 2020 state, federal, and homestead tax forms are now available for pickup at curbside. If you need prior years, please call 262.636.9217

United Way Tax Assistance: The United Way is offering tax assistance virtually this year. Visit the website <https://www.unitedwayracine.org/vita>

Financial Empowerment Center: Racine's Financial Empowerment Center (FEC) offers one-on-one professional financial counseling as a free public service. Services are available to all residents re-

gardless of income. The Racine FEC helps you take control of your debt, deal with debt collectors, improve your credit, create a budget, save, connect to safe and affordable financial products, and much more.

Kids/Teens Programs:

Monday Doodles: Visit RPL's FB/IG/Newsletter for doodle ideas. Share your drawings with RPL!

Weekly Brain Teaser: Like Riddles? RPL shares one every Monday, visit RPL's FB/IG. If you have the answer email carrie.richmond@racinelibrary.info

Tuesday Tales: 10:00am | Tuesdays | Facebook Live. Join Miss Carrie and Miss Ali on Facebook live, they are sharing stories and songs.

Family Storytime: 10:00 | Wednesdays | FB/IG/YouTube. Join Miss Gail for weekly stories.

Musical Family Storytime: 10:00 | Thursdays | FB/IG/YouTube Miss Carrie has fun songs and stories to share with you.

First Chapter Fridays: 1:00 | Fridays | FB/IG/YouTube. Let our Youth Services librarians whet your appetites for some amazing books. We'll share the first chapters of some of our favorites, from early chapter books through Young Adult. Each week will feature a new story, so don't miss out!

All Ages:

Outdoor Movie Night: 7:30 | Thursday, April 15th | Patron Parking Lot. Join us for an outdoor movie at the library. For movie title and registration please visit www.racinelibrary.info or call 262.636.9217

Earth Day Reading Challenge: April 1st-30th Register through Beanstack on the library website. Celebrate our Earth and our environment by reading 10 hours and completing challenges.

April Book Bundles: A new calendar of books bundles is available on the library website. Each day bundles of books for various topics and age groups are bundled together in a bag. Check one out at curbside pickup.

Adult Programs

Anti-Racism Book Group: Mondays, 1:00pm, Online via Zoom; weekly the book group picks, reads and discusses books on the topics of racism and black culture. To join the group and for more information please email melissa.donaldson@racinelibrary.info

Identity Theft: Protect and Prevent 6:00pm | April 14th | Zoom. Identity theft continues to be the fastest-growing crime in the United States. The more you learn about it, the less vulnerable you are. Email jessie.carpiaux@racinelibrary.info to zoom info.

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5 Tips to Protect Seniors from Financial Scams



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(StatePoint) Social isolation among seniors is not only linked to numerous negative health consequences like depression and cardiovascular disease, but it's also a primary contributing factor in financial exploitation and scams. Estimated to affect one in 10 older adults and cost billions annually, the threat of elder financial fraud is pervasive, and especially so right now.

With seniors more isolated than ever due to the pandemic and stimulus checks being sent to millions of Americans nationwide, experts suggest that seniors and their families be extra vigilant.

"Scammers look for key time periods where money and private financial information are in motion. Not only is IRS fraud one of the most common and successful types of

scams that exists, as a general rule, additional money equates to additional fraud," says Ron Long, head of Aging Client Services at Wells Fargo.

"Scammers are banking on the fact that many seniors are apart from families and friends due to COVID-19. When someone is alone, physically or socially, they often miss out on the added benefit of a second pair of eyes and ears."

Compounding the risks associated with isolation is the number of seniors who feel their chances of falling victim to a financial scam is unlikely. According to a recent Wells Fargo study conducted by The Harris Poll, 69 percent of all seniors age 60 and above believe they're not likely to be susceptible to a financial scam, despite nearly all seniors (97 percent) acknowledging that older people are very or somewhat susceptible to becoming a victim. When asked about their peers, the poll found that 47 percent of all seniors knew someone who had already fallen victim to a scam.

"The results indicate what most of us want -- the ability to age relatively unaffected from the realities associated with aging," says Dr. Marti DeLiema, a gerontologist and consultant for Wells Fargo's Aging Client Services. "The problem is that when someone doesn't feel they're at risk, they're unlikely to take precaution."

To better protect seniors from elder financial fraud and abuse, consider these tips from Wells Fargo:

1. Don't wait for a crisis. Seniors should

speak with trustworthy family members about financial plans, as well as consult them when something doesn't feel right.

2. Stay up-to-date. Seniors and families should draft and periodically update legal documents such as wills, healthcare directives and powers of attorney.

3. Automate. Seniors should consider signing up for direct deposit, automatic bill pay and large transaction alerts.

4. Prioritize security. Seniors should keep checks and credit cards locked away, and update passwords when information is compromised. They should also carefully review credit reports, account statements and bills for unusual activity or charges.

5. Be aware. Families can help seniors stay aware of the latest and most common scams, as well as help them identify potential red flags, including:

- Alleged emergency situations involving family members, often grandchildren, requiring immediate payment.
- Lottery winnings requiring upfront cash payment for taxes and other fees.
- Phone calls from alleged government agencies, such as Social Security, threatening arrest or penalties.

For more information on fraud prevention, visit wellsfargo.com.

"Aging resiliently requires planning ahead and not shying away from difficult conversations," says Long. "We have to talk with our older loved ones about the risks, the warning signs and prevention -- and we have to keep talking."

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COMMUNITY

Easing Students' Anxieties as They Return to the Classroom

(StatePoint) When it comes to the emotional well-being of students post-pandemic, a new study reveals that teachers expect significant challenges when schools make a full return to in-person learning.

The study, commissioned by the Crisis Prevention Institute (CPI), the world leader in de-escalation training, shows that 84% of

teachers say student trauma, mental health issues and increased anxiety are their biggest concerns with full classroom re-entry.

"Many of those in school communities have faced adversity and trauma, ranging from upended routines to home isolation and loss of family members. Simply restarting school won't erase the aftereffects,"

says Susan Driscoll, president of CPI.

In many cases, the past year has simply exacerbated issues that predate COVID-19. It's estimated that prior to the pandemic, nearly half of all students in the U.S. had experienced some form of trauma, according to the nonprofit research organization, WestEd.

Driscoll says that while the federal government's COVID CARES Act will provide essential financial support at the district level, at the individual level, families and teachers are in a position to help make the transition as smooth and successful as possible. "Ideally, all individuals in a student's life will be aligned in helping them prepare for their return to school," she says.

Having trained more than 15 million individuals over four decades in its techniques, CPI is lending its unique knowledge during this transitional period. Here are some of the organization's top tips for teachers and parents who are busy making preparations for the return to in-person learning:

- Create a good learning environment: Classrooms should be well-organized and structured, but also welcoming to reestablish a familiar routine.
- Listen empathetically: Offer your undivided attention, then provide thoughtful, nonjudgmental feedback.
- Rebuild trust: In a recent survey by the

American Federation of Teachers and the New York Life Foundation, only 15% of educators said they feel very comfortable addressing students' emotional needs caused or intensified by the coronavirus outbreak. While teachers may feel a bit unprepared in this area, making it clear to students that sharing their feelings and concerns is appreciated and encouraged will go a long way.

• Acknowledge your own anxiety: Take the time to understand the reasons you are feeling anxious and seek a positive outlet.

Additionally, CPI has created educator-specific supplemental content to its Nonviolent Crisis Intervention training. That training, which is approved for stimulus related federal funding via the Elementary and Secondary School Emergency Relief (ESSER) Fund, will focus specifically on recognizing the stages of an escalating crisis, as well as learning evidence-based techniques to appropriately de-escalate. During its 40-year history, CPI has trained more than 55,000 educators worldwide in non-violent crisis techniques that assist with de-escalating and managing heightened school situations. To learn more, visit crisisprevention.com/About-Us.

Opening the doors is only step one in returning students to the classroom. As the pandemic eases, parents and teachers will also need to actively address a year's worth of isolation and anxiety.



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FAMILY LIVING

Tips to Raise Earth-Conscious Kids

(StatePoint) Children are never too young to learn the importance of sustainability or begin adopting eco-friendly habits. Earth Day, celebrated April 22, is a great time to get started, and experts say it all starts with playtime.

“Kids are built to absorb information at a tremendous pace,” says Anna Yudina, senior director, Marketing Initiatives, The Toy Association. “During playtime especially, they form deep emotional connections to the values they’re learning. This means that you can help your child embrace an earth-conscious mindset simply by making it fun.”

Check out these Earth Day tips and insights from The Genius of Play -- a national movement to educate parents and caregivers about play’s vital role in child development:

• **Eco-Friendly Crafting:** Crafting that uses household objects can demonstrate creative ways to reduce, reuse and recycle. For example, you can construct bird feeders from milk jugs and then have kids decorate them. The best part? This is a sustainable DIY project that benefits wildlife, plus gives children an opportunity to observe flying visitors to the yard.

You can also craft your own musical instruments. For example, rainsticks, so-named because they mimic the natural sounds of rain, can be made by filling paper towel rolls with uncooked rice. Or, keep the beat using homemade maracas made by filling empty plastic bottles with dried beans. Finally, with just a few rubber bands and some glue, you

can transform yesterday’s cereal box into a guitar. Now you have enough instruments to start your own band!

• **Learn Through Play:** Kids can benefit from toys as early as one month old with sensory play that helps stimulate senses and develops motor skills. However, they develop habits and values that will last a lifetime during ages 3-9 the most. During these years, introduce toys that reinforce the importance of sustainability. For example, a plush sea turtle can help a younger child understand the connection between plastic pollution and the health of marine creatures. For a tween or teen, a wind turbine science kit can build STEM skills and interest, while introducing the concepts of sustainable energy and climate change.

• **Outdoor Fun:** Warmer, longer days expand opportunities to play outdoors, be active and explore the natural world. Build a nature scavenger hunt in your backyard or take an ecology walk and observe critters, rocks and leaves with magnifying glasses. Bonus: beyond boosting an appreciation for the environment, active play is critical for child development, helping hone coordination, balance and motor skills and setting the stage for a lifetime of good health.

• **Pretend Play:** Pretend play is key for developing curiosity and critical thinking, and there are many avenues for role-playing activities that teach the importance of sustainability. Using action toys, kids can be anything they want to be, from farmers

to explorers to environmental superheroes. Pretend play also presents a fun way to introduce eco-friendly habits that kids can adopt in their daily lives, like turning the water off while they brush their teeth or reducing their plastic footprint by opting for reusable products.

From building a mini greenhouse to

studying animal habitats, there are tons of playful learning ideas for indoor and outdoor fun available at thegeniusofplay.org, a great online resource for parents.

Kids are absorbing new information all the time, especially when they’re having fun. To raise earth-conscious kids, incorporate environmental values into playtime.



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Neubauer Condemns Anti-AAPI Violence, Rhetoric Hate and xenophobia have no home in our community

RACINE – In a primetime address last Thursday, President Joe Biden directly addressed and condemned the uptick in violence against the Asian American and Pacific Islander (AAPI) community in the United States. Representative Greta Neubauer (D-Racine) released the following statement in support:

“Hate has no home in our community. Violence and hateful rhetoric against our Asian American and Pacific Islander neighbors must end — we must push back against this rising tide and build a culture of respect and support for all of our neighbors. I echo our president in condemning the racism and xenophobia against the AAPI community that has long existed in our nation, and that has increased since the start of this pandemic.

“Our AAPI community members are part of what makes our state such a vibrant and beautiful place to live, and I ask all of you to come together and help to end the racist, xenophobic rhetoric and attacks on our friends and neighbors.”

Rep. Neubauer: Statement on Assembly Session

MADISON – Today, the Wisconsin State Assembly met in regular session, approving several Republican-led bills that, if signed, would undermine Wisconsin’s COVID-19 recovery. Rep. Greta Neubauer (D-Racine) released the following statement in response:

“Wisconsinites have been asking their elected officials to prioritize their health and safety for more than a year, but Assembly Republicans still can’t get their act together for the people of our state. We all want to return to our Wisconsin way of life, but instead of highlighting the proven safety and efficacy of the COVID-19 vaccine, Republicans are pushing anti-vaccine rhetoric

and policy on the Assembly floor. Instead of expanding BadgerCare and increasing access to affordable medical care at a time where more Wisconsinites are struggling than ever, they swear to turn down more than a billion dollars of federal investment in our state.

“Today, Assembly Republican leaders once again demonstrated that they are more focused on partisan political maneuvers than addressing our constituents’ needs during this ongoing pandemic. Wisconsinites deserve better. I hope we can return to session soon to actually act on the pressing issues facing our state.



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6 Reasons to Start a Home Healthcare Career After Age 50

(StatePoint) With unemployment rates nearly twice as high as their pre-pandemic levels reported in February 2020, the prospect of starting a new career after age 50 may seem unrealistic. However, industry experts say that it's actually a great time for those in this age bracket to consider making the leap.

"Whether you're inspired by the healthcare heroes helping patients on the COVID-19 frontlines or you're looking to take control over your career and future, the recession-proof home healthcare industry may be right for you," says Jennifer Sheets, president and chief executive officer of Interim HealthCare Inc., which is actively recruiting caregivers nationwide.

Here are six reasons to consider home healthcare at this point in your career:

1. To boost happiness. The pandemic has created new sources of stress and unhappiness for many people. Your career is one area of your life where you can take back some control. And the right career can actually make you happier. Research from The University of Chicago shows that jobs that help and serve others are linked to the most satisfaction.

2. To stay sharp. Brains are like muscles -- they have to be used to stay fit. A change in career flexes your brain "muscles" by encouraging you to learn new things, step out of your comfort zone and stay challenged.

Medical experts also believe that staying cognitively active may even reduce your risk of Alzheimer's disease and dementia. With a home healthcare career, every day is different, offering a diverse array of experiences that use every facet of your skillset.

3. To make extra money. In uncertain economic times, earning extra money can make a big difference for nearly every family, and home care careers often allow you to bring in extra income in a way that aligns with your schedule and priorities.

4. To meet new people. Loneliness is tied to depression and anxiety, and it can even have negative impacts on heart health. Unfortunately, the pandemic has exacerbated this issue for many people. A new career that requires getting out and interacting with new people can alleviate some of this.

5. To make a difference. With headlines touting healthcare heroes, you may be feeling the pull toward a career that allows you to give back. Helping individuals who can't (or shouldn't) go out due to a high risk of COVID-19 complications is a valuable way to make a difference in your community.

6. To mix things up. There are job opportunities in home healthcare available for people of all backgrounds. However, for those already working in healthcare, this is a path offering an opportunity to get



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back to the heart of caregiving by providing personalized care to patients, with all the flexibility and autonomy that go with it.

To learn more about the industry and explore job opportunities available through Interim HealthCare, which has been con-

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Time for the next chapter in your career? Consider whether home healthcare is the right step for you.

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