**Maria Turner - Maintaining Calm in the Household**

**April 16, 2020 - Facebook Live Event**

**Transcript**

Hi everyone! Welcome to week 4 of the Women’s Empowerment Series Empowerment Exchange - Cultivating Confidence Through Community. I’m Maria Turner, the executive director for the Fond du Lac Area Women’s Fund and tonight I’m going to be talking about maintain a calm household during this really, really crazy time which is a little bit funny because anyone who knows me knows that calm is really not the word that most people would use to describe me. So I see that we are just getting people jumping on right now so I’m just going to pause briefly there for a second and let a few more people join us while we wait. One of the things that you can do to cultivate calm is just to sit quietly so we’re going to practice that just a little bit here while we wait for a few more people to come on and join us this evening. I can imagine that with everyone’s crazy schedules right now, getting to a spot at a certain amount of time is really, really difficult. So 7 o’clock, 7:01, if you’re like me even when it’s not during COVID-19, usually about 5 to 10 minutes late, so just going to let some more people join us here this evening.

I’ll maybe just share a little bit more about myself. As I said I’m the executive director of the Fond du Lac Area Women’s Fund. I’ve been doing that now for just over a year. I started at the end of March in 2019 and I’ve got to say, I absolutely love the Fond du Lac area. Everyone has been extremely welcoming to me. People have stepped up, which I think we’re seeing especially now during all of this crisis, and it’s been really awesome to come here and be able to work with an amazing group of women, including Theresa and Erin and Amber and all the speakers - Arletta! - who’ve already come before me in this particular series. They’ve been amazing and I will probably repeat a few of the things that they gave you as tips in getting through this but that’s okay, we could use some extra reminders every week on how to do this a little bit better.

So with that, I’m going to give you a couple of housekeeping tips here. So there’s two ways to ask questions as we go along tonight. One is you can type them in during the presentation and there’s a group of ladies who are helping me out tonight with this series and we will try to get to as many of those questions as we can tonight. Another way, if you have something and we’re not able to get to it tonight, you can email info@womensempowermentseries.org and we will try to answer those questions, if not tonight we’ll try to get to those some time this week.

So let’s see if we can just get started here with my tips for maintaining calm in your household during this time. Again, I’m not exactly the calmest person out there so this COVID-19 being safer at home and living in close quarters with my beloved daughters has not been all that easy which I think a lot of people can probably relate to. So I just want to start out by saying everything is okay, right? So whatever you're doing, however you respond, no one has ever been through this before so be kind to yourself. Don’t beat yourself up if you get a little bit short with someone in your household who you absolutely love and adore. It’s okay. This is a different time and we’re all going to become a little bit stressed during this period of time. So that’s number one, just be really kind to yourself and try to do what you can to recognize that you, personally, are not operating under your normal circumstances. This isn’t anyone’s normal so we need to recognize that right off the bat.

One of the things that I’ve been doing is I’ve been reading a lot of tips and suggestions by other people because I don’t really consider myself an expert on a lot of things, but I learn from a lot of really great people. One article that I read that I thought was especially important to me and really resonated was something from an astronaut that had spent time on the space station. He talked about… I mean can you imagine? Like, we all are in spaces that are probably a little bit bigger than the space station, right? And so to spend a year up there, isolated from earth, I can’t imagine any worse isolation than that. So he gave some tips on how to keep his sanity and I found a lot of those really, really helpful. So one is that keeping a schedule. And - very, very difficult right now. And you all, or a lot of us I should say, not all of us, but a lot of us are juggling full time working from home, full time homeschooling, full time child care, plus head chef, plus activities director of Camp Coronavirus, and you know, we’re just going to do that as best as we can, right? We’ve maybe not ever done any of those things full time from our house before. So keeping a schedule is something that I want you to be mindful of in the way that you’ve always done scheduling for yourself. So, I think one of the things that is difficult in a time like this is we look to other people for resources and we see something that’s really great. Like, I saw this awesome spreadsheet that a woman close to me had put together for keeping herself on track for a schedule during this time. I was like, “Damn, girl! You’ve got that going on. That is awesome!” And a little part of me said, “Wow, I should do that. I should do that, right?” And then I’m like, “Really, Maria? You know that you are not that detail-oriented. You have never kept a written, step-by-step schedule at *any* time during your life. So why in the heck would you try to do that now when you already are not in your normal routine?” If your idea of a schedule is something as simple as jotting down a couple of Post It notes and sticking them on the refrigerator for that day to remind yourself, OK, at around nine o’clock we’re all going to take a little family break. And at around noon, we’re going to have lunch, and around three o’clock we’re going to be done with school for the day, and school is going to end at four o’clock in our household and dinner will be at five. You know, that kind of thing. Just roll with that. Don’t give in to the pressure of having to do something that is outside your normal, right? I mean, because if we’re going to keep any sense of sanity right now, we have to know what to rely on as our own personal strengths and not be sucked into doing what other people are doing. So do what you do well in terms of keeping a schedule, okay? So that’s number one.

The second thing I would recommend is to pace yourself. So again, I said we’re juggling lots of different hats. Wearing lots of different hats right now, juggling lots of different responsibilities. That’s probably not that different from what most of us do during our regular schedules, however we do have some built-in separations. Right? So if we go to work, we know what time we typically start work. We go somewhere else physically, we bring ourselves back home, and then we have leisure time in the evening. Right now, some of my friends have been talking about working from six o’clock in the morning until eight o’clock at night and just not being able to turn off work mode, right? And then kids are coming in and asking for homework help along the way and things like that. So pace yourself in knowing that you need to separate. You need to separate work time from leisure time. And you need to be disciplined about doing that. Work is going to be there again tomorrow, hopefully for a lot of us, a lot of us have experienced some job losses and I don’t want to minimize that piece of things. But if you are still working, you need to pace yourself and know that this is a time when *you* are responsible for that separation. You are not able to rely on, “I’m going to get in my car and go physically to somewhere else.” So number two is pace yourself within that schedule.

The third thing I want to talk about is, let’s build in some time for going outside, right? I don’t know if you want to do this, if you have kids and you’re doing the homeschooling thing and you want to have your outside time be gym class, you know, and do something in the backyard that’s active. Or maybe you want your outside time to be your own alone time. That’s what I’ve been doing, I’ve joined a walk group - the walk group through here, FRESH Perspective - and it has motivated me to go outside and walk way more than I normally do. There’s a step goal every day which I have like one of the lower ones and it’s still killing me. But it’s getting me outside. And what going outside does is a couple of things. First, it allows you time to clear your head. You know, nature is beautiful. There’s no way you can’t relax when you are sitting outside and truly being present in the moment around beautiful surroundings. So that’s number one, just having a time to be calm, sit quietly, admire the beauty around you. Because regardless of what’s going on with this health crisis, we still live in a really beautiful world if you look around. And it’s spring time, and it’s hopeful. We’re coming out of winter and you know, the grass is turning green and so there’s a lot of hope to be found if you go outside. The other thing about going outside is that it is proven to improve your immune system. So getting that fresh air, doing some exercise, that will improve your immune system which of course, if we’re all trying to avoid getting this virus and that is related to how strong our immune system can be in fighting it if we do happen to get it, we are going to want those breaks outside. So let’s say you don’t love being **outside** outside. So what about getting in your car and taking a drive somewhere? That to me is removing yourself from your home and getting just a different change of scenery, right? I mean, I love actually going into my car, cranking the tunes, and driving somewhere when I’m just stressed out and I need to get away for a moment. So just think about the things that would typically ground you. Again, I know that a lot of us want to think about this time as, “Oh my gosh, this is crisis, we’ve never been through this before.” And that is all true. However, we’ve all lived our lives before and I think that if we remind ourselves of that and we look to the things that kept us grounded when things were a little bit calmer in general, that that will help us to keep a little bit calmer right now. The other thing about being able to go outside and separate yourself from others in your household, if you have others in your household, is that it gives everybody a break, maybe, from you too. I don’t know. I mean, my girls are kind of like, “Mom, are you going for that walk now?” And I’m like, “Why are you asking me that?” But yeah, just joking a little bit maybe, but maybe not. I do think that space, having your own quiet space is important, so again, if it’s not about going outside, maybe it’s about going into your room for a while with a book and just sitting and doing that. And so that brings me to my next tip.

That would be to reconnect with a hobby of some sort. Either an old hobby or find something new, right? So it feels like we have a ton of time on our hands right now. We still have 24 hours in the day, but when you’re not changing scenery, when you’re not interacting with a whole variety of people, that makes you feel like the time is just dragging, or at least for me it has. And I don’t think I’m alone in that vein. And so I’ve actually looked at doing some newer things, or things that I may have done in the past, and one thing that I’ve always been just a little bit creative. By no means an artist, by *no* means an artiste, but I do like to kind of mess around with crafts and things like that so I started doing some rock painting. So this is kind of a big thing, people paint these rocks and then they hide them in places and then someone else finds them and it’s cute. It brightens their day. So Fond du Lac has a Fondy Rocks Club that I joined and so that’s just a way to connect with people. I also joined another one in Wausau and just seeing some different people posting their rocks and what they’ve created and things like that. So even if you’re reluctant to share those right now, hang on to them so that when things do loosen up and we are able to interact a little bit more with people, that you have a little piece of happiness that you can share with people. And if you do feel comfortable, if you want to sanitize the rocks and put them out and that kind of thing, that’s cool too. So that’s one thing that I’ve done. Not the first time that I’ve ever done that, but first time in a long time. And then also, I have a 15 year-old daughter Lexie and if you have any teenagers, you know that they’re into this TikTok thing. TikTok is about dancing and so, Lexie has been kind of dancing around the house, that’s kind of her thing to help alleviate her stress. And so I said, “Teach Mom one of those TikTok dances,” the other day and she’s like, “Mom! You can’t!”, I’m not a cool mom, right, I don’t know how to dance, whatever. And so she’s, like, kind of ripping on me. And so then I was like, “No, come on. You can do this, right!” And so it was really neat because it gave her an opportunity to totally separate from her homeschooling, that’s stressing her out too, this virtual schooling. Our teachers are doing an amazing job in implementing that and kids are doing the best that they can with that, but it’s stressful because it’s different for them too. And so she needed that time to be with me a little bit to show me something new. And show me something fun. So we sat and we did like two TikTok dances and the third one I had to step back from because it got a little bit tricky. But if anybody wants to see my TikTok dances, I may share those with a few people. We’ll see, they’re not great. They’re not great, but it was a good time. I just tell you that, give those two examples, because those are things that I’ve done that have added a little bit of fun to my day that when things are really heavy, you need that. Certainly I’ve been doing a fair amount of vegging out in front of the TV too, and that kind of thing as well, but some of these other things have really pushed me to feel better because they’re fun. We still need to find some fun in our day.

Another thing that you might want to consider doing is to keep a journal. Now, this doesn’t have to be the idea of a traditional journal. A lot of times, “Ehh, I don’t want to take a pen and actually write down what’s been happening to me in my life or anything like that.” You don’t need to! I personally consider Facebook, social media, I kind of consider that my life’s journal. And I do share a lot of things out on social media because writing is an outlet for me. I’m a trained, in my career - I went to school for journalism and English - and writing is something that I’ve always found to be therapeutic. I do journal, but I don’t do it the traditional way where I sit down with a really pretty book and write by hand. I type. So I type it and I share and I hope that people learn from that. And you don’t need to have people know what your personal experiences are in your journaling, but just know that journaling doesn’t just mean writing in a book the old fashioned way.

I also want to encourage you that if you have never been a writer, not to put a lot of pressure on yourself if you're going to do this journaling. One of the classes I took in college was this really amazing professor that encouraged all of us to start class with ten minutes of what he called "free writing". And free writing is where you just write and you are not worried about grammar, punctuation, spelling, paragraphs. You are just literally letting whatever's in your head flow to that page. And it's a really cool concept and I can't believe as an English major I'm saying, "Don't worry about grammar, punctuation..." Anyone who knows me is saying, "Oh my God, that's way outside of her bounds!" But the thing that's cool about free writing is it's freeing! You are literally taking the thoughts that are going on in your head and you are putting those on to paper. And when you can see something on paper, it becomes more real and tangible and easier to deal with. So if it's you're so stressed, and I'm seeing that a lot of people are saying they don't have any time whatsoever. Even if you can find five or ten minutes to just let that pen flow, not worrying about what it looks like but being able to go back later and look at it and think, "Okay, I'm seeing it now. It is real and if I can see it in a tangible way, it gives you the ability to then take some time and fix it in a way that may not be apparent when it's just in your thoughts, when it's just floating around. So if you're able to do the journaling in some way and again, that could be out on social media if you feel comfortable, it could be blogging, or it could be just writing on Post It notes again or writing on a scrap piece of paper and just getting those thoughts out, because once they're out, it's easier to see them and actually deal with them in a tangible way.

Let's see, the next thing I'm going to recommend here is stay informed by listening to credible experts, but don't oversaturate yourself, okay? So if we wanted to right now, we literally could be spending our entire days reading something about COVID-19 and looking at charts and graphs or listening to or watching something on one of the news channels. I mean, we could literally immerse ourselves completely in that. And if that is your thing, go for it, right? It's not my thing. I want to know some base facts about what's going on. I don't want to be uninformed, but I don't want to be overly informed either. I think that sometimes too much information creates more fear and uncertainty. I know that sounds weird, but it's true, at least for me personally. And again, this is a time where you need to know yourself. If knowing all kinds of information helps you feel better, then do that. Again, don't do things that are outside your norm or your typical. Do the things that make you feel good during this time as well. So for me, I don't like a ton of information that's negative at any given time. This is negative, but necessary right? So I'm getting the information I need, but I'm not immersing myself in it. I know that my older daughter, for example, she loves details. She loves to know, continues to ask a question upon a question upon a question so I'm guessing that she's reading as much as she can about all of this. And that's okay too, you know? Whatever makes you feel safer and more comfortable with what's going on in this crazy time that we're going through, that's okay, okay? Again, know yourself, know your limits, stay informed from credible sources which, you guys - Facebook is not a credible source. I hate to tell you, but that is not a credible source. I think that goes without saying. So find a place where you get your news and do that in the way that you've always done that.

The next thing is to continue to take time to connect. I can't state this enough, one of the things that happened when we at the Women's Fund decided to do this is I started working from home. And we cancelled all of our meetings in March and we didn't even hold any virtually and I was sitting at home feeling completely lost because I'm an extrovert, love being around people, and I had, like, no connection to the outside world except for my friends and thank God for them. We were texting, we were calling each other a lot more, like phone calls, right? Who does that anymore? Everyone relies on texting and email. But go back to some phone calls. It's great to hear the voice of your best friend, or your sister, or your brother, or any family member. I would suggest going back to the old fashioned way and rely on some phone time. Also video. We all know video chat is readily accessible, that's kind of how we're doing this tonight, and if it helps for you to see a face, do that with family members and friends as well. Do the Zoom happy hour, or the girls' night out via Zoom and take part in that. Also take time to connect with those that you're living with. I know that there's a lot of jokes about, "It's too much on top of each other!" and things like that. And I think that there's a way to make that a little bit more beneficial. One thing is family dinners. This is a time where we might actually have some time to cook or to order in to support our local businesses, and everybody sits down because we're not running to ten different after-school activities or evening meetings. Taking that time to sit around the table and reconnect with each other. Maybe just go around the table and ask each other how they're doing. One of the women that I follow, Glennon Doyle, who was one of the speakers at Leadercast Women that we hosted at the Women's Fund last fall, I've been watching her videos and she suggested what I thought was brilliant. It was called a Worry Meeting. So daily, and you can choose a time of day you want to do this - at the end of the day or start of day - she suggested getting your family together and everyone shares what they're worried about. So this is a time when there's a lot of fear and uncertainty and people are probably worrying like crazy about whatever. And you can't assume that your worries are the same as your daughter's, your son's, your spouse, your partner. She suggests that you have kind of a circle time and go around and everybody shares. And the key to this is that you do not cross-talk eachother. So whatever anybody shares, it just sits out there. You don't try to solve their problem for them. And I think that's maybe one of the reasons why people get into kind of these headbutt situations within their household when we're on top of each other because we're trying to solve problems of each other that we're not that person so how would we know exactly how they're feeling, exactly how they need to process it? That type of thing. Just know that this is a time when you can state it, get it out, and then maybe later check back in with your child, if a child expresses something, and be like, "Hey, did you figure out X, Y, Z that was bothering you? Can Mom help with that? Is there some way Mom can help with that?" And so I really thought that Worry Meeting idea was really cool.

Also, if you're lucky enough to have a partner or spouse living with you right now, right? Lucky! "Lucky" for some. Don't neglect that relationship. I would say that now is the time that you could do some extra bonding because again, we're not running around to 100 different things, avoiding that most important person that's sitting right next to us, or laying next to us at night. Remember that you could do some things. People always do date night type things. Well, you could dress up and have dinner by candle light just the two of you and connect with your partner. You could dress down and go in the backyard and have a picnic or a campfire. Have some cocktails by the campfire and connect just the two of you. You could also, I've been doing a lot more online shopping than I'd like to admit right now so you could maybe splurge on something a little bit sexy and surprise your partner with that. Just make sure that you keep social distancing in place during... haha! Little joke. And it won't be the same pajamas you've been wearing all day so that'll be great, they'll pay attention to that. You could hold hands, but just wash your hands before and after. Again, a little bit of a joke. One of the things is just remember some humor in all of this, too. I try to have a good sense of humor during times when I'm not crazy busy or crazy in a different state of normal. So keep your sense of humor during all of this too.

But I do want to say this, so joking aside about this connection to those that you're closest to. Physical touch is important and I know that we're being told, "Don't touch this. Make sure you wash your hands. Keep your distance." I feel that, again, because physical touch brings forth endorphin levels and helps boost the immunity system and improves your relationships with one another... I don't want anyone to think that they should just stop doing this completely. In fact, I feel like that could be something for your kids that would maybe be a little bit traumatic if you're not hugging them anymore or you're not doing those same types of things. So I don't know if that falls in the CDC guidelines or not, but please remember that your loved ones living with you do need to continue to feel that connection of physical touch.

I'm going to shift gears here just a little bit right now. Part of my discussion tonight is supposed to be on the very serious topic of how Safer at Home and being isolated in our homes may not be Safer at Home for everyone. And so far I've been talking about options for keeping the calm in households that are typically living outside of crisis. These are relatively "normal" households, places where drug abuse, alcohol abuse, severe mental health, domestic violence, child abuse, sexual abuse, these are places where those types of things were not already in existence before the bringing ourselves all in isolation occurred. So those households already were more calm than places where there is domestic violence, places where there is sexual assault, places where there is child abuse. And unfortunately, during times of crisis - especially economic crisis - we know that the incidence of domestic violence, child abuse, and sexual abuse increase because there's higher stress levels. I have checked in with the Fond du Lac Police Department as well as ASTOP and Solutions Center just to kind of see if they have seen a rise in the last month of incidents of domestic violence, child abuse, or sexual abuse and they all reported that they've seen some slight increases this time this year versus same time last year. So there has been a little bit of an increase. But I do believe that statistics don't always tell what the true situation is. Especially during this time. One of the reasons why victims of abuse don't reach out is because they feel a lot of shame associated with what they're going through. They are worried that people aren't going to believe them, they're especially worried that they're going to burden somebody else because their abusers have made them feel like they're already a burden to them. So they're not inclined to reach out a lot of times and I feel like right now is a time where that's probably multiplied because they're worried that they don't want to stress our systems even more than what the police are already dealing with, what healthcare agencies are already dealing with, what Solutions Center or ASTOP or Agnesian Domestic Violence are dealing with. First of all, I want to say please, if you are in a situation where something doesn't feel right, don't feel that way. Reach out and get the help you need.

So let's just talk a little bit about what that looks like. How is a situation where it's tipped beyond normal stressors in the household, what does that look like? One of the things would be, it's not like an isolated argument between partners. This is ongoing, always feeling like you're walking on eggshells, like you can't do anything right. So this is a time where someone is constantly yelling or making you feel like you've done something wrong. Or may actually be physically abusive, hurting someone in the household. So it's not just you're having an argument or a minor stressor. It would include such things like name calling, probable profanity, lots of blaming, lots of shaming, manipulation. One of the things is that isolation happens to be a primary manipulation tactic of a lot of abusers so unfortunately, this Safer at Home order has built-in isolation. They're already being able to get their victims even more isolated from outside resources. So if there's some even higher levels of that going on and then obviously attempts to control behaviors, so not being able to do the dishes right, for example. Or fold the laundry correctly or whatever. That's never good enough for the abuser. So those are types of examples of how that's different than just the minor stressors that some of us are going through right now.

Right now, I am personally very concerned about the children in communities everywhere because child abuse is often reported by mandated reporters and those are people like teachers and child care workers and youth counselors and clergy. And these are all places that kids can no longer go. They're in their homes with their potential abusers and so that concerns me and we're going to talk a little bit more in the private group about ways that if you're personally dealing with this, I don't want anyone to have to share that publicly out here, but we'll talk a little bit more about that. But I want you to know that the resources are still available. The advocates have always been doing crisis counseling over the phone, so not everybody goes in person even during normal circumstances. There are counselors who can counsel over the phone and help you strategize on a safety plan. Safety plans - if you had one in place, let's say you're a victim of domestic violence, or prior to all of this, and you had a safety plan in place, it's probably not going to be the same now with circumstances of other resources maybe not being available. So you might want to call again and get some help with that. So let me give you some numbers here while we're on this topic of places that you can call to, even if you're not sure, bounce this off of experts in the fields of domestic violence and sexual abuse and see what they have to say to help guide you if you're not sure.

Solutions Center has a 24-hour crisis line and that is 920-923-1700. Or 1-800-852-9571. So Solutions Center is for domestic violence if you think you're experiencing domestic violence. Agnesian Domestic Violence program also has a help line. That number is 920-926-4207. ASTOP is a resource for victims of sexual abuse, sexual assault, and they, too, have a crisis helpline that you can call - 920-926-5395. And anyone who's experiencing or concerned over... One thing I want to note here is that now is the time for us to step forward as bystanders. So the Women's Fund has a program called Green Dot Bystander Intervention Training. And we guide people on ways to intervene when they see power-based violence happening in the community. Now more than ever is the time for us as bystanders to pay better attention and to perhaps make that phone call for someone that we're worried about. So, one of your friends has said something to you, or a family member has said something to you during a text or during a conversation and it doesn't feel quite right. So, suggest, make suggestions on maybe they might want to call or if you're worried about a child, like I said, because there's not a lot of mandatory reporters that kids are being exposed to right now. You can make the call. Or an elder - elder abuse is a thing too, so elderly individuals staying with caretakers are at a greater risk right now as well. So if you're worried about that and you want to have some professionals look into that, Fond du Lac County Social Services... that number is 920-929-3400. They can help investigate child abuse or elder abuse in the home. I saw someone say something about Green Dot, never heard of it. We do have a Greater Fond du Lac Green Dot Facebook page. You can go find that or you can message the info email and I'll get you that info later. We're going to be doing some trainings virtually on that once we get that from the Green Dot National Program. Certainly, if any of this is a crisis situation and police are needed to intervene, don't hesitate to call them. Again, you're not being a burden. This is their job, this is what they're trained to do. The police department has domestic violence-trained police officers as well. So that's 9-1-1. You call 9-1-1 on those cases where there's actual threat to someone's safety.

We can talk about some of this more in the private chat after this public one. So I don't want to bring the mood down too much, we're already dealing with a lot of sadness and uncertainty and fear. But it would be remiss of me not to recognize that this is a time when a lot of people aren't Safer at Home. And it's our job as a community to come together and help those individuals as much as we can.

So my final thought, and I'm running kind of long on time here, is that in order to keep yourself calm, remember that even though your experience is always going to be unique to you, you most certainly share more with others during this time than not. A lot of us are going through the same types of things. We're all feeling certain stressors and we all don't know where this is going and when we're going to be able to go back to some semblance of what our life looked like before. And we don't even know what our lives are going to look like after all of this is over. So remember that you're not alone in all of that and if you need to connect with places like Women's Empowerment, that's a great place to do that because you're going to find other people that are sharing in what you're going through as well.

So those are my quick tips for keeping the calm in the household during these pretty unprecedented times and I hope that you got something out of what we talked about here tonight and if you see any of these circumstances happening, that you've gotten some resources - that you'll be able to personally help someone else in need. I think that's the key. Any time we come together as community, we're definitely going to be stronger. We can't do everything by ourselves. And so to remember that I think is hugely important right now. So with that, if anybody has any other questions please type those in right now and I'll try to address some of those. I did see the thing about Green Dot, that is the Women's Fund's Bystander Intervention Training to talk about ways that you, as just someone out in the community, can intervene when you see things happening in the community and we're doing that and really excited about the progress related to that.

I do want to give a quick reminder... I'm not seeing any questions here. I ran way past my time which I kind of knew I might. See!? I'm so stressed that I need time to interact and talk to other people. So quick reminder that this is the fourth week. Next week's presentation on Thursday, April 23rd at 7pm will feature Fond du Lac United Way Executive Director Amber Kilawee and she's going to give you even more resources on what folks might need during the COVID crisis to help them out of it.

Thank you all so much for coming tonight and joining me as well as, I wanted to send a big thank you to Women's Empowerment Series for offering this type of connection for people in the community to come together and allowing me as a representative of the Fond du Lac Area Women's Fund and Fond du Lac Says No More to partner tonight and to support one another. So thank you guys so much. Have a great night!