

TOWN OF LYSANDER

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Dear Neighbors,

We have many unanswered questions as to where this situation will take us, but presently our community is better off than most of the state. Your government is still operating and will continue to provide necessary services despite reduced staffing. Also, our community is fortunate that we are able to purchase all the essential items required.

This is a time for the community to pull together and help each other out. Find a senior citizen you know and commit to making sure that individual is receiving the assistance they need. If you go to the store, call the senior and see if they need anything. Check on the senior daily, even if it is just to talk, because this can be a scary time for people who live alone.

If you know a single parent with children, see if they need help. Many people do not have reliable transportation and might need a ride to the store or someone to watch their kids while they go to the store. If we take it upon ourselves to help one person or family in our neighborhood, we can make sure our community is taken care of.

If you are watching a news channel with only negative news, change the channel. Or, if you are only watching a news channel, take a break. Although this situation is serious and should be taken as such, not all news is bad- or new. Find something enjoyable to watch simply for a break. Spectrum news airs daily briefings from the Governor and the County Executive. The County Executive also puts a daily update on Facebook that you can find on the county's website. Both the Governor and County Executive are giving citizens accurate up-to-date information that is not filtered.

In addition to being informed, we can all take important and necessary steps to safeguard our health and safety:

- Remain indoors and do not visit homes with multiple people if you are a vulnerable individual.
- Vulnerable people should wear a mask.
- Stay at least six feet away from individuals; *right now we need to be diligent when it comes to social distancing.*
- Do not take public transportation if you can avoid it.
- Outdoor exercise is a solitary activity-it is not playing basketball. All people should avoid activities where they come in contact with large groups.

While your physical wellbeing is taking precedence, mental wellbeing is equally important.

Please remember, local businesses are still open for takeout. We all need to do what we can to make sure our community comes through this emergency safe and vibrant.

Thank you,
Bob