

**PSA Monthly
April 2020**

From the President...

Hello PSA,

I know this is a difficult time for everybody, however, I am so proud of the collective talents of our members! As a group, folks have really gone above and beyond to find creative ways to continue to serve our students, faculty and staff. I am so honored to be a part of this amazing organization!

While we all try to navigate these uncharted waters, please find ways to disconnect from all the distractions. The health, safety and spirit of our members is essential! Hopefully, some of the links in this newsletter will provide you some creative ways to destress and relax, while maintaining social distancing recommendations.

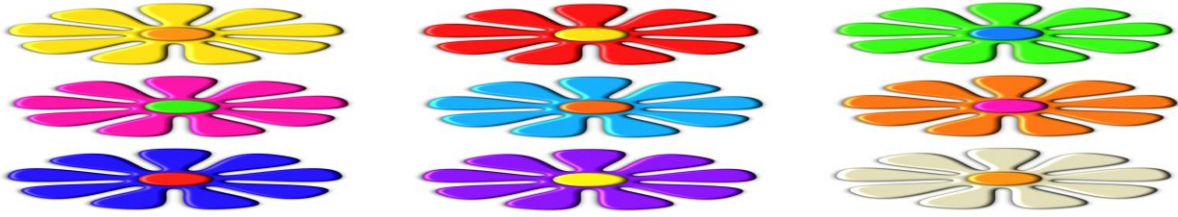
I look forward to seeing you all on campus, when we get through this unique time. Just keep in mind, we will get through these challenges. Stay safe!

Respectfully, Jude

General Reminders...

- Stay in touch with your manager/department
- Check your CCRI e-mail regularly
- Review *CC Daily* from the Marketing & Communications team
- Read the FAQ's about remote working: <https://ccri.edu/it/remote/faqs.html>
- Checkout the CCRI-PSA resources page: <https://www.ccri.edu/ccripsa/resources.html>
- Be mindful of your health and wellbeing





TV Time...

<https://www.playbill.com/article/26-more-on-stage-plays-and-musicals-to-watch-from-your-couch>

<https://www.polygon.com/2020/4/2/21206138/hbo-free-movies-tv-series-coronavirus-covid-19-sopranos-the-wire-detective-pikachu>

Health and Fitness...

<https://www.verywellfit.com/best-ways-to-exercise-at-home-1231142>

<https://www.verywellfit.com/easy-workouts-for-beginners-3496020>

<https://www.cnet.com/how-to/exercising-outside-during-self-quarantine-the-dos-and-donts/>

Time with the Kids...

<https://parade.com/1009774/stephanieosmanski/things-to-do-with-kids-during-coronavirus-quarantine/>

<https://time.com/5803373/coronavirus-kids-at-home-activities/>

The Importance of Pets...

<https://www.theguardian.com/world/2020/apr/03/pets-helping-coronavirus-crisis-animals>

<https://www.humanesociety.org/resources/coronavirus-covid-19-faq>

