



Girls Are Powerful™

Friday, May 21, 2020



Did you see the news? By staying home these past few months we've helped flatten the curve! We've bought the MN medical facilities enough time to prepare to treat anyone who catches COVID-19. This means that as of Monday, May 18 we're allowed to see friends and family in groups of 10 or less! But, we still have to be careful, which means we must continue to practice social distancing and wear masks during the visit.



You may have noticed that retail stores and other businesses reopened this week. They are allowed to open as long as they operate at 50% capacity and follow a social distancing plan. On June 1, we're expecting restaurants, salons and barbershops to reopen.

BUT, THE VIRUS IS STILL OUT THERE. YOU CAN STILL CATCH IT.

If lots of people get sick, we will go back into lockdown. This means we all have to BE SAFE and continue to follow the COVID-19 prevention protocols:

- Wear a mask - check out our Youth PSA on why, here: <https://youtu.be/wMNbmnLxsKE>
- Maintain social distance
- Get tested when sick
- Stay home when able
- Keep washing those hands with soap!



COVID RESPONSE IN THE COMMUNITY

LOCAL COMPASSION

Through the program Sew to Support, the Minnesota Opera created hundreds of masks. Girls Are Powerful supported this initiative by finding community members in need and donating some of the masks to Mt. Olivet Baptist Church in St. Paul. The church gave out the masks to kids and seniors who came for the free meal distribution. Mt. Olivet often has free meals for anyone who needs a little extra food. They give out free hot meals Wednesday through Saturday, 11am to 2pm and give out produce and meals every other Thursday. [Check their Facebook Page for updates.](#)



Times are tough, if you or someone you know is looking for an extra meal during this time, you can find a list of local resources [here](#). If you know of an organization that is doing extra to support the community during COVID-19, please let us know!

GIVING BACK

How many masks can you sew in a week? Mona Rae Cich can sew 100! This past week she made and donated more than 100 masks to Minnesota Oncology. Before COVID-19, Mona was an avid doll and quilt maker, but now she has turned her talent to sewing and donating masks to help cancer patients. Mona, once a cancer patient herself, has said that this is her way of giving back to the place that saved her life.



RESOURCES OF THE WEEK

COVID-19 testing facilities are located across the state of Minnesota. To find the nearest testing location in your community, click on the [MN COVID-19 Testing Locations webpage](#). PLEASE NOTE: This site changes on a daily and sometimes hourly basis based on testing demand and supply availability across the United States.



Find your happy place.

TIPS TO REDUCE COVID-19 STRESS

1. Focus on what you can control – including your thoughts, behaviors.
2. Remember that you are resilient, and so is humankind. We will get through this.
3. Do what you can to reduce your risk; take comfort that you are caring for yourself and others.
4. Use technology to connect with others frequently.
5. Look for the good stuff; the helpers, time with family, and opportunities to pull together. Write down three things you are grateful for each day.
6. Limit exposure to news or social media updates.
7. Use reputable sources of news, avoid speculation and rumors.
8. Model peaceful behavior for those around you. Remember everyone experiences stress in different ways.
9. Don't let fear influence your decisions, such as hoarding supplies.
10. Be gentle with yourself and others.
11. Create a regular routine, especially for children and work from home.
12. Maintaining a healthy diet and exercise routines to help your immune system and mental health.
13. Spend time in nature while adhering to social distancing guidelines.
14. Reflect on your reactions. Many who have experienced trauma may be triggered by feelings of powerlessness. Understanding what you are feeling can help you consider how you want to respond to the triggers.
15. Practice meditation, yoga, or other mind-body techniques. Find apps or online videos to help.
16. Reach out if you need to talk. There are local and national hotlines and warmlines that can help!

DISASTER DISTRESS HELPLINE
1-800-985-5990
'TalkWithUs' TEXT 66746



health.mn.gov | 03/27/2020

Visit the MDH website at www.health.state.mn.us/diseases/coronavirus for more COVID resources and communications.

WELLBEING: CREATING SPACE FOR US TO COME TOGETHER

YOUR WELLBEING MATTERS

Last week we kicked off our “Your Wellbeing Matters” speaker series. We got our hearts pumping with some Cardio Jam. Coach Chaz made us sweat and dance like crazy, and we loved every minute of it! We also learned all about the Food-Mood Connection thanks to Dr. Peoples. Did you know that we should be taking more Vitamin D? Living in Minnesota and being inside all the time means that we’re probably not getting enough of this immune and mood boosting vitamin. Also, Dr. Peoples also shared an incredible list of healing exercises that we can pair with our mood to help improve our wellbeing. Download her SMART Wellness Journal [here](#).

We’re super excited for the rest of our event line up! [Please register before it fills up!](#) These free events are a great way to spend a Saturday morning - you can exercise your body and mind! The events are hosted virtually via Zoom (call-in only option is also available).

NEXT UP!

[Saturday, May 23, 2020](#): 10:00-11:30 AM. **Kumbe dance fitness**, traditional dance and music of Puerto Rico, led by Aiyana Machado. Melissa Taylor will talk to us about **BeYOUTiful on hair, skincare and your undeniable, unique beauty**.

[Saturday, May 30, 2020](#): 10:00-11:30 AM. Movement instructor, Jessica Morrison, will lead Hula Healing – **Hula Hoop movement** and Chaz Sandifer will lead us in “**Meal with a Twist**” a **live cooking class**.

YOUR Wellbeing MATTERS

Creating space for us to come together.
Free Virtual Sessions

REGISTER TODAY!
www.girlsarepowerful.org

10 TO 11:30 A.M. CST

Join us as we come together to rejuvenate our minds and bodies through virtual sessions each Saturday where we focus on creating space for wellness in our choices, our environment, and in ourselves.

MAY 16 | WEEK 1
CHAZ SANDIFER Cardio Jam
DR. REBA PEOPLES Food for Your Mood

MAY 23 | WEEK 2
AIYANA MACHADO Kumbe Dance Fitness
MELISSA TAYLOR Hello BeYOUTiful

MAY 30 | WEEK 3
JESSICA MORRISON Hula Healing
CHAZ SANDIFER Meal w/a Twist!

JUNE 6 | WEEK 4
KITANA HOLLAND Get L.I.T. Cardio
KELLY RADI Activate Your Inner Wonder Woman

JUNE 13 | WEEK 5
MARCUS WATSON Taking Care of Your Body During Quarantine
KJIRSTEN MICKESH All the Feels

JUNE 20 | WEEK 6
IRRREDUCIBLE GRACE Breathe Into Your Power
ANNIE MEEHAN Exceptional Wellness- 5 Keys to Wellness

JUNE 27 | WEEK 7
IRIS SHIRAISHI Move with Talko Drumming
MICHELLE BELLERA Promoting Self-Resiliency

Girls Are Powerful™ ORGANIZATION

GRP YOUTH ADVISORY BOARD COVID RESPONSE

I AM SAFE, I AM SECURE, I AM STEADY

PRESENTED BY THE GRP YOUTH ADVISORY BOARD

We are grateful for our five amazing young women who have volunteered to help keep us informed, active and stimulated during this time. Our Youth Advisory Board members have shared lists of activities and challenges with us, and now they are up to more great things!

GRADUATE SEND OFF - CALL TO ACTION!

Everyone who is graduating this year be it from middle school, high school or college deserves all the love, attention and congratulations they can get! They are finishing a truly impressive milestone and they are doing so under incredibly challenging circumstances. Our Youth Advisory Board recognizes this and wants to do something to acknowledge our graduates. So if you are a graduate, let your community celebrate your achievement with you! We'd love to feature you on our website in June and send you a special graduation gift! If you're interested, [please send us your name and where you're graduating from!](#)



COMMUNITY MEMBER INTERVIEWS



Our Youth Advisory Board members are putting their journalism skills to the test and will be holding short interviews with frontline individuals facing this pandemic. They will be speaking with a psychiatrist, nurse, teacher, police officer, guidance counselor and others who have had held interesting and difficult jobs during this time. The girls will share their short interviews with us shortly! We can't wait to hear them!

DON'T FORGET TO FOLLOW US ON SOCIAL MEDIA!

As always, our amazing donors make our work possible! Because of you, we are able to serve our community and help our amazing girls and young women embrace their power.

Thank you!

