

# BHA March Newsletter

**We Need  
Your  
Help!**

**Our Coalition  
is looking for  
your support!**

**Parents,  
youth,  
community  
members, and  
providers  
welcome! Call  
815/941-0852  
for details.**

## Community News

- Unfortunately, due to COVID-19, BHA has decided to cancel both the March and April monthly meetings. We have decided to do this for the health and safety of all our coalition members and staff. We will continue to send out newsletters to keep everyone informed about current community and coalition news
- JJC is canceling all events through the end of April. If there are any events you planned on attending at this location, please reach out to the JJC staff to see if there is a rescheduled date.
- All NAMI support services and classes have been canceled through April 15<sup>th</sup>, 2020 due to COVID-19. Services and classes will be reassessed after April 15<sup>th</sup>, 2020 for operation.
- The Will Find Hope- Anti Stigma Symposium scheduled for April 22<sup>nd</sup>, 2020 has been canceled. There is no future date scheduled at this time
- Do you have information you would like to add to our April Newsletter? Email bhagrundy@gmail.com!

## BHA Board

### **President**

Angie Solis

### **Vice President**

Susan  
Hudson

### **Treasurer**

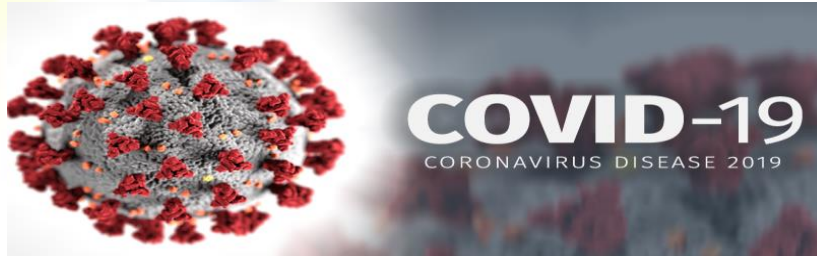
Devan  
Gagliardo

### **Secretary**

Anita Young

### **Member at Large**

Sue Szumski



## Information on COVID-19

- COVID-19 is a respiratory virus that is caused by a novel coronavirus. This has deemed the name COVID-19.
- This virus was declared a public health emergency on Jan 31<sup>st</sup>, 2020 which allowed more aid to the nation's healthcare community.
- So far in Illinois, there have been 1,285 positive confirmed cases of COVID-19 and there have been 12 reported deaths. To date, 9,868 people have been tested for the virus
- Person to person contact (within 6 ft) seems to be the easiest way to spread the virus. This is done through coughing or sneezing, mainly.
- The virus can also be transmitted through touching surfaces that have been in contact with the virus and then touching one's face, eyes, mouth, or nose.
- Signs and symptoms of COVID-19 are similar to the flu. These would include fever, cough, and shortness of breath.
- Preliminary data shows that older adults and people with underlying health issues are more susceptible to the virus.

\*\* Referenced From: <http://www.dph.illinois.gov/>\*\*\*

BHA HEADQUARTERS  
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815.941.0852 | BHAGRUNDY@GMAIL.COM |  
[www.bhagrundycounty.com](http://www.bhagrundycounty.com) |



**Behavioral  
Health Alliance**  
of Grundy County

**The community needs your help. If you are able to donate blood, please head to the donation center in your area to be able to give back to the community in this time of need!**

# BHA March Newsletter

## Pushing Through COVID-19

- With a shelter in place order in effect, many people are finding it hard to slow down and enjoy the time at home. After all, we are used to keeping busy schedules and constantly moving. Given this fact, it can be very hard to stay positive, active, and mentally stimulated during this time. We have researched some ideas for you to help with this!
  1. **Try a new hobby.** You can research hobbies online, look through apps such as Pinterest, or create a new hobby idea with you and your loved ones. This will keep your mind active and allow you to be mentally stimulated.
  2. **Exercise.** There are many gyms and groups that are doing both adult and youth online work outs. You can stream these sessions and do the work outs in your home. You can also go for a walk or run outside. Just remember to keep the 6 ft social distancing rule
  3. **Keep a routine.** It is very easy to stay in our PJs all day, especially when there are limited places or activities. But it is important to stay in a routine so that you feel a sense of normalcy and purpose. Make sure to get up at your regularly scheduled time, go through your normal morning routines, and keep your everyday workday/ weekend schedule, as much as possible. This will keep you in a healthy mind set and your body on a normal schedule as well
- And remember to check on your older neighbors and relatives. Not everyone can make it to the stores. Check online and in your local community groups to see if there are shopping assistants, elder shopping hours, or community help groups in place to help assist these community members. Together we will get through this!

\*\*\* Referenced from <https://www.abc11.com>\*\*\*

Are you an **organization or agency** looking for a way to become **involved in change** with the **Grundy County Community?**

Have you wanted to make a **difference in the lives** of yourself and others?

**BHA** is looking for **new members** to join our cause!

Contact us for more details!

## Help and Resources

**Stepping Stone**  
815/744-4555 ext. 135

**Family Guidance Center**  
815/730-7521

**Symetria**  
866/240-9604

**Gateway Foundation**  
815/730-1193

**Opioid Helpline**  
1/833-2FINDHELP

**Rosecrance**  
888/928-5278

**Safe Passage Program**  
815/774-7486

\*\* For more resources please visit [www.bhagrundycounty.com](http://www.bhagrundycounty.com)\*\*

## Social Media Center

Make sure to visit our social media site!

### Facebook

<https://www.facebook.com/bhacoalition2018>