



Dearest Community –

Like most, I am at home, reaching out to you through the email service called Constant Contact, which by its name, we are supposed to be avoiding! Isn't that ironic....

Thank you for so many that have called and emailed. I am safely tucked inside my home, trying

to get podcast messages recorded and blogs written that could help you through these times.

The link for the podcasts is [here](#) and the blog is [here](#). Stay tuned to both for future recordings and writings.

What is happening now is so fluid and I try to get information out as needed that would be helpful.

This morning, I read a Facebook post that was filled with heartache, despair and lacking hope of anything ever changing. In response to that post, I wrote the following on my own personal Facebook page. It is simply a word of encouragement. I wanted to share it with my community. If you are getting this email, you signed up during a presentation, buying products or services or simply signed up online.

You are my community.

"One of my most popular presentations is **Your Actions Speak Louder Than Your Words: Ethics Is Your Choice.**

At the end of the presentation, I talk about the super-hero resurgence that has captivated our society. I personally believe it is because we are looking for super-heroes in our lives, that as a nation, we feel trapped, divided, and angst about our future.

Right now, I think this is even more true. Extreme beliefs in different corners when no one truly knows what will happen, all, of course, which causes more angst.

In my presentation, at the end of my discussion of super-heroes, I have everyone stand up. Something physically happens in our brain (and heart) when we stand up, feet shoulder width apart, shoulders back, hands on hips and head tilted up. We gain strength, we gain courage, we become in our hearts the super-heroes that those around us so deeply need, especially right now.

Last week, I was preparing for a podcast and had movie tunes playing on Spotify. I didn't even realize what I was doing but I suddenly sat up straight, shoulders back and tilted my head up. I consciously thought I was stretching ... until I realized what movie soundtrack was playing. Then I smiled. It was Superman.

The weeks ahead may be the most brutal yet. Don't have a clue. Prayer is constantly flowing through my heart to a big God who has this. It doesn't mean there will not be a fallout but I trust Him with this, as I



have trusted Him for so many years before.

Even in the midst of constant prayer, **the unknown still exists**. I get it. I'm with you.

I have struck my super-hero pose many times the past few weeks when I haven't felt too brave. Many times. It has helped because many depend on me to be a voice of reason. That can be overwhelming in situations like this when I have to put it on, regardless of how I actually feel.

But. I can do it. So can you.

There are those who look up to you to lead them. If you aren't feeling it, stand up, feet shoulder width apart, shoulders back, hands on hips and head tilted up. Take a deep breath. You can do this.

We can all do this and we are all in it together. If you feel the angst pushing you to the ledge, reach out. I'm sending all my super-hero friends a virtual hug today! Thank you so much to all my doctor and nurse and first responder friends and colleagues. Love you all."

By the way, Dentist [Dr. Mark Causey](#) is a new super-hero. Check out what he is doing to be a valuable resource in the lack of PPEs. He has designed how to use a 3d printer and make face masks using HEPA filters, rubber bands, polyvinyl siloxane and elastic straps. He has created a website [FiredByCorona](#), and uploaded instructions for others to follow suit. No, it's not approved by the FDA but it beats bandannas. Big shout out of thanks to Dr. Causey for thinking outside the box. If you can do the same, we need you. **Be your healthcare provider's super-hero.**

I'm here if you need me. Be safe everyone.

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