

JULY 21, 2020

VOICES



Update: Phased-In Recovery Planning

Due to the uptick of COVID-19 cases in Michigan and in our region, we are extending the timeline of Phase 2 of our Phased-In Recovery Plan beyond the original projected dates.

- [Click here](#) to read the May 19 newsletter article introducing the Phased-In Recovery Plan.
- [Click here](#) to read the full Phased-In Recovery Plan.

Face Coverings Reminder

Please remember that while on-site at CMHA-CEI facilities, consumers will be asked to wear a face covering in accordance with the 7/10 [Executive Order 2020-147](#).

Don't have a reusable face covering? That's okay! A disposable mask will be offered to you once you arrive at a CMHA-CEI facility.



Wondering how a mask works? Keep reading!

- COVID-19 spreads mainly among people who are in close contact.
- All of us have droplets in coughs and sneezes that can carry COVID-19 to others.
- Coughs spray droplets at least 6 feet. Sneezes travel as far as 27 feet. Droplets also may spread when we talk or raise our voice.
- These droplets can land on your face or in your mouth, eyes and nose.
- When you wear a mask, it keeps more of your droplets with you.
- A mask also adds an extra layer of protection between you and other people's droplets

Need Help?



Do you have any questions or need help accessing any part of this newsletter? Contact Customer Service at 517-346-8244 or customerservice@ceicmh.org.



DO THE FIVE

to stop COVID-19

1. **HANDS** wash them often
2. **ELBOW** cough into it
3. **FACE** don't touch it
4. **SPACE** keep safe distance
5. **HOME** stay if you can

Lansing Symphony Orchestra at Home

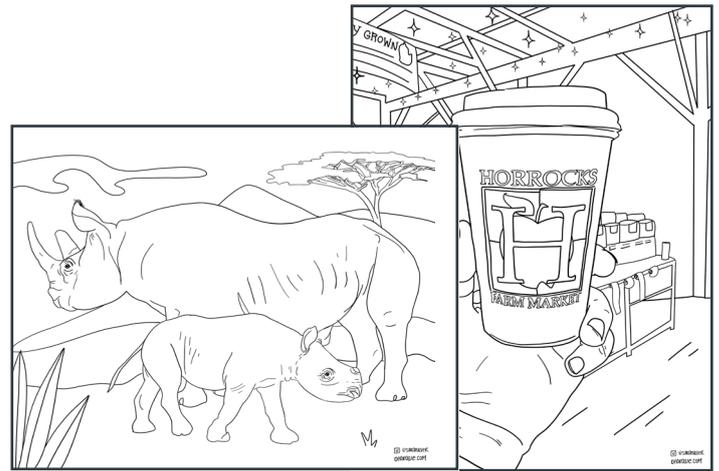
Lansing Symphony Orchestra invites you to join them from the comfort of your home with concert audio and video. Check it out by [clicking here](#).

For news and information from CMHA-CEI, visit our website at www.ceicmh.org and Facebook page at www.facebook.com/CEICMH.

Color Your Lansing

Sara Pulver, a local Lansing illustrator, has released some free coloring pages depicting Greater Lansing themed people and places including Horrocks, Doppsee and Jaali at Potter Park Zoo, El Oasis, Quality Dairy, Moore Stacks pool, and more! View and download the full collection of coloring pages on her blog, Dear Ollie: [click here](#).

Want to show us your creations? Send a photo of your completed coloring pages to customerservice@ceicmh.org.



Writer Spotlight

Check out this poem from a CMHA-CEI consumer! Do you have a similar story, poem, joke, or something else that you think could be shared in a future issue of this newsletter? Contact Customer Service at 517-346-8244 or customerservice@ceicmh.org.

This Too is Work

By Anonymous

Getting up in the morning, this too is work,
Eating breakfast, this too is work,
Taking care of brushing teeth and washing face, this too is work,
Calling Friends, this too is work,
Being busy during the day, this too is work,
Laughing and loving and talking, this too is work,
Writing this poem, this too is work,
And having people read this in the newsletter, this too is work.



Questions About COVID-19?



Call the COVID-19 Hotline at 888-535-6136,
7 days a week from 8 a.m. to 5 p.m.



Email COVID19@michigan.gov 24/7. Emails
will be answered 7 days a week, 8 a.m. to 5 p.m.



Subscribe to e-newsletter updates
at Michigan.gov/Coronavirus.



The most up-to-date and accurate information about COVID-19 can be found through local health departments and the CDC. Visit the websites of the following agencies by clicking the buttons below:

Ingham County
Health Department

Mid-Michigan District
Health Department

Barry-Eaton
Health Department

Michigan Department of
Health and Human Services

Centers for Disease
Control and Prevention

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