NOVEMBER 18, 2020





Together we can.



to stop COVID-19

 HANDS wash them often
ELBOW cough into it
FACE don't touch it
SPACE keep safe distance
HOME stay if you can

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.

Turkey Cams!

Get into the Thanksgiving spirit by watching live footage of turkeys (and some other barnyard friends!) on a farm in update New York. Watch the feed by <u>clicking here</u>.

Three Week Pause- New MDHHS Epidemic Order

The Michigan Department of Health and Human Services (MDHHS) issued a **new emergency order** that enacts a three-week pause targeting indoor social gatherings and other group activities in an effort to curb rapidly rising COVID-19 infection rates. The order takes effect today, November 18th.

Hereis what is impacted during the next three weeks under this order:

Open:

- Two-household gatherings (with high precautions)
- Small outdoor gatherings (25 people)
- Retail
- Preschool through 8th grade (lo-
- cal district choice)
- Childcare
- Manufacturing, construction, other work that cannot be done remotely
- Public transit
- Hair salons, barber shops, other personal services
- Gyms and pools (for individual exercise)
- Restaurants and bars (outdoor dining, takeout, and delivery)
- Parks and outdoor recreation
- Funerals (25 people)
- Health care

Not open:

- High schools (in-person learning)
- Colleges and universities (inperson learning)
- Workplaces, when work can be done from home
- Restaurants and bars (indoor dinng)
- Organized sports, except professional sports
- Theaters, movie theaters, stadiums, arenas
- Bowling centers, ice skating rinks, indoor water parks
- Bingo halls, casinos, arcades
- Group fitness classes

CMHA-CEI remains in Phase 2 of our <u>Phased-In Recovery Plan</u> and will continue to offer services throughout this time, including supporting continued blending or use of telehealth where clinically appropriate. If you have questions or concerns about service delivery or COVID-19 protocols, please reach out to Customer Service at 517-346-8244 or customerservice@ ceicmh.org.

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

Safely Celebrating the Holidays

Many families and individuals across the country are considering smaller and more unconventional ways to celebrate the holiday season this year. Amid climbing rates of COVID-19, consider how your holiday plans can be modified to reduce the spread of COVID-19 to keep your friends, families, and communities healthy and safe.

When making decisions about how to be safe this holiday season, refer to the following sources for guidance:

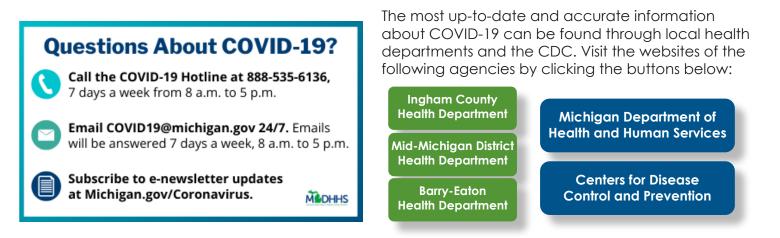
- MDHHS: <u>Tips for Holiday Gatherings</u>
- MDHHS: <u>Tips for Holiday Travel</u>
- CDC: <u>Holiday Celebrations and Small</u> <u>Gatherings</u>
- CDC: Celebrating Thanksgiving



Native American Heritage Month

November is Native American Heritage month! Native American Heritage Month began as a week-long celebration in 1986, when President Ronald Reagan proclaimed the week of November 23rd - 30th as "American Indian Week." Every President since 1995 has issued annual proclamations designating the month of November as the time to celebrate the culture, accomplishments, and contributions of people who were the first inhabitants of the United States.

This month is a time to celebrate the diverse cultures of Native people and provides us with an opportunity to highlight the history, heritage, traditions, and contemporary way of life of Native Americans. The National Museum of the American Indian is hosting a virtual Native Cinema Showcase- learn more and watch on demand by <u>clicking here</u>.



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