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March 19, 2020

Dear NDMA Family,

I believe we made progress re: meal deliveries today. Most of the vans were back at school by 11 a.m. Please note that we will be delivering backpack weekend meals for those who qualify tomorrow. Please let us know if you are having any issues regarding mail delivery. You can either call the office at 320-234-6362, or send an email to Nicole.schwartz@newdiscoveries.org. Thank you.

We have just a few families who have not yet arranged to pick up medications. Nurse Nicole has contacted families who have medications in our health office. We are asking that families stop by to pick up medications. You can schedule an appointment and we will bring the medications to your car at NDMA's front entrance.

We are making remarkable progress designing lessons, preparing materials and coordinating efforts regarding distance learning. We will have more details available for families next week which will outline next steps which will impact you in this regard. Ultimately, it is very likely we will begin delivering lessons and materials for distance learning beginning March 30th.

Thank you, Joanne Bolland (NDMA's Registered Nurse) for sharing the following resource with us. I would encourage you to take a few minutes to view the video presentation:

- <https://www.youtube.com/watch?v=fgBla7RepXU>

I realize all of you do not live in McLeod County, but I feel compelled to share the following with all of you (since our facility is in McLeod County):

On March 17, 2020 new guidelines were released by MDH on testing criteria due to a national shortage of COVID-19 laboratory testing materials so the number of cases being reported may not be accurate. The state will be focusing on the highest priority, including hospitalized patients, health care workers and those in long-term care facilities. Therefore, not everyone is being tested for COVID-19 at this time.



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Although we have no confirmed COVID-19 cases in McLeod County, if you have suspected COVID-19 or symptoms of COVID-19 and are not severely ill, you should stay home while you recover. If you have severe underlying health conditions or are an older adult, you should call your health care provider to see if there are additional recommendations for you.

Below are actions you and your family should continue to take to protect yourselves and others in your community:

- Limit close contact with others as much as possible (6 feet)
- Handwashing
- Cover coughs and sneezes with elbow or tissue
- Clean frequently touched surfaces daily
- Stay in touch with others by phone or email
- If possible, establish plans to telework, what to do about childcare needs, and how to adapt to cancellation of events
- Stay home if you are sick

Please consider some additional resources you may wish to access:

- [Strategies to Slow the Spread of COVID-19 in Minnesota](#)
- [How to Protect Yourself](#)
- [CDC Frequently Asked Questions](#)
- [Share Facts, Not Myths](#)

I will share another update with you tomorrow before we leave for the weekend. I am confident everyone here is looking forward to taking a breather Saturday and Sunday, so we can return next week refreshed and ready to rock and roll.

Dave Conrad
Executive Director



Our pheasant friend returned today looking in the east side door in hopes of entering. Unfortunately, with social distancing guidelines we had to say, “No.”