

October 23, 2020



Dear MICC Participants and Families,

The Community Program staff will be off on Thanksgiving Day and the day after during which time the Community Center will be closed as well. The Emergency On-Call phone will be online during holiday daytime hours in case of an emergency. Weekend activities will be planned as normal with some virtual and in-person activities available. Many families have already begun making alternative plans, but those who have not yet please consider reviewing information below regarding upcoming holidays and travel.

Holiday breaks traditionally mark a time to celebrate, relax, and enjoy the company of family and friends. This year is undoubtedly different than years past. We still want everyone to enjoy the holidays, but we must keep health and safety a priority and take reasonable precautions to stop the spread of COVID-19 in our community. Our Program Leadership team reviewed and updated our program's Preparedness Plan which now includes the following key summary points:

1. Consider what planning you can do to prevent travel to and from areas and people you do not already visit often. Considering staying here and visiting remotely while arranging a special meal with a frequently visited friend or roommates
2. Minimize exposure to COVID-19 before and after travel and be extra attentive to symptoms of COVID if you do decide to travel...take all precautions you can
3. If you attend or organize a group gathering with family, please follow steps below in the Holiday Guidelines and CDC Travel links to make your event safer

The health and safety of our participants, staff, and families remain our top priority and we're all in this together. Below are the links to our updated MICC Preparedness Plan, StaySafeMN, CDC Travel Precautions and guidelines for safe holiday gatherings. It is important that each family have a plan because changes such as these require that we balance out the safety risks with those of solitude and general mental health, which is often delicate around the holidays anyway. Please be in contact with your participant and Specialist if you are making any special plans and we'll do what we can to support you.

Community Program COVID-19 Preparedness Plan:

Attached in this email message as a PDF file – will be updated soon on the [MICC website](#)

Stay Safe Minnesota:

<https://mn.gov/covid19/for-minnesotans/stay-safe-mn/stay-safe-mn.jsp>

Holiday Guidelines:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>

CDC Travel:

<https://wwwnc.cdc.gov/travel>

Sincerely,
Aaron Carper
Director of Community Programs

Sarah Arentson
Director of Careers Programs