

# MINNESOTA MONTHLY ANNOUNCEMENTS APRIL 2021



## FUN DAYS IN APRIL

- April 1: April Fool's Day
- April 7: No Housework Day
- April 14: Look up at the Sky Day
- April 29: International Dance Day

## The Chauvin Trial

The Derek Chauvin trial currently underway in Minneapolis is provoking feelings of trauma, anxiety and stress, especially amongst our friends, colleagues and community members of color. The death of George Floyd triggered protests on a global scale and deep conversations about policing, racism and racial healing.

It's important that each of us take care of ourselves physically, mentally and emotionally in the coming weeks as the trial and its results unfold. The work of building peace, love and compassion can be difficult, and here are some resources to help guide you through it.

- [MN Healing Justice](#) offers a list of health and wellness providers that includes Bodyworkers, Yoga and Movement Leaders, Physical Therapists, and Mental Health Coaches.
- A [guide](#) to creating your own self-care toolbox.
- Racial stress and [self-care](#) for parents.
- [Self-care](#) for black people who are going through trauma right now.
- [Race and Healing: A Body Practice](#) a podcast with Resmaa Menakem.



## Virtual Services Gathering

See the attached flyer to learn more about our new Services Gathering Kick-Off!  
April 26th 12:00-2:30pm or  
April 20th 2:00-4:30pm



## Virtual Bingo

Date: April 30th  
Time: 11:30am CST.

<https://main.sl.zoom.us/j/9288055753>

## March Compass Award Winners

81st Ave (Team Winner)  
Karen Peterson (DSP)  
Veronica Walters (Manager)  
Ray Weiland (Front End Engineer)  
Darci Haneca (General Ledger Accountant)  
Anne Murray (Manager III)

There are now 2 ways to nominate someone! Do what works best for you!

1. Call Recognition and leave a voicemail: 763-494-4553 ext. 222
2. The form can be found and submitted through the website: <https://www.main.sl.com/compass-nomination/>

# COVID and Beyond Creating our Work Culture Together



After one year of living with COVID, it is encouraging to hear that overall positive infection numbers are going down and the number of people getting vaccinated is

increasing. With this new outlook, we want to share these updates on next steps for each of us as well as the company as a whole.

If you're ready to sign up to receive the COVID vaccine, visit the MN Vaccine Connector website: <https://vaccineconnector.mn.gov/> or call 1-833-431-2053. As an employee of Mains'l, during the registration process, you may indicate you are a health care worker.

We will continue our tried and true procedures: wear your mask, wash hands often, and social distance by at least six feet. These practices will keep our nation on the path to stopping the virus and its variants to the best of ability.

Ultimately, pandemic or not, we want to create a work culture and environment that offers people what they need and want to perform their jobs. Based on many conversations with our fellow crew members and the latest information, our office procedures will remain the same through Labor Day, if not beyond.

The way we are doing our work simply seems to be working! And, with summer months ahead of us, why not keep a good thing going?! Thank you for your continued commitment to creating a world where people live with meaning and purpose!

## Check It Out!

April celebrates **Autism Acceptance Month!** Here's an opportunity to attend a virtual panel on April 27 from 10am-11am. Listen and learn from adults on the autism spectrum: [HERE](#)

Unable to make the Panel on April 27th? Check out this Ted Talk from Rosie King. She talks about her experiences with autism and urges people to celebrate uniqueness: [HERE](#)



WATCH THE LATEST  
MAINS'L VIDCAST  
EPISODE TODAY!



**Mains'l Chat** is a bi-monthly podcast hosted by Anne Silcher and Tracy Hinkemeyer. This is another way Mains'l is sharing the latest and greatest from around the Business of Hopes and Dreams, in a brief, fun, conversational way! This latest episode features special guest Deanne Breckenridge; you will hear about the some great benefits our health insurance provider is offering, as well as other tips and suggestions on living well!

## Want to add something to the Announcements?

If there is something you'd like to see featured in the monthly announcements, please send the information to our Newsflash email:

[newsletter@mainsl.com](mailto:newsletter@mainsl.com)

## Check out the attached flyers!

- Action for Happiness Calendar: April
- Keeping our Crew Connected: Virtual Services Gathering Session Kick-Off!
- Making Every Bite Count
- PCT Virtual Training Flyer