

MINNESOTA MONTHLY ANNOUNCEMENTS MARCH 2021

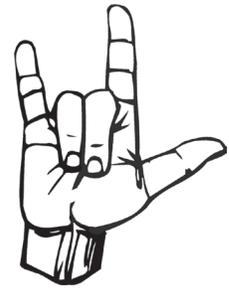


FUN DAYS IN MARCH

March 7: Cereal Day
March 17: St. Patrick's Day
March 26: Make Up Your Own Holiday Day
March 31: Take a Walk in the Park Day



March 13- April 15 celebrates **Deaf History Month!** Check out this Ted Talk "How technology has changed what it is like to be deaf". https://www.ted.com/talks/rebecca_knill_how_technology_has_changed_what_it_s_like_to_be_deaf?referrer=playlist-editor_s_picks_of_2020#t-826452



In honor of **St. Patrick's Day**, St. Louis will host their 52nd Annual St. Patrick's Day Parade virtually this year! The virtual parade will start at 12:00pm CST/10:00am PST on Saturday March 13, 2021, and will feature over 130 units! To follow details on watching the parade please check out the parade's website at: <https://irishparade.org/>

Get your green on!

Take a picture of yourself decked out for St. Patrick's Day and send in a picture to recognition@mainsl.com



Virtual Bingo

Date: March 26th
Time: 11:30am CST.

<https://mainsl.zoom.us/j/9288055753>

February Compass Award Winner

Veronica Walters

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.mainsl.com/compass-nomination/>

Continuing Our Practices Masks and Distancing and Vaccines, Oh My!

After almost a year of living and working in a pandemic environment, thank you for continuing to support each other, and those that count on us every day. As our COVID Response Team has said before, “Our whole crew keeps stepping up with courage, heart and determination – you are helping us to navigate this pandemic and reduce the spread of COVID-19!”

This COVID update/message is simple: **stay the course, crew, stay the course!** While some of us have received vaccinations, others have not. And, even with the vaccine, the CDC and other reputable sources, including hospitals, physicians, and other health care experts, say we must continue our universal precautions: wear a mask, wash your hands often, and social distance. As more and new information is revealed, we will be able to share and change any actions that fit into our current world’s circumstances.

In the meantime, replenishing and/or updating our masks may offer a fresh new perspective! A mask that fits well is critical in reducing the spread (the mask should fit snugly over your nose, mouth and chin), yet comfort and style may be important, as well.

A Guide To The CDC’s New Face Mask Recommendations — Plus How To Make Them Easier

This link includes pro-tips on how to get a more comfortable, tightened face mask fit, how to properly double mask, and — more importantly — how *not* to double mask Read in BuzzFeed:

<https://apple.news/AxSMMH4e7Qq6AWuL5VQTaJQ>

You can also check out the latest Mains’l Chat vidcast, to view and learn tips on a variety of different mask options.

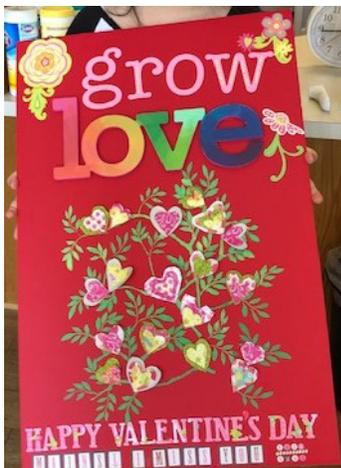
Click this link: <https://www.mainsl.com/mainslchat/>

If you are finding you are not equipped with a mask that fits or is comfortable, please reach out to your manager/supervisor.

They will be happy to help you get what you need! There is an abundance of mask selections out there, and Mains’l still has plenty in stock – **finding one that works for you may give you the added spark in maintaining this crucial practice!**



VALENTINE CHALLENGE WINNERS



First Place: Emma



Second Place: Dylan



Third Place: Michelle

Congrats to all the winners!

Thank you to everyone who participated!





Top Workplace

We want to hear from you! Mains'l is partnering with Energage (Top Workplace) to hear about your experience working at Mains'l! Within the next 2 weeks you will receive an access link, either through your Mains'l email or through your Manager, to complete the survey online. Please let us know how we are doing!

WATCH THE LATEST MAINS'L VIDCAST EPISODE TODAY!



Check out our [#MainslVidCast](#) episode 2, where we talk about happenings at The Business of Hopes and Dreams! This week we had a little fun with special guest, Amnesty Woods, sharing thoughts on wearing masks.

Check it out today: <https://www.mainsl.com/mainslchat/>

Virtual PCT Training

Person Centered Thinking Training is back, now in a new virtual setting! This training focuses on empowering people to have positive control in their lives. The use of PCT skills helps us get to know people, discover how to respectfully support them, and keep learning as we act upon what we hear. PCT Training is designed for employees at all levels, as well as people receiving services and their family members.

Register by emailing Brittany Wood at bswood@mainsl.com or calling at (612) 554-3694.

The virtual class consists of six (6) 3-hour sessions. The April class dates are:

- April 20, 2021 9:30 am - 12:30 pm
- April 22, 2021 9:30 am - 12:30 pm
- April 23, 2021 9:30 am - 12:30 pm
- April 27, 2021 9:30 am - 12:30 pm
- April 29, 2021 9:30 am - 12:30 pm
- April 30, 2021 9:30 am - 12:30 pm

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

Check out the attached flyers!

- Action for Happiness Calendar: March
- How to Properly Wear a Face Mask
- MN Wellness Guide
- PCT Virtual Training Flyer