



State Executive Order
Issued March 20, 2020

This afternoon, Governor Pritzker issued a shelter-in-place executive order for the entire State of Illinois, beginning on Saturday, March 21 at 5 pm, until April 7. The Governor stated this order is intended to flatten the curve across Illinois, and is a proactive, preventative measure rooted in data and science.

What the shelter-in place order means for our community is that residents may still leave their homes to go to the grocery store, pharmacy, to buy gas, or to attend medical appointments. They may also enjoy the outdoors for exercise and recreation. All non-essential personal and business activity, however, will end, and anyone who can, will work from home. All private gatherings of any number are prohibited, and, with the exception of the aforementioned activities, residents are urged to stay at home. Realize your responsibility to your relatives, friends, and neighbors to help limit the spread of the virus and keep them safe. Learn more by reading the Executive Order, and an FAQ document from the state at: <https://wsprings.com/covid19>.

These are uncertain times and many of us are feeling overwhelmed by the uncertainty. If you are feeling anxious, there are steps you can take to relieve that anxiety. Notably:

- Make sure you know the facts. Educate yourself through public health agency websites such as the CDC and IDPH. There is a lot of misinformation out there, so make sure your information comes from reputable sources.
- We are all in this together. It might be tempting to shut out the world right now, but isolating yourself will only make the situation worse. Stay in touch with friends, neighbors, relatives. I've even heard of virtual "happy hours" popping up among friends. Organize a group of friends or relatives to enjoy conversation over Skype or another video-conferencing app.
- If you need help, ask for it. Several residents have asked me what they can do to help. Our community is full of friends and neighbors that will happily help out. Everyone handles stress a little differently, and if you feel uncertain about what you should do, ask the advice of a level-headed friend. Find out what he or she would do about stockpiling food, talking to your elderly parents who refuse to stay at home, or any concern you have. I guarantee they will be happy to help.
- Control the controllable. Follow CDC guidelines to take appropriate precautions and prepare for the long haul. Get a reasonable supply of groceries and meds, but don't hoard supplies.

Know that you are doing what you can to keep yourself and your loved ones healthy and safe. Then, as much as possible, let go of the angst over the things you can't control.

- Stay connected. As noted above and because we are asked to socially distance ourselves, isolation of our most vulnerable population is a real concern. As a community, it's more important than ever to call or email your older and vulnerable neighbors on a regular basis. Ask them if they need any help, such as groceries and medications. Find out if they have family and friends in the area that are staying in touch. Are their medical needs being met by their doctor? Do they need a book or puzzle or anything else to help pass the time while we all stay indoors? Finally, find out if they'd like another call to check-in and, if so, how frequently. During your call please impress upon them the need to stay put during these uncertain times.

If you are concerned about anyone's well-being, call the Police non-emergency number at 708-246-8540 and our officers will schedule a well-being check, or, if your concern is of an urgent nature, call 9-1-1.

I am confident our collective spirit, compassion, and generosity will help us all through these uncertain times. As always, please check our website for the most up-to-date information on the Covid-19 situation at: www.wsprings.com/covid19. If you need any assistance at all, please feel free to reach out to me at 708-246-1800 ext. 118.

Sincerely

Alice F. Gallagher
President