

BRIDGES

COVID-19 EDITION

FALL '20 / WINTER '21



LEGAL & REENTRY
RESOURCES

PANDEMIC UPDATES
SYMPTOMS & PREVENTION

WE WANT TO HEAR FROM YOU!
MAIL-IN SURVEY INSIDE

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DEAR FELLOW NEW YORKER,

SINCE MARCH 2020, COVID-19, A NOVEL CORONAVIRUS, HAS SPREAD ACROSS THE WORLD. WE ARE LIVING THROUGH A PANDEMIC. IN THE UNITED STATES ALONE, OVER 250,000 PEOPLE HAVE DIED, WITH NEARLY 1,000 DEATHS EVERY DAY. WHILE EFFORTS TO SLOW THE SPREAD OF INFECTION HAVE SLOWED DOWN THEMSELVES, COVID-19 IS STILL A THREAT.

THIS IS A STRESSFUL, UNCERTAIN TIME. WE HOPE THIS ZINE EMPOWERS YOU TO ACCESS THE CARE YOU DESERVE, AND TO LOOK OUT FOR YOUR HEALTH & SAFETY, AND FOR THOSE AROUND YOU. INSIDE, YOU'LL FIND INFORMATION ON HEALTH AND PREVENTION, AND SELF CARE TIPS FOR MENTAL AND EMOTIONAL WELLNESS.

YOU DESERVE TO BE LIVING IN SAFE CONDITIONS. IF YOUR FACILITY IS NOT PROVIDING THEM, WE'VE INCLUDED ADDRESSES FOR WRITING TO ELECTED OFFICIALS AND CONTACTING LEGAL RESOURCES.

FINALLY, WE ASK THAT YOU FILL OUT OUR BRIEF SURVEY AND SEND IT BACK TO US. IT IS TOTALLY CONFIDENTIAL.

WE KNOW A FEW SHEETS OF PAPER WON'T FIX EVERYTHING, BUT WE HOPE THIS ZINE CAN BRING YOU SOME COMFORT.

YOU MATTER!

IN SOLIDARITY,

OUTREACH SERVICES

AT

BROOKLYN PUBLIC LIBRARY

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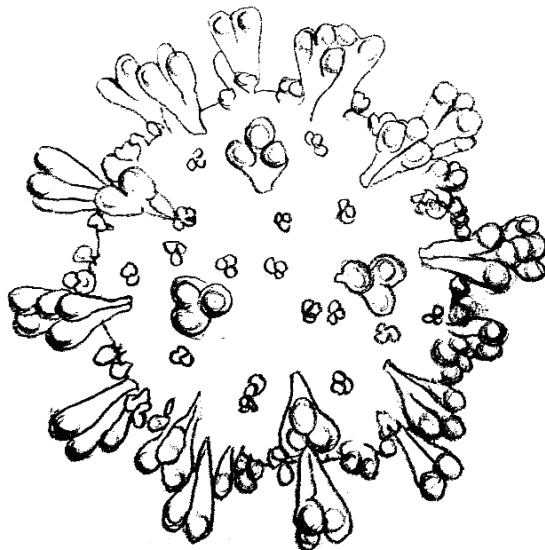
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SYMPTOMS

COVID-19 shares similar symptoms with cold and flu viruses. These symptoms include fever, aches, dry cough, fatigue, chills, headache, sore throat, and loss of appetite. Although less common, gastrointestinal issues may arise, such as diarrhea and nausea/vomiting.

Symptoms usually begin 2-14 days after exposure to the virus. **Even if you don't have symptoms, you may still be carrying the virus and spreading it to others.**

As patients recover from COVID, doctors are also finding lingering health problems, including increased risk for heart attacks and strokes. Patients also report prolonged fatigue and mental fog.



PREVENTION

The CDC has recommended everyone take the following steps to prevent COVID-19.

- Wash your hands often. Use soap and warm water for 20 seconds or a hand sanitizer containing at least 60% alcohol
- Avoid touching your face, nose, mouth, or eyes with unwashed hands
- Put six feet (about 2 arms' length) of distance between yourself and others when possible. Avoid close contact with people showing symptoms of illness or anyone who has tested positive
- Cover your nose and mouth with a mask when around others. Encourage them to do the same
- Always cover your mouth and nose with a tissue or the inside of your elbow when you cough or sneeze.
- Do not share food or other items with anyone else, unless they have been properly sanitized

Parole Prep is sending emergency packages with basics like food and soap to people in state facilities. For more info on getting a package, call 347-620-5906.

Self-Care

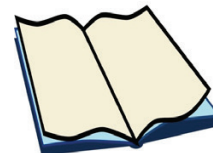
Mental health relates to our emotional, psychological, and social well-being. It influences how we think, feel, and act. Mental health is just as important as physical health, especially in turbulent times. In fact, one can strongly affect the other. Here are some ways you can practice self-care to keep both your mind and body at ease.

- Hygiene and food are basic needs. By exceeding them instead of just meeting them, you'll notice a big improvement in how you feel.
- Showering isn't just for getting rid of germs and preventing illness. It's a way to soothe your body and wash away stress. If you're able, shower daily and brush your teeth twice a day.
- Good nutrition is vital to living a healthy life. Food is fuel for your body. Drink plenty of water to stay hydrated. Eat fruits and vegetables as much as possible.

Osborne Association allows families to make 45-minute video calls to their incarcerated loved ones. The Supportive Video Visiting Program for children under 21 (visiting a parent) is available at Albion and Clinton Correctional Facility. The Family Video Visiting Program for family is available at Hudson, Livingston, Gouverneur, Greene, Bare Hill, and Groveland Correctional Facilities. To schedule a call, **contact Dalia Teen at 347-505-6617.**

Sometimes we bottle up our emotions until we feel like we're going to explode. It can be painful to acknowledge what we truly feel instead of pushing it aside—but it can also be a huge relief.

Writing can be like therapy. If you have a pen and paper, try jotting down your thoughts when you feel overwhelmed. You can also make a list of things you're grateful for or your achievements.



Meditation can help us connect our minds to our bodies. It helps us become more observant of our thoughts and feelings. Lie down or sit with your feet on the floor, close your eyes, and focus your mind on your breathing--that's it! If a thought takes you away from your breath, just acknowledge the distraction and return your focus on the rise and fall of your breath. Even five minutes of meditation will help you relax and clear your mind.

If you are interested in beginning meditation or need support and guidance, you can write to:

Prison Mindfulness Institute
PO Box 206
South Deerfield, MA 01373

You don't have to go through this alone. Asking for support during a tough time is a sign of strength. Who in your life do you trust? Who can you talk to? See the phone numbers below if you need someone to talk to. These are all free and confidential.

NYC Well Crisis Counseling, mental health and substance use support, information and referral is available 24/7. You can reach them by phone at 1-888-NYC-WELL (1-888-692-9355)

- English, press 2
- Español, press 3
- 中文, press 5
- Call 711 (Relay Service for Deaf/Hard of Hearing)
- Interpreters are available for 200+ languages. Stay on the line, and you will be connected with a counselor who can connect you to translator services.

New York State Emotional Support Helpline Staffed by volunteers and professionals who have received training in crisis counseling.

- 1-844-863-9314

Disaster Distress Helpline A national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster

- 1-800-985-5990 (press 2 for Español)

National Alliance on Mental Illness This NYC hotline provides support to those struggling with mental illness, and provides resources for further support.

- 1-212-684-3664

Stress can make abstaining from substances feel even more challenging. If you are struggling with alcoholism, the **Alcoholics Anonymous** helpline offers support 24/7.

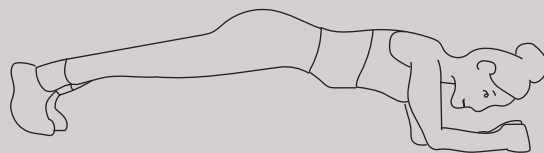
- 1-845-769-7555

Exercise is a great way to get endorphins, relieve stress, and just feel better overall. The following exercises can be done without equipment in small spaces.

Planks

-Get in a press-up position, but rest on your forearms rather than your hands. Make sure your back is straight.

-Engage your abs and glutes. Keep your hips high. See how long you can hold this position.

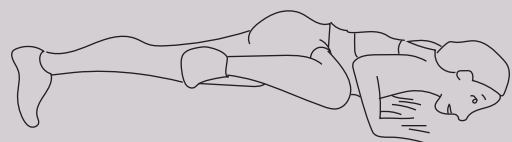
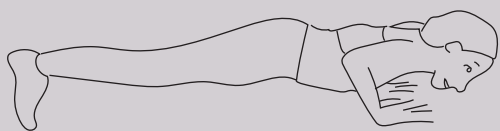
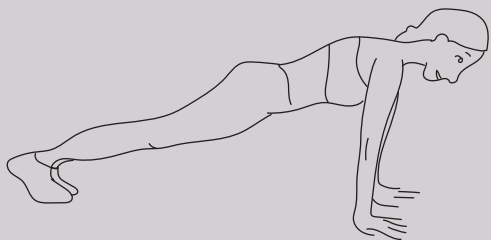


Press-up

-Place hands shoulder-width apart on the ground. Keep your arms long, without locking the elbows.

-Keeping your back flat, stretch your legs long so that a straight line forms from your head to heels.

-Lower your body until your chest is an inch from the ground—then push back up by fully extending your arms. That's one rep.



Spiderman Press-Up

-Get into the same press-up position.

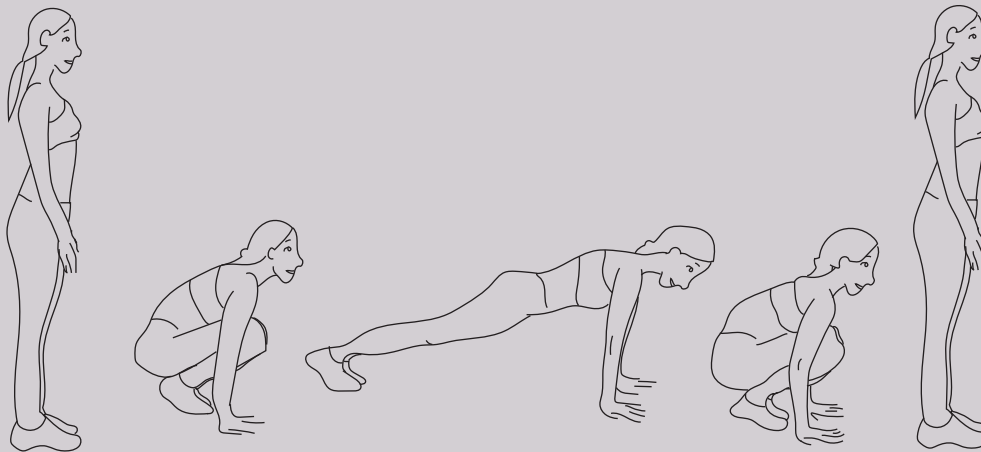
-This time, lower yourself toward the floor, but bring your right knee to your right elbow, without lowering them onto the ground.

-Press back up and return your arm and leg to the starting position.

-Repeat with the alternate side.

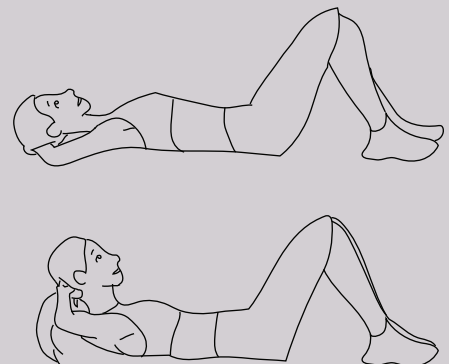
Burpees

- From a standing position, bend your knees and squat down low.
- Place your palms on the floor and keep your fingers spread wide.
- From there, kick your feet back as far as you can while keeping your arms extended.
- As soon as your feet land, jump them back in towards your hands, then jump up into the air.
- Land and immediately squat down to go into the next rep.



Crunches

- Lie flat on your back with your feet flat on the floor and your knees bent at a 90-degree angle.
- Place your hands on either side of your head.
- Inhale as you lift your shoulders a few inches off the floor, while keeping your lower back flat.
- Exhale and tense your abs hard at the top point of the movement, then return to the start position.



ACROSS

- 1 Cartoon purveyor of earthquake pills and portable holes
- 5 ___-cotta (earthenware)
- 10 Strong wind
- 14 Rich earth
- 15 Visitor to earth
- 16 Epps of "House"
- 17 Letters at Calvary
- 18 Made mention of
- 19 Parks of civil rights fame
- 20 Nikola who invented an "earthquake machine"
- 22 Highest point on earth
- 24 Red-coated Dutch cheese
- 27 Point opposite WNW
- 28 Google Earth or Tinder
- 31 "So long, amigo!"
- 33 "It wasn't me!"
- 37 Texter's guffaw
- 38 Daybreak, in verse
- 39 "... shall not ___ from the earth": Gettysburg Address
- 41 "Sad to say ..."
- 43 Pale, earthy tone
- 45 Earthenware stewpot
- 46 Mother Earth
- 48 The earth's center
- 50 Number of Gemini missions that put astronauts into earth orbit
- 51 Nevada city that experienced an earthquake swarm in 2008
- 52 "Heavens and Earth" poet Stephen Vincent ___
- 53 Ave. crossers, in N.Y.C.

- 54 Fish born from earthworms, per Aristotle
- 56 Poet Pound
- 58 "Earth," to "heart"
- 62 Spaceship Earth's theme park
- 66 "Right away!" on a memo
- 67 Makeup of an Earth-protecting layer
- 70 ___-earth element
- 71 Appear, as from the earth's horizon
- 72 One said to roam the earth wreaking havoc
- 73 Currier's partner in lithography
- 74 "Serpico" author Peter
- 75 Heavens on earth
- 76 Not as much

DOWN

- 1 Came down to earth
- 2 Ice cream holder
- 3 Planet beyond Earth
- 4 Zola who wrote "La Terre" ("The Earth")
- 5 Earthy shade
- 6 "Evil Woman" band, for short
- 7 Bar mitzvah or baptism
- 8 Keanu of "The Day the Earth Stood Still"
- 9 Longest mountain range on earth
- 10 AI who wrote "Earth in the Balance"
- 11 Singer Tori with the debut album "Little Earthquakes"
- 12 "Not if you were the ___ man on earth!"
- 13 Period of the earth's history
- 21 First man on earth
- 23 Lacoste of tennis and fashion
- 25 Earthen brick
- 26 Boggy earth

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- 28 Alda of "M*A*S*H"
- 29 Pertaining to the earth's extremities
- 30 Section of the earth's crust
- 32 Getting chilled, as wine
- 34 "___ y Plata" (Montana's motto)
- 35 Is at an angle, like the earth's axis
- 36 Speck of earth in the ocean
- 39 Rosie of "White Men Can't Jump"
- 40 Author ___ Christian Andersen
- 42 Center of Earth's orbit
- 44 Auctioneer's "Sold!"
- 47 Nicolas who directed "The Man Who Fell to Earth"
- 49 Raison d' ___
- 52 Burned brightly
- 55 Wear away, as earth
- 57 Earth Day's month
- 58 About 30% of the earth's land mass
- 59 Org. featured in "From the Earth to the Moon"
- 60 Earth's ruling species, in a 1968 science fiction movie
- 61 "I Feel the Earth ___" (Carole King song)
- 63 Hollow in the earth
- 64 Resources from the earth
- 65 Thomas Hardy heroine
- 66 Common tattoo spot
- 68 Diarist Anaïs
- 69 Overhead railways, for short

The following resources are available specifically for incarcerated individuals who identify as lesbian, gay, bisexual, pansexual, transgender, genderqueer, gender nonconforming, queer, intersexed, agender, or asexual.

The F2L: RELIEF FUND provides commissary support to Black, Indigenous, and people of color who are queer, trans and/or two-spirit and incarcerated in New York State. \$300 a month for 6 months (\$1800 total) for food, toiletries, or things like gender-affirming clothes, certain electronics, and other items that are only available to incarcerated people through purchase.

Sanctuary for Families provides services & support for criminalized survivors of gender-based violence or sexual assault, regardless of their gender, sexual orientation, marital status, or immigration status.

Open Mon – Fri, 9am-5pm

For those inside, call Ross Kramer at 212-349-6009, extension x425

For those reentering and in need of crisis intervention, shelter, and counseling, call 212-349-6009, extension x367

For those in need of legal assistance, call 212-349-6009, extension x246

For matters relating to immigration, call 212-349-6009, extension x293

Or write to:

*Attn: Ross Kramer
PO Box 1406
Wall Street Station
New York, NY 10268*

*Write to
F2L: Relief Fund
P.O. 143
New York, NY 10034*

BOOK REQUEST RESOURCES:

LGBT Books to Prisoners

c/o Social Justice Center Incubator
1202 Williamson St., Suite 1
Madison, WI 53703

Women's Prison Book Project*

c/o Boneshaker Books
2002 23rd Ave S
Minneapolis MN 55404

***(note: only sends books to women and trans individuals)**

BLACK + PINK

The logo consists of a large, inverted triangle. Inside the triangle, two hands are shown shaking, with the fingers pointing upwards. The hands are rendered in a simple, line-art style. The background of the triangle is filled with vertical lines, creating a striped effect.

Black + Pink is a prison abolitionist group that supports LGBTQIA+ people and people living with HIV/AIDS. It was founded fifteen years ago by a network of incarcerated queer folks looking to bridge the gap between the outside and inside.

BLACK + PINK OFFERS:

- Pen pal services
- reentry support
- opportunities to receive and submit to the Black and Pink newsletter
- support with commissary funds
- solidarity care packages
- a community of LGBTQ+ outside and inside members to lean on!

If you're interested in any of the above services, write them a letter. If you wish to be matched with an outside pen pal, introduce yourself and describe what kind of connection you're looking for.

Black + Pink NYC
P.O. Box 1741
New York, NY 10013

BOOKS

Whether you're reading for learning or for fun, you deserve to have access to literature. These organizations send books to people who are incarcerated. Send them a letter with your information and your requests.

Ithaca College Books Thru Bars

PO Box 113
Brooktondale NY
14817

Books Through Bars

4722 Baltimore
Avenue
Philadelphia, PA 19143

NYC Books Through Bars

c/o Bluestockings Bookstore
172 Allen Street
New York, NY 10002

Connecticut Prison Book Connection

P.O. Box 946
Rocky Hill, CT 06067-0946

CORRESPONDENCE

As librarians and library workers, we believe that access to information is a human right. In response to the restrictions by jails and prisons, we aim to be a bridge to information for incarcerated individuals.

Examples of past questions

Order for NFL draft
Greek recipes
College programs
And more!



If this sounds like a service you're interested in, please write to us at:

Brooklyn Public Library
c/o Outreach Services
10 Grand Army Plaza
Brooklyn, NY 11238

* We can only send publicly accessible information. We are unable to provide personal contact information of individuals or to track down information of private individuals. We cannot act as a third-party to arrange meetings, send mail, call, or use any social media.

* We do not provide legal assistance, but we can redirect to you organizations that can.

You can also write to our friends at NYPL



Correctional Library Services
The New York Public Library
445 Fifth Avenue, 6th floor
New York, NY 10016



Legal Resources & Advocacy

You are a constituent of New York State. That means **our government is obligated to protect and serve you**. It is their responsibility to ensure the wellness and safety of all incarcerated individuals in state facilities. **When they do not, we can all hold them accountable for it.**

To report any instances of misconduct, abuse, corruption, or improper action of the staff in your facility, please find the correct phone number and mailing address below. Include all of the information you can—when and what happened, who was involved, and if there were any witnesses. We especially encourage complaints regarding COVID-19.

For those in NYC

To file a complaint with the **NYC Board of Correction**, you can write to them at

BOC
1 Centre Street
Room 2213
New York, NY 10007

You can also call

212-669-7900

The Brian Lehrer Show is a daily news and politics program on WNYC, airing from 10AM to 12PM. Every Friday, Mayor Bill de Blasio appears in the "Ask the Mayor" segment, where he takes questions from New Yorkers about anything and everything. Call in at **646-435-7280**.

For those not in NYC

Office of Special Investigations - Intake Unit
New York State Department of Corrections and Com-
munity Supervision
Harriman State Office Campus
1220 Washington Avenue
Albany, New York 12226-2050

844-674-4697

If you are in a high-risk group or eligible for parole, please write to the Executive Clemency Board requesting clemency.

New York State Department of Corrections and
Community Supervision Executive Clemency Bureau
The Harriman State Campus - Building 2
1220 Washington Avenue Albany, NY 12226-205

You can also write to the governor

Andrew M. Cuomo
Governor of New York State
NYS State Capitol Building
Albany, NY 12224

If you are seeking help regarding physical or sexual abuse and/or conditions with health or treatment, please contact the Prisoners' Rights Project at 212-577-3530. They generally do not directly represent individuals in individual litigation, but they are dedicated to fighting injustice. They can provide accurate information about rights during incarceration and advocate for your safety and health.

If you need additional support, **Prisoner Legal Services of New York** provides legal services to people incarcerated who can't afford counsel in New York State correctional facilities. The cases handled by the program include prison problems involving disciplinary procedures, medical care, guard brutality, mental health care, conditions of confinement, sentence computation, parole, jail time credit, immigration, and clemency appeals.

Albany Office, serving Bedford Hills, CNYPC, Coxsackie, Downstate, Eastern, Edgecombe, Fishkill, Great Meadow, Greene, Greenhaven, Hale Creek, Hudson, Lincoln, Marcy, Mid-State, Mohawk, Otisville, Queensboro, Shawangunk, Sing Sing, Sullivan, Taconic, Ulster, Wallkill, Walsh, Washington, Woodbourne

41 State Street
Suite M112
Albany, NY 12205

518-438-8046

Plattsburg Office, serving Adirondack, Altona, Bare Hill, Clinton, Franklin, Gouverneur, Moriah Shock, Ogdensburgh, Riverview, Upstate

24 Margaret Street
Suite 9
Plattsburgh, NY 12901

518-561-3088

**In serious or
life-threatening
emergencies,
call PLSNY at 518-445-
6050.**

Buffalo Office, serving Albion, Attica, Collins, Gowanda, Groveland, Lakeview, Livingston, Orleans, Rochester, Wende, Wyoming

14 Lafayette Square
Suite 510
Buffalo, NY 14203
716-854-1007

Ithaca Office, serving Auburn, Cape Vincent, Cayuga, Elmira, Five Points, Southport, Watertown, Willard

114 Prospect Street
Ithaca, NY 14850

607-273-2283

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Resources for Re-entry

Returning home is never easy; doing it during a pandemic is especially difficult. We hope the following resources will help you return with some ease. **This is not a complete list! Please write to us at the library for much more information** about reentry, social services, and where to get food, soap, clothing, etc. We will try our best to connect you to the right places.

Parole Prep is an NYC-based group that supports incarcerated individuals throughout the state of New York. They provide commissary funds, packages with essentials, and communication support. They are currently offering Welcome Home Funds as well.

You can reach them by mail at
Parole Preparation Project
c/o Law Office of Michelle L. Lewin
168 Canal Street, 6th Fl
New York, NY 10013

CASES offers education and employment services for recently-released youth and young adults, discharge planning, and case management for men and women with serious mental illness pre- and post-release from Rikers. Call or write to either their locations.

151 Lawrence St	2090 Adam Clayton Powell Jr. Blvd
3rd Floor	8th Floor
Brooklyn, NY 11201	New York, NY 10027

(212) 553-6300

(212) 553-6606

For access to mental and physical health services, benefits, education, family services, housing, and recovery, call **Fortune Society at (212) 691-7554**. Although they have three locations in NYC, they are currently closed for walk-in services.

The Brooklyn District Attorney's Office

The Kings County Re-entry Task Force (KCRTF) ComALERT (Community And Law Enforcement Resources Together) are initiatives that bring together individuals and organizations to provide the best services and the strongest support for formerly-incarcerated individuals.

Due to COVID protocols, it is recommended to call or email them.

- 718-250-4374
- reentry@BrooklynDA.org

You can also reach them by mail at
KCDA Re-Entry 210
350 Jay Street, 10th Fl
Brooklyn, NY 11201-2908

If you are seeking supportive housing upstate, please contact **HATAS (Albany)**.

Homeless and Travelers Aid Society
138 Central Avenue
Albany, NY 12206

(518) 463-2124

Osborn Association is currently offering very limited individual services for people 50+, people with COVID-19 health risks, & current FamilyWorks participants. Call 845-345-9845 for more information on in-prison services.

They also have an NYC Reentry Hotline at (833) 672-3733. Callers can receive referral information for any reentry needs. They are providing full reentry services including pre-release discharge planning, reentry case management, direct virtual group and individual services.

Getting an ID

Getting an ID is a hassle, but it's necessary. We hope the steps below can simplify the process.

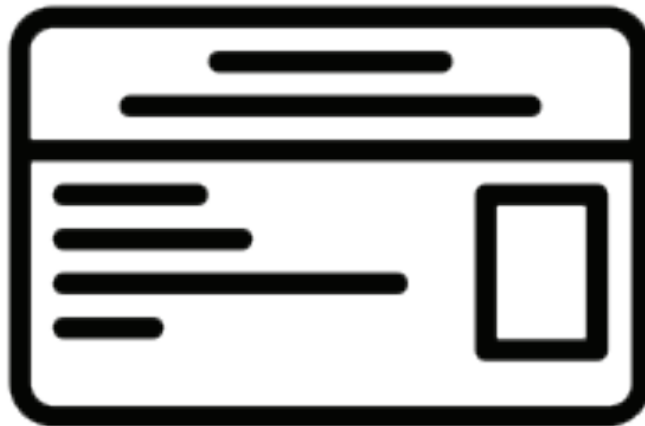
When you're released, you will receive a New York State Department of Corrections and Community Supervision (DOCCS) Released Offender Identification Card. The card will expire after 120 days. That means **you have 120 days after your release to visit a Department of Motor Vehicles' (DMV) office to apply for a Non-Driver's photo ID card, Learner's Permit, or Driver's License.** For this, you will need to provide the DMV with a valid DOCCS ID card along with the following documentation:

- U.S. Birth Certificate
- Social Security Card
- Parole Release Papers

If you are not released with Parole Papers, you can get a letter from the Superintendent at your facility

All documents should be in the same name. Anyone who has changed their name due to marriage must also provide their marriage certificate

After you have provided the DMV with the required documentation, you will exchange your DOCCS Release ID for a DMV Non-Driver's Photo ID.



ID NYC

IDNYC is a free identification card that provides access to services and programs offered by the City as well as by businesses. IDNYC is a recognized ID for interacting with NYPD. It also helps New Yorkers gain access to all City buildings that provide services to the public.

IDNYC accepts the (DOCCS) Released Offender ID Card for three (3) points of identity, including photo ID and proof of date of birth. This document is accepted for one (1) year from its issuance date, even if it has expired.

Department of Probation (DOP) clients can apply at any IDNYC Enrollment Center using the DOP Verification Form, which can be obtained at any DOP location in NYC. This form is intended to be used specifically for the purpose of applying for the IDNYC card. The DOP Verification Form is worth all four (4) points of documentation needed to apply.

Bronx Business Center
3030 Third Ave, 2nd Fl
Bronx, NY 10455

Brooklyn Business Center
210 Joralemon St, 1st Fl
Brooklyn, NY 11201

Staten Island Business Center
350 St. Marks Place, 1st Fl
Staten Island, NY 10301

Mobile Enrollment Center*
10 Grand Army Plaza
Brooklyn, NY 11238

**Outside Brooklyn Public Library*

Enrollment Centers are not taking walk-ins. You must schedule an appointment. You can do this online at <https://www1.nyc.gov/site/idnyc/card/make-an-appointment.page> or by calling 311.

SURVEY! SURVEY! SURVEY!

Our team at Brooklyn Public Library is interested in the experience of incarcerated New Yorkers during the coronavirus pandemic. As your neighbors, we want to check-in with you and see how we can help. We also want the state of New York to be accountable for your health and well-being.

The following questions ask about conditions and protocols at your facility. We have also included a few personal questions to understand what you've been going through mentally and emotionally and how you've been coping.

By sharing your story, you will be a pivotal part of documenting this unprecedented time and influencing future public health policy.

Please respond to the questions on the following pages. When you're finished, please tear out these pages and send to

Outreach Services
Brooklyn Public Library
10 Grand Army Plaza
Brooklyn, NY 11238

Your responses are voluntary and will be confidential. All responses will be compiled together and analyzed as a group.

1. Did you consistently have access to hot water and soap? If not, how did you keep your hands clean?

2. Did correctional officers and other staff correctly wear face masks inside the facility?

3. Were you provided with any masks or face coverings? If so, how many and how frequently?

4. Was social distancing enforced? Did your facility make any arrangements to make social distancing easier?

5. What happened to those who were showing symptoms or diagnosed with COVID-19? Was there a separate area for them?

6. How often were common areas (such as day rooms and bathrooms) cleaned and disinfected? By whom? How often was the community phone disinfected?

7. How are you coping with stress?

8. What does your daily schedule look like? What kind of activities or services are available at your facility?

9. How are you staying in touch with friends and family (phone, letters, video visits)? How often? Are you communicating with them more or less during the pandemic?

10. Are packages being accepted? If so, do you know if they are being sanitized before they are distributed to the recipient?

11. Was hand sanitizer allowed at your facility? If so, were you able to use it? Was it only available to staff?

12. Did your facility test for COVID-19 among staff and incarcerated individuals? If so, where and how were they being tested? How frequently?

13. How did correctional officers treat those who were positive for COVID-19 or experiencing symptoms?

14. Did you experience any COVID-19 symptoms or feel ill at all? If so, how did the facility respond? Were you separated from others? Did you receive any medication or treatment?

15. Did the use of solitary confinement increase or decrease during the pandemic?

16. Use the space below to share any other thoughts, notes, or questions on your experience during COVID-19.