



North Los Angeles County Regional Center

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May 8, 2020

Happy Friday!

Today marks the beginning of the modification to the stay at home order, with the re-opening of retail businesses such as bookstores, florists, and sporting goods stores. For those who live in the City of Los Angeles, retail will offer curbside pick only, and face coverings for both customers and employees are required. Starting tomorrow, May 9th, LA County trailhead parks and trails (except Runyon Canyon) will open, as well as golf courses. Again, face coverings are required as well as physical distancing. Offices, seated dining in restaurants, shopping malls, and schools are not yet re-opening. Be assured that the state is working with school districts to determine how to safely re-open our local schools. Businesses with employees working remotely will continue to do so during the early part of this stage, including NLACRC employees.

Our community-based services will also begin to re-open in modified ways. Please know that as our service providers develop plans to resume services in the community, maintaining health and safety will be first and foremost in that planning.

We also know the importance of socialization for the individuals we serve, their families and friends, and the importance of emotional health. I have given this some thought recently, as friends have reached out to check-in and share resources such as meditation videos and mobile apps. (FYI - the mobile meditation app called “Headspace” is currently free for LA County residents through the end of 2020!) We are moving forward, which is optimistic! This transition will be gradual and will require our patience, so please remember to take care of yourself, physically and emotionally, as we make our way forward.

Meantime, Consumer Services Coordinators will continue to reach out to assess needs and connect individuals to services and supports. Also, please do not hesitate to contact NLACRC if you need assistance! Lastly, please don't forget about our website at www.nlacrc.org, it's full of information and resources!

Yours in collaboration and good health,

Ruth