

# *Golden* **BEACH** **MAGAZINE**

ISSUE 51    END OF YEAR 2020

THE ONLY OFFICIAL MAGAZINE FOR THE TOWN OF GOLDEN BEACH



# PEACE

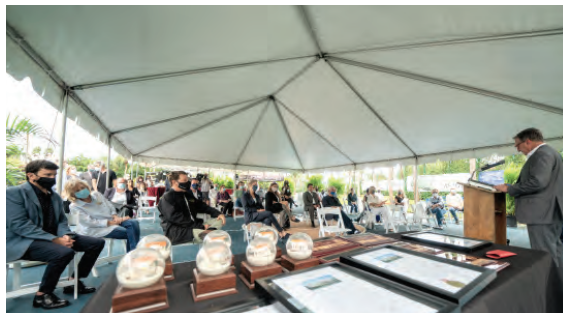
TOWN OF GOLDEN BEACH  
ESTABLISHED 1929



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## Letter from your **MAYOR**

As we come to the end of 2020, we reflect on how we, as a Town, have managed to sustain a quality of life that Golden Beach is known for in the midst of this global COVID-19 pandemic. In spite of the inconveniences incurred because of quarantine and social distancing, we were able to make achieve some substantial accomplishments.

In January, we accepted submissions for the design-build proposal for the new Town Civic Center. In February, the design-build project was awarded to the Martin Architectural Group and the construction contract was awarded to Gerrits Construction Company.

In March, we installed a new pickle ball court to provide our residents with additional opportunities for recreation and to promote healthier living. Unfortunately, it was at this point that we moved into a period of emergency orders which included quarantine and closures. But we persevered. Because of the Miami-Dade County "Safer at Home" order, a mandatory curfew was put into place from 10:00 pm – 6:00 am. Essential workers were excluded. In May, construction in town resumed with specific limits and restrictions. Town Hall was open by appointment only. Our parks, playground, and beach remained closed. Our Police Department did an amazing job in keeping our residents safe and protecting our streets and our beaches. Town staff either came in or worked from home to insure the essential services of the Town continued.

The Town managed to get through the summer as we maintained services to our residents following the guidelines of social distancing, mandatory mask-wearing, and good hygiene to prevent the spread of the COVID-19 virus. Navigating a hurricane season that was as unusual as the pandemic proved to be challenging as well. We were fortunate that we did not suffer the impact of a direct hit from the multitude of storms that formed during this season.

In spite of all our challenges, we broke ground on our new Town Civic Center on October 20, 2020. There was media coverage and visiting officials from neighboring municipalities. We are extremely proud that our new Civic Center Complex will be state-of-the-art and environmentally-friendly. This facility will be built 30 feet above ground and constructed in preparation and anticipation of climate and environmental changes we will see in the future.

In the midst of it all, there was U.S. Census and the 2020 general election. I am hoping that all of our residents took part in exercising their civic duty by voting and completing the Census questionnaire.

As always, I'd like to thank the Town Manager and his staff for the amazing job they have done to make sure our residents continue to receive exemplary services and that our residents stay safe. COVID-19 is still a real and present threat. We strongly encourage everyone to continue to follow the guidelines regarding good hygiene, social distancing, and mask-wearing. 2020 is coming to a close and we look forward to 2021 in anticipation of greater things to come.

Lastly, I want to thank all of the residents of the Town of Golden Beach for placing your trust in me as your Mayor. I look forward to continue serving this Town into 2021 and beyond.

Your Mayor,

*Mayor Glenn Singer*

### TOWN OF GOLDEN BEACH

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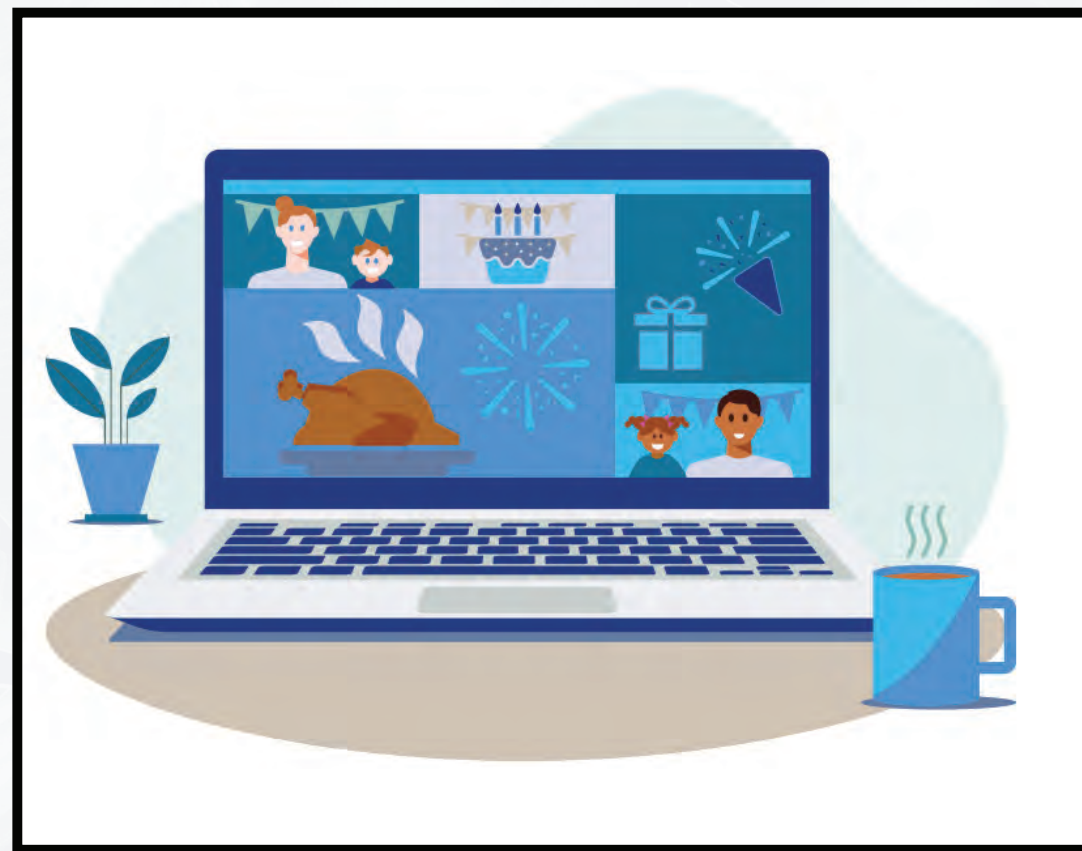
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# ‘TIS THE SEASON TO STAY HEALTHY

The Holidays are here, but remember to keep yourself and others safe. The Town has the following protocols in place to help curb the spread of COVID-19:

***Residents who have not obtained a Special Events permit WILL NOT be allowed to host non-immediate family members at their homes.***

***Special Events permits will require event hosts to provide a COVID-19 plan to delineate measures being taken to ensure the safety of those attending. Hosts hold events at their own risk; the Town accepts no liability for events being held by Residents.***

***Town facilities including the Beach Pavilion will not be available for events until further notice.***

# CDC RELEASES CONSIDERATIONS FOR COVID-19 & THE HOLIDAYS

*Courtesy of the Center for Disease Control's website [www.CDC.gov](http://www.CDC.gov), additional information on the topics covered herein is available through their website.*

The COVID-19 pandemic has been stressful and isolating for many people. Gatherings during the upcoming holidays can be an opportunity to reconnect with family and friends. This holiday season, consider how your holiday plans can be modified to reduce the spread of COVID-19 to keep your friends, families, and communities healthy and safe.

CDC offers the following considerations to slow the spread of COVID-19 during small gatherings. These considerations are meant to supplement—not replace—any state, local, territorial, or tribal health and safety laws, rules, and regulations with which all gatherings must comply.





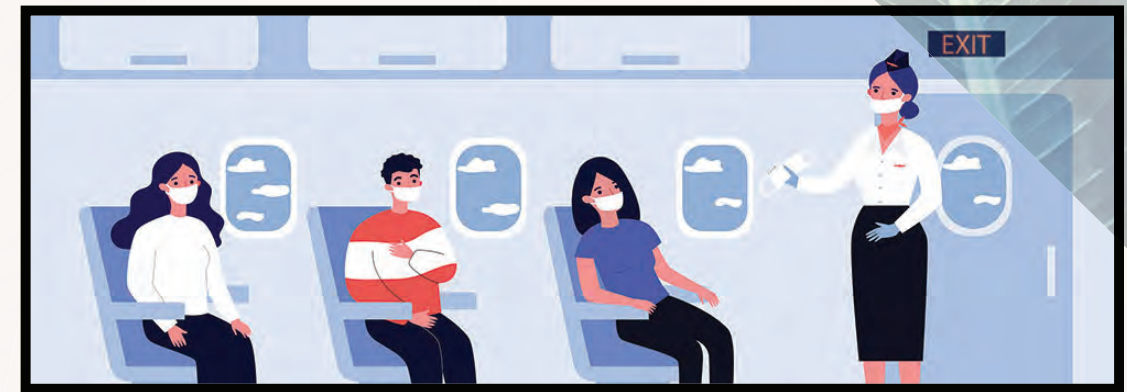
## CONSIDERATIONS FOR SMALL GATHERINGS OF FAMILY & FRIENDS

Celebrating virtually or with members of your own household (who are consistently taking measures to reduce the spread of COVID-19) poses the lowest risk for spread. Your household is anyone who currently lives and shares common spaces in your housing unit (such as your house or apartment). This can include family members, as well as roommates or people who are unrelated to you. People who do not currently live in your housing unit, such as college students who are returning home from school for the holidays, should be considered part of different households. In-person gatherings that bring together family members or friends from different households, including college students returning home, pose varying levels of risk.

Organizers and attendees of larger events should consider the risk of virus spread based on event size (number of attendees and other factors) and take steps to reduce the possibility of infection, as outlined in the Considerations for Events and Gatherings on [cdc.gov](https://www.cdc.gov).

Several factors can contribute to the risk of getting and spreading COVID-19 at small in-person gatherings. In combination, these factors will create various amounts of risk:

- Community levels of COVID-19 – High or increasing levels of COVID-19 cases in the gathering location, as well as in the areas where attendees are coming from, increase the risk of infection and spread among attendees. Family and friends should consider the number of COVID-19 cases in their community and in the community where they plan to celebrate when deciding whether to host or attend a gathering. Information on the number of cases in an area can often be found on the local health department website.
- Exposure during travel – Airports, bus stations, train stations, public transport, gas stations, and rest stops are all places travelers can be exposed to the virus in the air and on surfaces.
- Location of the gathering – Indoor gatherings, especially those with poor ventilation (for example, small enclosed spaces with no outside air), pose more risk than outdoor gatherings.
- Duration of the gathering – Gatherings that last longer pose more risk than shorter gatherings. Being within 6 feet of someone who has COVID-19 for a cumulative total of 15 minutes or more greatly increases the risk of becoming sick and requires a 14-day quarantine.
- Number and crowding of people at the gathering – Gatherings with more people pose more risk than gatherings with fewer people. CDC does not have a limit or recommend a specific number of attendees for gatherings. The size of a holiday gathering should be determined based on the ability of attendees from different households to stay 6 feet (2 arm lengths) apart, wear masks, wash hands, and follow state, local, territorial, or tribal health and safety laws, rules, and regulations.
- Behaviors of attendees prior to the gathering – Individuals who did not consistently adhere to social distancing (staying at least 6 feet apart), mask wearing, handwashing, and other prevention behaviors pose more risk than those who consistently practiced these safety measures.



- Behaviors of attendees during the gathering – Gatherings with more safety measures in place, such as mask wearing, social distancing, and handwashing, pose less risk than gatherings where fewer or no preventive measures are being implemented. Use of alcohol or drugs may alter judgment and make it more difficult to practice COVID-19 safety measures.

If planning a gathering, even a small one, some prevention measures to consider include:

- Host outdoor rather than indoor gatherings as much as possible. Even outdoors, require guests to wear masks when not eating or drinking.
- Avoid holding gatherings in crowded, poorly ventilated spaces with persons who are not in your household.
- Increase ventilation by opening windows and doors to the extent that is safe and feasible based on the weather, or by placing central air and heating on continuous circulation.
- If setting up outdoor seating under a pop-up open air tent, ensure guests are still seated with physical distancing in mind. Enclosed 4-wall tents will have less air circulation than open air tents. If outdoor temperature or weather forces you to put up the tent sidewalls, consider leaving one or more sides open or rolling up the bottom 12 inches of each sidewall to enhance ventilation while still providing a wind break.
- Consider alternative interactions. Take a walk or sit outdoors at least 6 feet apart for interpersonal interactions.
- Treat pets as you would other human family members – do not let pets interact with people outside the household.
- Require guests to wear masks. At gatherings that include persons of different households, everyone should always wear a mask that covers both the mouth and nose, except when eating or drinking. It is also important to stay at least 6 feet away from people who are not in your household at all times.
- Encourage guests to avoid singing or shouting, especially indoors. Keep music levels down so people don't have to shout or speak loudly to be heard.
- Encourage attendees to wash their hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use hand sanitizer that contains at least 60% alcohol.
- Provide and/or encourage attendees to bring supplies to help everyone to stay healthy. These include extra masks (do not share or swap with others), hand sanitizer that contains at least 60% alcohol, and tissues. Stock bathrooms with enough hand soap and single use towels.



- Limit contact with commonly touched surfaces or shared items, such as serving utensils.
- Clean and disinfect commonly touched surfaces and any shared items between use when feasible. Use EPA-approved disinfectants.
- Use touchless garbage cans if available. Use gloves when removing garbage bags or handling and disposing of trash. Wash hands after removing gloves.
- Plan ahead and ask guests to avoid contact with people outside of their households for 14 days before the gathering.

The more of these prevention measures that you put in place, the safer your gathering will be. No one measure is enough to prevent the spread of COVID-19.

## FOOD & DRINKS AT SMALL HOLIDAY GATHERINGS

Currently, there is no evidence to suggest that handling food or eating is associated with directly spreading COVID-19. It is possible that a person can get COVID-19 by touching a surface or object, including food, food packaging, or utensils that have the virus on it and then touching their own mouth, nose, or possibly their eyes. However, this is not thought to be the main way that the virus is spread. Remember, it is always important to follow food safety practices to reduce the risk of illness from common foodborne germs.

- Encourage guests to bring food and drinks for themselves and for members of their own household only; avoid potluck-style gatherings.
- Wear a mask while preparing food for or serving food to others who don't live in your household.
- All attendees should have a plan for where to store their mask while eating and drinking. Keep it in a dry, breathable bag (like a paper or mesh fabric bag) to keep it clean between uses.
- Limit people going in and out of the areas where food is being prepared or handled, such as in the kitchen or around the grill, if possible.
- Have one person who is wearing a mask serve all the food so that multiple people are not handling the serving utensils.
- Use single-use options or identify one person to serve sharable items, like salad dressings, food containers, plates and utensils, and condiments.
- Make sure everyone washes their hands with soap and water for 20 seconds before and after preparing, serving, and eating food and after taking trash out. Use hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Designate a space for guests to wash hands after handling or eating food.
- Limit crowding in areas where food is served by having one person dispense food individually to plates, always keeping a minimum of a 6-foot distance from the person whom they are serving. Avoid crowded buffet and drink stations.
- Change and launder linen items (e.g., seating covers, tablecloths, linen napkins) immediately following the event.
- Offer no-touch trash cans for guests to easily throw away food items.
- Wash dishes in the dishwasher or with hot soapy water immediately following the gathering.

If you decide to travel, follow these safety measures during your trip to protect yourself and others from COVID-19:

- Wear a mask in public settings, like on public and mass transportation, at events and gatherings, and anywhere you will be around people outside of your household.
- Avoid close contact by staying at least 6 feet apart (about 2 arm lengths) from anyone who is not from your household.
- Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer (with at least 60% alcohol).
- Avoid contact with anyone who is sick.
- Avoid touching your face mask, eyes, nose, and mouth.
- Travel can increase the chance of getting and spreading the virus that causes COVID-19. Staying home is the best way to protect yourself and others. CDC.gov contains links to help you decide whether to travel during the holidays. Visit their website for more information regarding Travel during COVID-19.

## HOLIDAY CELEBRATIONS

Holiday celebrations will likely need to be different this year to prevent the spread of COVID-19. Avoid activities that are higher risk for spread. Consider fun alternatives that pose lower risk of spreading COVID-19.

### LOWER RISK ACTIVITIES

- Having a small dinner with only people who live in your household
- Preparing traditional family recipes for family and neighbors, especially those at higher risk of severe illness from COVID-19, and delivering them in a way that doesn't involve contact with others
- Having a virtual dinner and sharing recipes with friends and family
- Shopping online rather than in person on the day after Thanksgiving or the next Monday
- Watching sports events, parades, and movies from home

### MODERATE RISK ACTIVITIES

- Having a small outdoor dinner with family and friends who live in your community
  - Lower your risk by following CDC's recommendations on hosting gatherings or cook-outs.
- Visiting pumpkin patches or orchards where people use hand sanitizer before touching pumpkins or picking apples, wearing masks is encouraged or enforced, and people are able to maintain social distancing
- Attending a small outdoor sports events with safety precautions in place

### HIGHER RISK ACTIVITIES

Avoid these higher risk activities to help prevent the spread of the virus that causes COVID-19:

- Going shopping in crowded stores just before, on, or after Thanksgiving
- Participating or being a spectator at a crowded race
- Attending crowded parades
- Attending large indoor gatherings with people from outside of your household
- Using alcohol or drugs that may alter judgment and make it more difficult to practice COVID-19 safety measures.



## GET YOUR FLU VACCINE

Gatherings can contribute to the spread of other infectious diseases. Getting a flu vaccine is an essential part of protecting your health and your family's health this season. Flu vaccines are useful any time during the flu season and can often be accessed into January or later.



# R

eflecting back as we close out 2020, I can't express enough the appreciation and gratitude that our officers have for our residents, councilmembers and Town Manager for the assistance we received

during a very difficult year due to COVID-19. 2020 was a challenging year to say the least and our department did everything they could to help keep everyone safe. We would like to thank our residents for their compliance with the Town's decrees during this unfortunate time. Your cooperation made our job easier. As a focused, goal-oriented police department, we maintained our daily community policing and public safety enforcement responsibilities.

We maintained our community engagement and recently hosted our annual Driver License Renewal initiative, where 18 of our residents were able to renew their driver's licenses at Town Hall. Additionally, the GBPD Honor Guard participated in the Civic Center groundbreaking event.

Thankfully the end of the calendar year also means an end to Hurricane Season. In an otherwise stressful year, storm season passed without much incident. The holidays will soon be here and it's important to still keep safety and security in mind. Below are some reminders for how to keep you and your family safe during the holiday season.

## WATCH OUT FOR POTENTIAL FIRE-STARTERS CANDLES AND FIREPLACES

Thousands of deaths are caused by fires, burns and other fire-related injuries every year, and 12% of home candle fires occur in December, the National Fire Protection Association reports. Increased use of candles and fireplaces, combined with an increase in

the amount of combustible, seasonal decorations present in many homes means more risk for fire.

- Never leave burning candles unattended or sleep in a room with a lit candle
- Keep candles out of reach of children
- Make sure candles are on stable surfaces
- Don't burn candles near trees, curtains or any other

flammable items

- Never burn trees, wreaths or wrapping paper in the fireplace
- Check and clean the chimney and fireplace area at least once a year

## DON'T GIVE THE GIFT OF FOOD POISONING

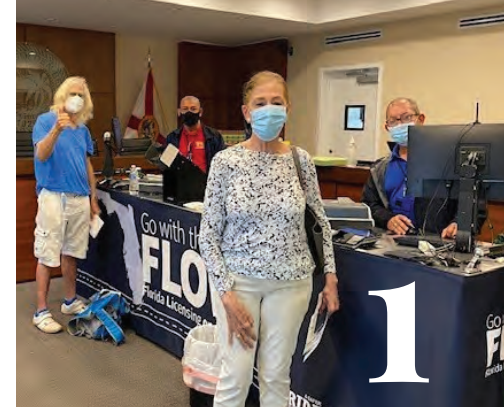
The U.S. Department of Health and Human Services provides some holiday food safety tips. Here are a few:

- Do not rinse raw meat and poultry before cooking in order to avoid spreading bacteria to areas around the sink and countertops.
- Use a food thermometer to make sure meat is cooked to a safe temperature.
- Refrigerate leftover food within two hours.
- Thanksgiving leftovers are safe for four days in the refrigerator.
- Bring sauces, soups and gravies to a rolling boil when reheating.
- Wash your hands frequently when handling food.

## TRAVELING FOR THE HOLIDAYS? BE PREPARED

Many people choose to travel during the holidays by automobile, with the highest fatality rate of any major form of transportation. According to "Injury Facts Report", alcohol-impaired fatalities represented 31% of the totals.

- Use a designated driver to ensure guests make it home safely after a holiday party; alcohol, over-the-counter or illegal drugs all cause impairment.
- Consider potential weather conditions and plan accordingly.
- Make sure every person in the vehicle is properly buckled up no matter how long or short the distance is that is being traveled.
- Put the cell phone away; distracted driving causes one-quarter of all crashes.
- Properly maintain your vehicle and keep an emergency kit with you.
- Be prepared for heavy traffic.
- Remember, when guests are staying in your home, make sure areas have night lights or easy-to-reach lamps in case they need to get up during the night. And, whether you are visiting someone else's home or you have guests in your home, make sure all medications are kept up and away and out of sight from young children. Consider all COVID-19 provisions and guidelines.



If you shop online or at the mall you are at risk of falling victim to identity theft. It's important to remember these basic holiday safety tips and ways for staying safe around the holidays while you are doing your holiday shopping in stores or online. Also remember that while you might have your eyes set on snagging the next big deal in the store, burglars are looking for ways to break in while you are away from home. Similarly, online thieves are out in full force ready to capitalize on the millions of online shoppers and their private credit card information. Whether you do your shopping online or in the stores, it's important to remember these basic holiday safety tips to protect yourself.

## HOLIDAY SAFETY TIPS FOR SHOPPING IN STORES

Whether you're standing in line waiting for the stores to open at dawn or out late trying to scoop up every last deal, remember to keep in mind these basic holiday safety tips.

- Lock everything: This seems obvious, but more often than you would expect a burglar gets into a house just because something was left open or unlocked, especially with house guests visiting who may not have keys.
- Secure valuables: Never leave anything of value out in plain sight. If you have not already done so, now may be a good time to consider placing any jewelry, extra cash or other valuables in a safe deposit box or even a secure hidden safe within the house. Nothing should ever be visible from any window and the master bedroom is the first room any intruder will check for valuables.
- Control your social status: Though you might be tempted to broadcast to the world about how excited you are for your holiday travels or shopping sprees, resist the urge to tip off possible burglars that you are not going to be home. Many people cannot seem to wait to let everyone on Facebook, Twitter or Instagram know that they are about to leave and this is a dangerous thing to share.
- Leave the light on: Not the most eco-friendly advice, but the more it looks like someone is home, the less likely a break in will occur. Keep the lights on, the holiday lights lit, and the television on. Anything to signify to potential robbers that someone is home. Many security systems offer smartphone interactive management tools that allow for you to turn lights on and off throughout the day and night to keep up appearances that someone is home.

- Activate your alarm system: Again, while it may seem obvious, your mind is distracted and you could be in a rush to get out the door. Don't forget to arm your security system – this simple step will go a long way to protect your home.

When in doubt, think like a robber. How would they get in? Does it look like someone is home? Where are your valuables? Use common sense and remember these easy home security tips and ensure your possessions will be safe while you are out doing your holiday shopping, traveling or partying.

Your CHIEF OF POLICE,

*Rudy Herbello*

*"The Mayor, Town Council, and Town Administration proudly support the fine work and excellence of the Golden Beach Police Department"*

**Image 1:** Lieutenant Leila Perez discovered a homing pigeon while out on her beat. She nicknamed him Chester before sending him off on his journey.

**Image 2:** Golden Beach Police teams up with the Florida Department of Motor Vehicle for the annual Driver License Renewal initiative.

**Image 3:** Sergeant Daniel Avila of the Golden Beach Police Honor Guard participates in the Groundbreaking Ceremony for the new Civic Center complex.



# Police BEAT

GOLDEN BEACH SUPPORTS PROFESSIONAL & RESPONSIBLE POLICING



# Around Town

*Some exciting things are brewing around Town.*

**Here's a quick breakdown of some things to expect:**

## Calendar of Events

Please note, dates and status (virtual/physical meetings) are subject to change. Changes to event schedules will be posted at [www.goldenbeach.us](http://www.goldenbeach.us). Please contact Town Hall with any questions.

### JANUARY

Friday, January 1 – New Year's Day, Town Hall Closed\*

\*Please note Construction is not allowed

Thursday, January 7 - Tennis Clinic\*\* - Tweddle Park, 7PM-8:30PM

Tuesday, January 12 - Building Regulatory Meeting (VIRTUAL), 6PM

Sunday, January 17 - Art Zoom Event (VIRTUAL),\*\* 2PM

Monday, January 18 – Martin Luther King Jr Day,\* Town Hall Closed

\*Please note Construction is not allowed

Tuesday, January 19 – Town Council Meeting (VIRTUAL), Town Hall-7PM

Thursday, January 21 – Tennis Clinic\*\* - Tweddle Park, 7PM-8:30PM

Tuesday, January 26 - Bulky Waste Pickup

### FEBRUARY

Thursday, February 4 – Tennis Clinic - Tweddle Park, 7PM-8:30PM

Tuesday, February 9 - Building Regulatory Meeting (VIRTUAL), 6PM

Sunday, February 14 - Valentine's Day

Monday, February 15 - Presidents Day - Town Hall Closed\*

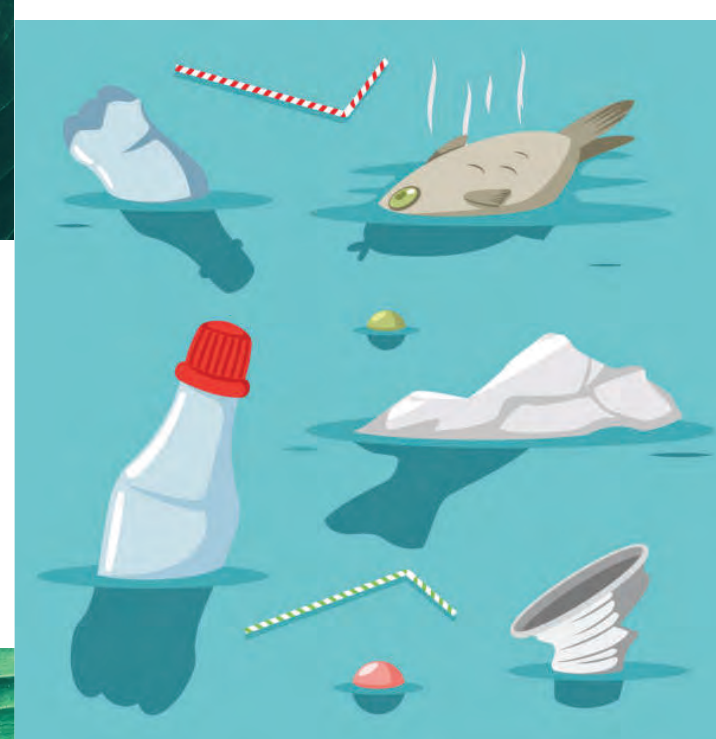
\*Please note Construction is not allowed

Tuesday, February 16 - Town Council Meeting (VIRTUAL), - 7PM

Tuesday, February 16 – Election Day (Town Council)

Thursday, February 18 – Tennis Clinic-Tweddle Park - 7PM - 8:30PM

Tuesday, February 23 - Bulky Waste Pickup



## < Illegal Disposal

**It is unlawful to deposit garbage, plant wastes, garden trash, rubbish and other materials on any vacant lots, or Town property, streets, storm drains, canals, and beach areas, and to deposit, sweep or blow grass onto Town streets or pile trash over storm drains.** If you see an individual dumping on a vacant lot, or any other illegal dumping, call the Police Department immediately.

It is also unlawful to randomly dispose of used motor oil, paint, batteries, gas tanks, and other combustible or potentially hazardous material. Public Works WILL NOT pick up this kind of waste. Miami-Dade County has a facility located at 140 NW 160th Street that will accept these items for disposal. This center is open daily from 7 am to 5:30 pm.

## We've Got You > Covered

**If you have a high-risk member in your household** who needs a face mask, hand sanitizer or gloves, please contact the Gatehouse at The Strand: 305-935-0940



If at any time items cannot be picked up during regular garbage/trash runs, a Public Works employee may leave an orange-colored door hanger to notify you of any violations. Please follow the directives outlined on the hanger.

## Fiber Internet Update >

**The Town Council is considering options for Town-wide internet service but has not moved forward with any decisions.** Residents who have suggestions as to what services they would like the Town to investigate providing they may contact Director of Resident Services Michael Glidden by email at [mglidden@goldenbeach.us](mailto:mglidden@goldenbeach.us) or by phone (305)932-0744 x245. Currently the Town is only gathering information regarding existing issues the Residents may have with Internet Service. The Town will hold a workshop after the first of the year to decide the next step in the project.

**Please note:** The Town is not managing customer service with existing internet providers. Any outstanding issues with current service providers must be handled with that provider directly, as the Town is not involved in the business of any internet service provider.







## GOLDEN BEACH HAS THE HALLOWEEN SPIRIT!

Even though Trick-or-Treating couldn't happen this year, that didn't keep the kids of Golden Beach from celebrating the spookiest day of the year. Congratulations to our 2020 Socially Distanced Halloween Costume Contest winners! They each snagged a \$50.00 Amazon Gift card for their efforts, Happy Halloween!



## HAVE QUESTIONS ABOUT WATER BILLS?

Stay informed of possible leaks and unusual activity. Register now for NMB Water's online tracking tool to monitor future water usage issues. Please visit:  
<https://www.citynmb.com/865/Track-Water-Use>

If you do notice a discrepancy in your water bill and would like to have it investigated, please contact Resident Services Director Michael Glidden at (305)932-0744 extension 245 or [mglidden@goldenbeach.us](mailto:mglidden@goldenbeach.us). Please be sure to supply a copy of your latest bill (and previous consecutive bills, if possible) via email so that we may assist you better.

## IN MEMORIAM

The Town would like to recognize the recent passing of long-time Golden Beach Resident, Neil Leff. Our thoughts are with his family during this difficult time.

# HOW TO DO THE HOLIDAYS 2020

**The holidays are always about tradition.** The things we've done in years past that reminds us of times gone by with the people we love. With COVID-19, we've had to make adjustments to keep ourselves and others safe, but that doesn't mean you can't take some time to celebrate in a way that still gives you a case of the "warm and cozies."

### TRY SOMETHING NEW IN THE KITCHEN.

After binge-watching the 'Great British Bakeoff Holiday Edition' on Netflix, climb out of your jammies and head to the kitchen. Maybe there's a cookie recipe that sounds amahhhhzing that you've never tried. Now's your chance to perfect that recipe so you can flawlessly present it to your friends later. PS we won't tell if you sample a few cookies along the way to make sure they're coming out just right.



### GET UP AND GET OUT.

Who says the Holidays mean you have to stay inside? We're in Florida, why not get out in the sunshine? Fresh air will do you good; it's great for clearing the mind and even better if you mix it with some exercise (hey, at least you won't feel guilty about sampling those holiday cookies).



### OR STAY IN AND SNUGGLE UP.

No one will judge you if you want to cozy up on the couch and watch a few movies. Sometimes we all have to allow ourselves some time to just tune in and tune out.



### JOIN A ZOOM ROOM

Stay in touch with friends and family over video chat. That way you can still see Uncle Marty in his favorite Ugly Holiday Sweater that he wears every year (not all traditions are glamorous!).



### OR JUST PICK UP THE PHONE

Sometimes even hearing a familiar voice over the phone can brighten your day (or someone else's). Consider calling someone who may need a pick-me-up. You'll feel good and they will too.



2020 has been a wild ride. Don't feel guilty if we have to do things a little different this year. Things will get back to normal soon, until then enjoy yourself and Happy Holidays to everyone!