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## How COVID-19 Is Changing Our Lives

Covid-19 is changing people's lives dramatically. How we participate in activities outside our homes, meet with friends, go to work or participate in activities that involve groups of people are changing. People are restricted or have to take special precautions when visiting elderly relatives. Suddenly, the holidays and special events we had been looking forward to are cancelled.

The Coronavirus can be particularly difficult for people with intellectual disabilities, many of whom depend on routines and familiar activities. To help with this, talk about it. The coronavirus is all over the news and some of the information is difficult to understand. If it gets too overwhelming or frightening, share your emotions with friends and family. Ask questions, like why do I need to wear a mask? Why is washing my hands so important? What does social distancing mean?

While Covid-19 is changing our lives it doesn't mean that we can not be happy. We can make the necessary changes to stay healthy and stop the spread.

### Let's Stay in Touch!

**What are you doing during the pandemic? Stay in touch with your friends and family! Email, text, Facetime, video conference, phone conference, write a letter... Let your IMPACT SC family know what you are doing...we are waiting to hear from YOU!**

**CHECK OUT THESE RESOURCES FROM GREEN MOUNTAIN SELF ADVOCATES**

<http://www.gmsavt.org/3665-2/>  
<http://www.gmsavt.org/covid-19-plain-language-for-workers/>

### **GOT CABIN FEVER?**

Here are some ideas to help:

1. Break out a good book.
2. Start a new hobby.
3. Try a new recipe.
4. Start scrapbooking.
5. Do a puzzle.
6. Pull out some old board games or a pack of cards.
7. Engage in some spring cleaning.
8. Rearrange your furniture.
9. Tackle a home improvement project.
10. Plan a summer vacation. This will not last forever!
11. Have a movie and popcorn night.
12. Research your family history and create a family tree.
13. Write a letter or thank you note.
14. Watch the newest season of your favorite show on Netflix.
15. Go for a walk!
16. Take your meal outside and have a picnic.
17. Have a dance party.



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## **Limit the Risk for YOU and YOUR FAMILY**

### **When you get home from work or being in the community:**

Change your clothes and shoes.

Clean your shoes, top and bottom, with disinfecting wipes.

Wash clothes using your usual laundry detergent.

Wash hands after handling dirty clothes and shoes.

Shower before interacting with your family.

### **Disinfect your home regularly**

Clean and disinfect frequently touched surfaces in your home daily. This includes tables, doorknobs, light switches, countertops, handles, desks, toilets, faucets, sinks, and electronics.

### **Clean hands are safe hands**

Wash your hands or use hand sanitizer.

## **INDEPENDENCE: MY CHOICES, MY LIFE**



### **2020 SELF- ADVOCACY CONFERENCE**

The 2020 Impact SC conference scheduled for May 28 was cancelled due

to COVID-19. We are looking forward to coming together in 2021 for another conference when we can be together safely.

A 2021 date has not yet been set.