

MEAP Quarterly

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Civil Rights Leaders: Hope In Today's Movement

We are sharing an NPR article written today by Steve Inskeep, which includes an interview with Civil Rights Leaders Jesse Jackson and Josie Johnson. We find this to be an impactful perspective on the current events in our nation. Please read on to learn why these leaders see hope in the marching:

Once again this weekend, protesters filled the streets in cities nationwide, rallying against police violence and chanting the name of George Floyd.

Jesse Jackson and Josie Johnson have a surprising perspective on those protests. He has been a prominent civil rights leader since 1960, she even longer. Both know the unrest of earlier times; Jackson was an aide to Martin Luther King Jr., whose assassination in 1968 set off riots nationwide. And both know the despair many felt after Floyd's death, which followed the deaths of so many others at the hands of police.

To some who remember the civil rights movement of the 1950s and '60s, the moment feels familiar. They've compared the demonstrations that have spread since video emerged of a Minneapolis police officer kneeling on Floyd's neck for nearly nine minutes to the nationwide riots of 1968, which followed the assassination of Martin Luther King Jr.

Yet having seen too much, both found hopeful signs in recent days: the number of white people who marched with people of color; the political power that people of color wield today; and even the conduct of police. While the recent demonstrations have featured numerous conflicts with police, Jackson noted that their tactics would have been far more deadly in 1968.

The marches today "are hopeful signs," says Jackson. "The marchers are full of hope. They believe something can happen. On the move, we're not going backwards."

For more perspective on this moment, NPR spoke with Jackson and Johnson for their reflections on the parallels between 1968 and today. Here are excerpts from their Morning Edition conversation.

What do you think when people see an incident like the death of George Floyd and they say nothing has changed in America?

Jackson: To see white and black America rise up and fight back, to see people marching in London and France, that's progress.

On comparisons between 1968 and 2020

Johnson: It's not possible, given the history of oppression in America, for us to say, "If we change the police, that's going to make it." It's systemic. It's everywhere. And so we need to educate and train and be encouraged that some of this may work with our police officers, but we also have to encourage, train, educate teachers, governors, mayors, council people. It's throughout the system.

That's the pity of it, and we just need to keep on keeping on as a people and not let our generation of young people now feel that it's not going to work. We've got to vote. We've got to get our people out there. They make a difference and they know it. And we have got to hold on to the spirit and support of our young people who are the you, Jesse, of 1960s. They can't let this happen again.

Read more at npr.org.

The Science of Well-Being



Have you heard of the Yale professor who opened up her online course to the general public for free? If you haven't, her name is Laurie Santos, and she teaches on happiness. More than 2 million people around the world have registered for her class.

She has some great tips for coping with COVID-19, including how we can all prioritize our mental well-being during this challenging time.

In her course, you will be engaged in learning to increase

your own happiness and build more productive habits.

Professor Laura Santos reveals misconceptions about happiness, annoying features of the mind that lead us to think the way we do, and research that can help us change. Ultimately, you will be prepared to successfully incorporate a specific wellness activity into your life.

We are including the link to register for her class here:

<https://blog.coursera.org/yales-dr-laurie-santos-on-well-being-during-covid-19/>



How to Respond to Suicide

To honor May's mental health month, we are including this article, derived from helpguide.org, on mental health support and suicide prevention. Suicide is a topic that can be difficult to talk about, or read about in a newsletter for that matter, *and* it is a topic that is essential to include in our conversations. We hope to equip readers with the foundational skills of what to do when there is concern for someone's suicide risk. Part of the reason it is difficult to discuss is that many don't know where to begin. Read on to learn what you can do if you find yourself in a situation where you need to respond.

First, know the warning signs:

- ⇒ Talking about suicide
- ⇒ Seeking out lethal means
- ⇒ Preoccupation with death
- ⇒ No hope for the future
- ⇒ Self-loathing or self-hatred
- ⇒ Getting affairs in order
- ⇒ Saying goodbye
- ⇒ Withdrawing from others



⇒ Self-destructive behavior

⇒ Sudden sense of calm

Speak up if you're worried about someone:

"I've been feeling concerned about you lately"

"Recently, I've noticed some differences in you and wondered how you are doing"

"How can I support you right now?"

"Have you thought about getting help?"

"You are not alone in this. I'm here for you"

"You may not believe it now, but the way you're feeling will change"

It is important to be yourself in these conversations; listen, be sympathetic and non-judgmental, offer hope, and take the person seriously. Do not argue with the person, act shocked, promise confidentiality, offer ways to fix the person's problems, or blame yourself. It is important to respond quickly in a crisis. The following questions can help you assess the immediate risk for suicide:

Do you have a plan? (PLAN)

Do you have what you need to carry out

your plan? (MEANS)

Do you know when you would do it? (TIME SET)

Do you intend to take your own life? (INTENTION)

If a suicide attempt seems imminent, call a local crisis center, dial 911, or take the person to the emergency room. Remove guns, drugs, knives, and other potential lethal objects from the vicinity but do not under any circumstance leave a person alone.

The best way to support someone is by listening and offering empathy.

To help someone who is struggling, assist them in accessing professional help and following up on their treatment, be proactive and encourage positive lifestyle changes, make a safety plan and remove potential means of suicide, and continue to provide support over the long haul.

If you're thinking about suicide, call 1-800-273-TALK (8255) in the U.S.

Locally, United Health Services in Granger provides suicide prevention services and support groups: <https://www.uhs-in.org/programs/suicideprevention>

Have you checked out Perspectives Online lately? There are a number of resources for you and your family to explore, including ideas of how to keep your children and grandchildren safe, well, and entertained at home! Although school may be out for the summer, there are creative ways and projects to bring learning and fun to your home over the next weeks.

Summer months are prime time for "informal learning," child development experts say. Brain research shows as children play and pretend, they are re-enacting experiences they've had and trying to make sense of the world.

Here are eight inexpensive summer ideas appropriate for grade school children.

1. Obstacle Course

Cost: Zero

Details: Set up objects to crawl over or walk through in yard or indoor play area. Use lawn chairs, stools, sawhorses, boards, tires or plastic pipes. But pay attention to safety.

2. Kid-Size Tent

Cost: About \$1 apiece for 1-by-2-inch strips of wood, plus \$4 for clothesline.

Details: Lash five poles together into a teepee shape with length of clothesline; drape a sheet around it and fasten with clothespin.

3. Bubbles Aplenty

Cost: \$2 for fly swatter

Details: In a washbasin, mix a gallon of warm water with about 4 tablespoons of dishwashing soap and 1 tablespoon of corn syrup. Dip a new fly swatter into soap and swirl through the air to watch bubbles fly.

4. Nest Building

Cost: Zero

Details: Pretend you're a bird and gather enough twigs and bits of string from yard or park to make a nest.

5. Race Car Box

Cost: Negligible

Details: Find a cardboard box big enough to sit in. Tape a plastic plate to the "dash" as a steering wheel; stick a wooden spoon into a corner as a gearshift.

6. Hallway Bowling

Cost: \$1 to \$2 for art supplies

Details: Using markers, tempera paints and foil, decorate six toilet paper tubes or empty juice cans. Stand them on their ends to form a "V"; knock them over with a tennis ball. Award points for different colors.

7. Buried Treasure

Cost: Minimal

Details: Wrap a small shoebox and lid in foil and fill with costume jewelry, medals or ribbons. Dress up as a pirate and bury it. Draw a map so you can retrieve it later.

8. Flying Saucers

Cost: \$2 for packet of premium paper plates, \$1.50 for bowls, \$1 for glue

Details: Turn one heavy-duty paper plate upside down on another and glue edges together, then glue on an inverted paper bowl. Use markers to draw doors, portholes and insignia. Send it flying.

Safely Support Local Business & Your Community

Visit *South Bend Mishawaka* encourages families to support local businesses in the following ways during the ongoing pandemic:

- ◆ Follow/like/review your favorite local businesses on social media.
- ◆ Order takeout or delivery from local restaurants.

- ◆ Buy a gift card to use later.
- ◆ Shop online at a local retailer.

In fact, you can discover new local favorites by visiting websites such as Black Businesses of South Bend/Mishawaka or Women Business Owners of Michiana, and find new ways to sup-

port local businesses while you're at it:

BBofSBM.com

WBOM.org

There are many things you can do around the area while also practicing social distancing, such as:

- ◆ Play golf
- ◆ Visit parks and trails



- ◆ Have a picnic outside
- ◆ Contact local businesses, such as The Music Village, to learn about online classes, or The Pigeon and The Hen Pottery, for to-go kits for at-home art.

MEAP

818 E. Jefferson Blvd.
South Bend, IN
46617

574-287-1879
800-388-0154

Michiana Employee
Assistance Program

AARCINFO.ORG

Michiana EAP is available to you and your family throughout the COVID-19 pandemic by telephone with the capacity to schedule video sessions using our HIPAA compliant telehealth platform, doxy.me. We will begin returning to in-person appointments just as soon as we can. Please know that our top priority is your safety, and we are taking the necessary precautions to prevent the spread of COVID-19 in our community.



Making Jam

With more time at home, many are experimenting with new recipes. As we enter the summer season of local berries, consider making some home-made jam for your family and neighbors. The following recipe is for strawberry jam, and includes the following simple ingredients:

- ◇ 2 lbs fresh strawberries
- ◇ 4 cups white sugar
- ◇ 1/4 cup lemon juice

The total prep time is 20 minutes, and the cook time is also 20 minutes, so this is something you can find some time to try!

In a wide bowl, crush strawberries in batches until you have 4 cups of mashed berry. In a heavy bottomed saucepan, mix together the strawberries, sugar, and lemon juice. Stir over low heat until the sugar is dissolved. Increase heat to high, and bring the mixture to a full rolling boil. Boil, stirring often, until the mixture reaches 220 degrees F (105 degrees C). Transfer to hot sterile jars, leaving 1/4 to 1/2 inch headspace, and seal. Process in a water bath. If the jam is going to be eaten right away, don't bother with processing, and just refrigerate.

To test for jelling- Place three plates in a freezer. After about 10 minutes of boiling place a tsp of the liquid of the jam onto the cold plate. Return to freezer for a minute. Run your finger through the jam on the plate. If it doesn't try to run back together (if you can make a line through it with your finger) it's ready to be canned! Find the recipe at: allrecipes.com

