

Dear AngelRide family,



I want to reach out and let you know that we at AngelRide are thinking about you all. We join you in doing our best to understand the effects of the Covid-19 virus on our community at large, and the AngelRide community in specific.

The Angel Charities Board is closely monitoring updates from the Connecticut Department of Health <https://portal.ct.gov/Coronavirus>, CDC and WHO. I am honored to serve on the Angel Charities Board with Fred Brooke and Lynn McCarthy - founders of AngelRide, plus Amy O'Connor and Andy Pandiani. We are forming a measured and responsible plan to keep our community safe and healthy. We understand that the situation remains quite fluid and we will monitor that closely.

AngelRide will be held as scheduled on May 23<sup>rd</sup>. As is the 17-year AngelRide tradition, we continue to put plans in place for a well-supported, safe, exceptional ride.

If changes need to be made, we will be sure to consult our AngelRide Community to ensure the best possible contingency plan(s). One way or another, we will work together so that we can continue our good work with The Arthur C. Luf Children's Burn Camp.

All that being said, this is a bit stressful huh! In a yoga class I attended this week, an exceptional yogi (Lynn McCarthy) shared how the simple act of keeping a gratitude journal can change your brain chemistry to alleviate stress and promote happiness. If journaling is not for you, simply pausing and thinking of what you are grateful for has the same calming, healing effects. You may be interested in learning more from these TED Talks:

<https://thegoalchaser.com/ted-talks-on-gratitude/>



Gratitude for, and the well-being of our family of riders and volunteers has always been the essence of AngelRide. Thank you for all you have done - and continue to do - to help AngelRide help the kids. If you have questions, we are here for you. Feel free to reach out.

Gratefully,

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