



March 20, 2020

Dear Jubilee community:

As I write this letter, my heart is filled with gratitude for our community and the blessings we bring to each other. Everyone is doing their part to keep our community safe. From the people we support who are staying at home, to our staff who show up every day with a cheerful face intent on keeping spirits up, and our office staff who are hard at work keeping the organization running and creating new protocols and trainings in uncharted territory. To see our current protocols, visit our [COVID-19 webpage](#).

Our mission to create community and connect friends is more important now than ever. To that end, I am happy to share with you new resources to help keep people engaged while they are at home.

JubileeCare

On our brand new [JubileeCare webpage](#) we have compiled ideas for activities to keep both our minds and bodies active during this at-home time due to the COVID-19 pandemic. Please take a look at the page, and see what activities appeal to you.

Jubilee Radio

I'm excited to share with you that my daily "open door" phone call, now renamed Jubilee Radio, is now also a video chat. This is a resource and a daily opportunity for our community to stay connected. I welcome people we support, their families, and our staff to call-in between 12:30 and 1 Monday through Friday. We'll be hosting special guests to share their experiences, thoughts, and questions during this time. Just this week we hosted Alex Rivas, Erika Ketler, and Steve Brent among others. If you'd like to be a featured caller, or have ideas for topics, please reach out to Genevieve Leary at gleary@jubileemd.org. Here is the dial in information, and additional instructions for using zoom are included at the bottom of this letter.

12:30 – 1pm

Monday – Friday

Web: <https://zoom.us/j/143179387>

Zoom App: Meeting ID: 143 179 387

Dial in Number: (929) 205-6099; Meeting ID: 143 179 387

One tap mobile +19292056099,,143179387#

Biggest Winner through Spirit Club

Every Friday at noon the Spirit Club is hosting a free exercise class for Jubilee, which you can join from the comfort of your own home. This is open to all Jubilee staff and the people we support. You don't need any special equipment as it is mostly body weight.

Join Zoom Meeting

Web: <https://us04web.zoom.us/j/369540385>

Meeting ID: 369 540 385

One tap mobile

+1(929) 205-6099,,369540385#



These are anxious times, and I want to share with you some wisdom from Nelson Mandela. As you may recall, Mandela knew quite a bit about loneliness, fear, and bravery. He spent 27 years in prison before becoming president of South Africa. Mandela said, "I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear."

Be brave my friends. Together, we will get through this time. I will plan to keep in touch routinely with everyone. As always, please feel free to reach out to me or Jubilee staff with any questions.

With gratitude,

Steve Keener
Jubilee Executive Director

How to Use Zoom

Log on early to the web address via any computer, tablet or smart phone to address any glitches before the program start time.

1. From your tablet, smart phone or computer ***with a camera, microphone and speakers*** go to the web page listed above. See how they are different for both Jubilee Radio and Spirit Club's Biggest Winner.
2. If you have not used Zoom before you will be prompted to download and run the Zoom software. A .zip file will download and you will have to follow prompts to download the launcher.
3. (If you have used zoom from that device) You will be prompted on how to join the audio portion of the conference. Here you can select your preference- join by computer audio (recommended) or join by phone (better for some, particularly if you don't have a mic or speakers on your computer)
4. After you are in the "room" you will see a mic icon and (if you have a camera) a video icon appear at the bottom of your screen in a black bar.
5. If there is red hash mark over either (like /) then you are "muted" or the camera is not being accessed.

For additional instructions please [click here](#) or you can reach out to Genevieve Leary at gleary@jubileemd.org and she will make sure you get connected.