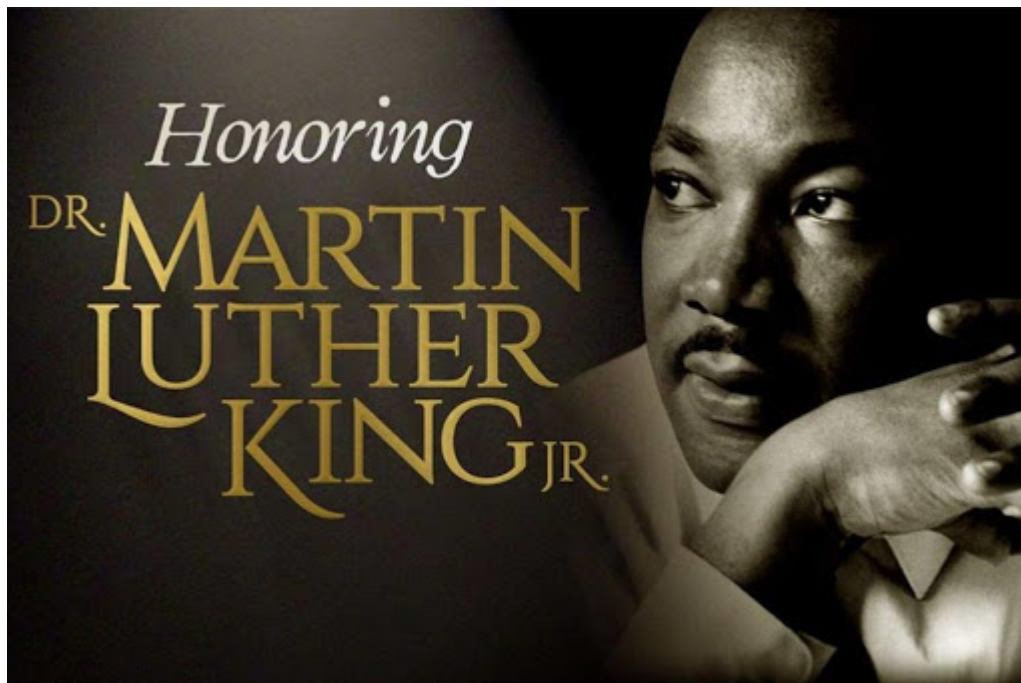


# TOWN MANAGER'S WEEKLY REPORT



## UPCOMING MEETINGS & EVENTS ...

- ✓ **Town Offices Closed:** Monday, January 18, in observation of Martin Luther King, Jr. Day
- ✓ **Planning Commission:** Wednesday, January 20, 6:00 PM
  1. Comprehensive Plan Workshop
- ✓ **Workshop – Town Council & Planning Commission:** Monday, January 25, 5:00 PM – 6:30 PM – Electronic Meeting
- ✓ **Town Council Meeting:** Wednesday, January 27 – 6:45 PM Public Hearing, followed by Regular Meeting, Electronic Meeting
- ✓ **Sussex County Association of Towns Steering Committee:** Friday, February 5, 9:00 AM, First State Community Action Agency
- ✓ **Delaware League of Local Governments:** Cancelled until further notice





## Mental Health Check-In



### Take a breath of fresh air.

Taking a walk and enjoying the outdoors is a perfect way to ground yourself during this unusual time. Delaware's state forests and many county and municipal parks are free year-round. Practice social distancing, please!



### Take care of yourself.

If you are feeling anxious, download a meditation or mindfulness app. Taking time to journal, exercise, and eating healthy foods are all gentle ways to give yourself some much needed care.



### Take regular breaks from media.

It can feel overwhelming to constantly read or watch news and social media updates. Take a media break and engage in self-care activities like coloring books, watching a movie, playing with your pets, reading, or puzzles.



### Call or text a loved one.

Reach out and connect to someone you love with a text, video or phone call. Just remember: we are all navigating this situation together.

**Most of all, remember that you are resilient.**

[de.gov/coronavirus](https://de.gov/coronavirus)



DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Public Health



# TOWN MANAGER'S WEEKLY REPORT



***THIS REPORT AND ANY ATTACHMENTS ARE ONLY BEING SENT  
ELECTRONICALLY UNLESS OTHERWISE REQUESTED***

*In an effort to better inform Council, employees and the public about current Town activities and issues, the Town Manager issues the Town Manager's Weekly Report with highlights from department activities for the current week. The report is published online and distributed every Friday. If you have comments, questions or suggestions regarding the Town Manager's Weekly Report, please contact Town Manager.*