

We're
HERE
for YOU!

Ride remains open.

Designated as an essential business, we are operating at full capacity.

For more info, [click here.](#)

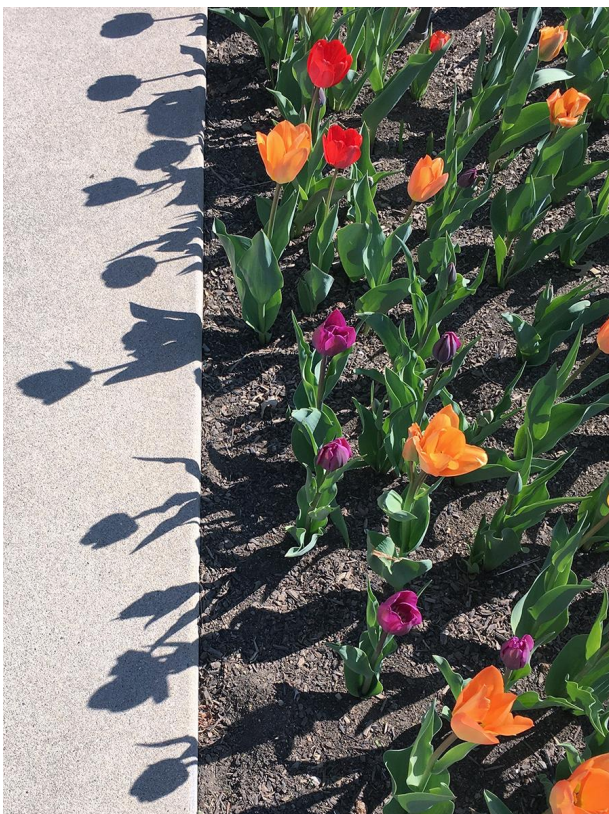
Health and navigating challenging times

We hope you are all healthy and safe. We're sharing some resources in the hopes that they may be helpful in dealing with this pandemic...

New Mobility magazine has regularly-updated COVID-19 information, specific to people with disabilities, online [here](#).

Advice on what to have ready for medical emergencies... assume that the hospital staff will know nothing about your disability needs. Read about it [here](#).

Strategies to maintain your emotional well-being while social distancing have been posted by Craig Hospital, [here](#). Another blog post with ideas about how to stay healthy, how to help manage anxiety, and what to do if your caregiver becomes ill, is [here](#).



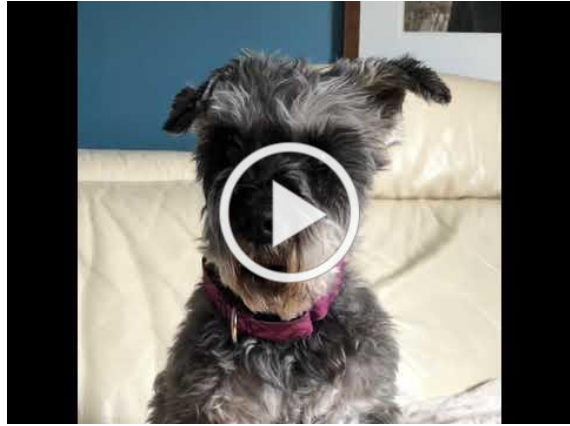
"TO BE HOPEFUL in bad times is not just foolishly romantic. It is based on the fact that human history is a history not only of cruelty, but also of compassion, sacrifice, courage, kindness.

What we choose to emphasize in this complex history will determine our lives. If we see only the worst, it destroys our capacity to do something. If we remember those times and places—and there are so many—where people have behaved magnificently, this gives us the energy to act, and at least the possibility of sending this spinning top of a world in a different direction.

And if we do act, in however small a way, we don't have to wait for some grand utopian future. The future is an infinite succession of presents, and to live now as we think human beings should live, in defiance of all that is bad around us, is itself a marvelous victory."

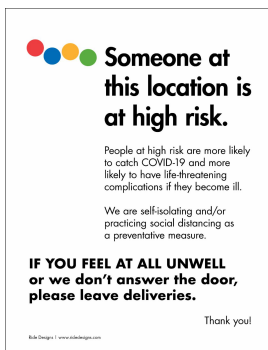
Fun Finds / Resources

• **Pluto addresses "the internets in this time of crisis"...** If you're not already aware of this talkative miniature schnauzer's broadcasts from the "Canadaland," it's smile-inducing. Pluto Living is the creation of world un-reknowned wildlife photographer, NJ Wight. More on "[the YouTubes.](#)"



• **Keep moving...** Check out the numerous free live and recorded adaptive exercise and fitness classes you can participate in from Disabled Sports USA [here.](#)

Thanks for reading,
Your friends at Ride Designs



P.S. If you somehow missed the last newsletter... the most-viewed item was a simple cautionary poster (8.5 x 11") that can be printed, distributed, and posted as appropriate. Cut off the bottom if it doesn't apply and/or add a personal message within the white space if you like. Feel free to share. Download the pdf print file [here.](#)

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