Ride On!



We're here for you, and your clinician...

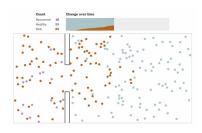
Following the guidance of the CDC, Department of Homeland Security, Federal, state and local government agencies, we currently remain open for business, at full capacity. Our manufacturing facility is



designated as essential. As such, we will continue to remain operational to the fullest extent permitted by law and in compliance with all required safety and health regulations. Any changes to our operational status will be posted on our website.

Navigating COVID-19

While all the closures and cancellations are daunting, it's truly an act of solidarity: attempting to "flatten the curve" and give nurses, doctors, and hospitals a fighting chance.



Learn more about how social distancing may affect infection rates by watching these amazing animations from the Washington Post

Craig Hospital has offered some ideas about how to stay healthy, how to help manage anxiety, and what to do if your caregiver becomes ill, <u>here</u>. While the article is directed to individuals with spinal cord or brain injuries, the advice is applicable to all.

Cautionary poster for those at high risk

We're concerned about those individuals who, for whatever reason, may be at high risk for the COVID-19 virus. So we designed a simple cautionary poster (8.5 x 11") that can be printed, distributed, and posted on doors/windows as appropriate. Chop off the bottom if it doesn't apply and/or add a personal message within the white space if you like. Time to be creative:)

The pdf print file is <u>here</u>. Feel free to share.





and not down at your feet.

Try to make sense of what you see and wonder about what makes the universe exist. Be curious.

And however difficult life may seem, there is always something you can do and succeed at. It matters that you don't just give up."

— Stephen Hawking

Fun Finds / Resources

- Need a diversion? Want to REALLY get outside? Google helps you explore US National Parks via 360-degree virtual tours. Watch and explore here. Video shows some of the behind the scenes work.
- If you favor the **underwater realms**, check out the amazing webcams at the Monterey Bay Aquarium, here.



- An Irish priest's **poem** about the coronavirus lockdown: "Yes there is fear. But there does not have to be hate. Yes there is isolation. But there does not have to be loneliness," wrote Richard Hendrick. Read the whole poemhere.
- **Rub a dub dub**... A free website that generates hand washing instructions accompanied by lyrics from a song of your choice, instantly. Try it <u>here</u>.

Thanks for reading, Your friends at Ride Designs



P.S. If you somehow missed the last newsletter... the most-viewed article was about Michael Franz including the Ride Java Cushion among products that have positively affected his health and wellbeing. It's in the February issue of New Mobility magazine, here: "Identifying the Game Changers So You Don't Have To."

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