Sometimes we are given the opportunity to get a glimpse into the lives of others, or walk a mile in their shoes, if you will. During this current time of uncertainty, we are all out of our comfort zones; some of us may be experiencing anxiety that is unusual or foreign to us in our daily routines. Some are facing socio-economic uncertainties that we never would have anticipated a few months ago. Being out in public is uncomfortable – even shopping for groceries is stressful and questionable. These feelings are all unsettling to us – but many people deal with these and more every single day. Let’s take this as a mindful opportunity to build empathy and carry this knowledge with us when we get back to the ‘old normal’ we are all longing for. In the meantime, we hope this issue will provide you with some helpful tips for dealing with stress and anxiety during these unprecedented times. Here’s to brighter days and social gatherings ahead. Take care and be well!

On the Horizon…

**US CENSUS**

It’s happening now!

Use these outreach materials to remind your students to complete the 2020 CENSUS - online, by mail, or by phone.

See the Marketing Toolkit for more Census resources!

**MAEA Conference**

Our 2020 Conference has been postponed. Updates will be coming soon!

How can we help and support you NOW? Please take this simple survey to share your program’s immediate needs!

Keep your AWARDS nominations coming!

**PD Anyone?**

For some, this is a busier time than ever - others have a little time for professional development opportunities!

Check these out: The State PD Portal Distance Learning, WebEx, WordPress & Google resources at maineadulted.org - Practitioners

Lighten up! Find something fun in our Marketing Toolkit to celebrate and share with others!

Remembering Pat Hughes

Did you manage to find some humor on April Fool’s Day? Share your pranks with us!

Your 2019-20 MAEA Board member colleagues are: Nancy Allen, Josh Farr, Bill Grant, Stephanie Haskins, LeRae Kinney, Susan Knight, Allen Lampert, Tom Nash, Suzanne Nowinski, Shelli Pride, Thelma Regan, Jenny Rose, Ann Sargent, Kayla Sikora, Razell Ward - and Exec. Dir. Shirley Wright info@maineadulted.org