

MARCH 26, 2020

SUSD SUPPORT SERVICES NEWSLETTER



THANKFUL THURSDAY HOW CAN I HELP?

During times of uncertainty, it is normal to feel helpless and uneasy. You're not! There is power in love, compassion, and simple gestures of kindness towards others.



LETTERS OF KINDNESS



Now, more than ever, our world needs a way to connect and give gratitude for the many selfless and dedicated humans who are sacrificing their health and safety to serve us.

Our elderly population is especially isolated in assisted living or nursing care facilities.

Our medical professionals and first responders are working overtime.

Grocery store clerks are keeping food on the shelves and available for our families.

hello,
anxiety.

i acknowledge you,
i feel you inside my chest,
but it is time for you to
move on.

i claim this day.
i own these moments.
my hope is greater than
my fears.

// topher kearby

WHERE DO I START WITH MY POSTCARDS?!

Please consider sending a short note to your local grocer, hospital, or Assisted Living Facility.

Nearby Assisted Living Facilities:

- Hospice of the Valley 5801 E. Mayo Blvd. Phoenix, AZ
- Villa Ocotillo 3327 N. Civic Center Plaza Scottsdale, AZ
- The Springs of Scottsdale 3212 N. Miller Road Scottsdale, AZ
- Scottsdale Village Square 2620 N. 68th Street Scottsdale, AZ
- All Seasons Adult Care 7208 E. Solano Dr. Scottsdale, AZ

THANK
YOU

Grocers:

- Fry's Food and Drug 20427 N Hayden Rd Scottsdale, AZ 85255
- Bashas' 10111 E Bell Rd Scottsdale, AZ 85260
- AJ's Fine Foods 23251 N Pima Rd, Scottsdale, AZ 85255
- Target 15444 N. Frank Lloyd Wright Blvd. Scottsdale, AZ 85260

Here are some suggestions to make things run smoothly:

Be creative! This is a project for anyone of any age, can be done individually, or as a family. You might write a note of thanks, draw a heart or anything you think symbolizes love, kindness, gratitude, etc...Younger children might make a card with stickers! Family and friends near and far would also love a handwritten note from you!

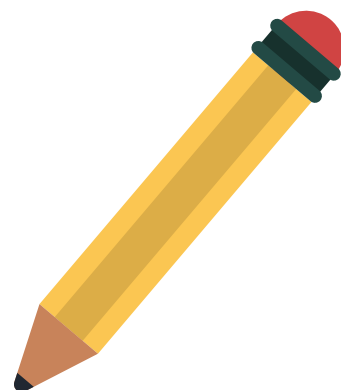
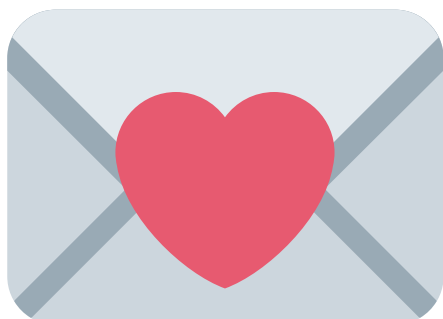
Examples of what you can write:

You are not alone! Sending love and a hug from (your name(s) or city).

This is a hug from me to you!

Thank you for your service and dedication.

I appreciate you!



Still Struggling?

Reach out to your support team

Arcadia

Prevention Coach/Social Worker:
Whitney Hess Whess@susd.org

Guidance Counselors:
Kelley Ender, kender@susd.org
Ruth Hart, rhart@susd.org
Sonya Kim, skim@susd.org
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Chaparral

Prevention Coach/Social Worker:
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Coronado

Social Worker:
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Guidance Counselors:
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Robert Liebman, rliebman@susd.org
Julie Stephan, jstephan@susd.org

Desert Mountain

Prevention Coach:
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Saguaro

Social Worker:
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Tonalea K-8

Social Worker:
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District Support K-12

Social Worker:
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Clinical Support Coordinator:
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Middle School Guidance Counselors

Echo Canyon

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Ingleside

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