

12:44:45 From Somnath Konduru to All panelists : Hello - I can hear audio music playing

12:45:24 From Jane Feyl : Jane, hi from Indiana! Internet's not reliable. hope to be with you for most of the webinar

12:45:40 From Rick Ryan Palang : No worries

12:46:33 From Lisa Martin to All panelists : Lisa M from Tampa FL

12:46:36 From Jane Feyl : hi Rick! will chat and slides be available after the session?

12:46:51 From crevollar to All panelists : Hi C Revollar from Glen Oaks Library/Queens Library-NY

12:47:16 From PLA Webinars : Hi Jane, a chat transcript will be available along with the recording. There aren't any slides.

12:47:30 From Janet : Great music!

12:47:34 From Giovanna Iannace to All panelists : Hello: This is Giovanna from Harrison, NY

12:48:08 From Ursula Juarez-Wall to All panelists : Nice selection!

12:48:38 From Jane Feyl : thank you! I don't want to miss any of the valuable information shared today

12:48:50 From Tamela Smith to All panelists : nO, SORRY, I AM TRYING TO MULTI-TASK BEFORE WE START.

12:48:52 From Jeanmarie Embler to All panelists : Agree the the fabulous music. Are we in Scotland??

12:49:11 From PLA Webinars : Recording and chat transcript are typically available within 1-3 business days... and sometimes even sooner.

12:49:45 From Heather McGuirk to All panelists : hello

12:49:47 From PLA Webinars : I believe it's Danish... by Sorensen.

12:50:11 From PLA Webinars : And now some Haydn.

12:50:51 From Jeanne Fondrie to All panelists : Hello from NW WA state (Bellingham). Music was Shine You No More, by Danish String Quartet (thanks Shazam app!)

12:51:09 From Jeanne Fondrie : Hello from NW WA state (Bellingham). Music was Shine You No More, by Danish String Quartet (thanks Shazam app!)

12:52:11 From Alex Anaya to All panelists : Hello from Burnaby BC

12:52:42 From Somnath Konduru : Hello all - From NY, Finkelstein Memorial Library

12:52:57 From Louisa Whitfield-Smith : Hi all from Jackson, MS, and the Mississippi Library Commission

12:53:00 From Alan Bernstein to All panelists : Hello From Maywood NJ Public Library

12:53:04 From Alex Anaya : Hello from Burnaby, BC!

12:53:11 From Andrea Lam : Hi everyone from sunny Burnaby, BC

12:53:17 From Karen Gresham : Hello from Richmond, VA

12:53:17 From Andrea Lam : Hi Alex!

12:53:26 From Cassie Leclair-Marzolf : Greetings from Salt Lake City, UT

12:53:37 From milsafernandez : Hello everyone from the Bronx, NY

12:53:37 From wynne prindle : Hello from Northern Nevada

12:53:38 From Laura Bernheim to All panelists : Hello from Massachusetts! (Arlington technically but representing Waltham Public)

12:53:40 From Elizabeth Theris-Boone : Hello from Mobile, AL :)

12:53:42 From Gabriela Perez-Mendoza : Hello from Salem, Oregon :)

12:53:44 From Alex Anaya : Hi Andrea!
12:53:46 From Mahogany Skillings : Hello from Columbia, SC
12:53:46 From Rick Ryan Palang : Greetings from NY
12:53:50 From Carrie Kurata : Hello from Cerritos Library, CA
12:53:51 From Kysh Clemons to All panelists : Hello from Atlanta -
Fulton County Library System
12:53:52 From Caitlyn Stever to All panelists : Hi from Hudson
Valley NY
12:53:52 From Yahaira López to All panelists : Hi
12:53:55 From lila saab to All panelists : Hello from Oakville,
Ontario , Canada!
12:53:56 From Paula Keith to All panelists : Hello from
Georgetown, KY
12:53:56 From Shannon Barron to All panelists : Hi from
Pittsburgh!
12:53:57 From Jeffrey Hamilton to All panelists : Greetings from
Raleigh, NC
12:54:01 From Kirsten Brodbeck-Kenney to All panelists : Hello
from Lincoln City, OR!
12:54:08 From Diane Johnson to All panelists : Hello from Center
Sandwich, NH
12:54:11 From Kumkum Bhandari to All panelists : Hello from
Burlington, Ontario
12:54:12 From Caitlyn Stever : Hi from Hudson Valley NY
12:54:16 From MAMIE ENG to All panelists : From Valley Stream, LI,
NYH
12:54:17 From Tiffany Harkleroad to All panelists : hello from
Butler Area Public Library in Butler PA
12:54:20 From Elizabeth Szczurek-Raub : Hello from Waseca, MN
12:54:20 From Leann Lehner to All panelists : Hi to all from
Southern Wisconsin!
12:54:20 From Kathryn Tipton to All panelists : Hi from Eagle, ID!
12:54:21 From Ursula Juarez-Wall to All panelists : Hello from
Virginia!
12:54:21 From Elena Coelho to All panelists : Hello from Ocean
City, MD
12:54:23 From Donna Seaton to All panelists : Hello from
Evansville IN
12:54:26 From Kathleen Ryczek to All panelists : Hello from
Streamwood, IL
12:54:26 From Jen Ohzourk to All panelists : Hello from St. Louis,
MO
12:54:28 From Samantha Loree to All panelists : hello from
Detroit, MI!
12:54:34 From William Dickinson to All panelists : Hello from
Goshen, NY!
12:54:37 From Emily Cannaverde : Hello from North GA
12:54:43 From Kathryn Tipton : Hi from Eagle, ID!
12:54:44 From Cynthia Webber to All panelists : Greetings from
Northern Baltimore County, Maryland
12:54:45 From Heather McGuirk to All panelists : western MA here!
12:54:51 From Arlene Caruso to All panelists : Hello from Florida!
12:54:54 From Paul Amberg to All panelists : Hello from Dickinson,
ND

12:54:54 From Missy Miller : Hello from Southern Pines, NC
12:54:54 From Deborah Peters to All panelists : Hi from NYC!
12:54:56 From Jennifer Walker : Good afternoon from Grand Prairie TX
12:54:57 From Nannette Troyan : from Ohio County Public Library in
Wheeling WV!
12:54:58 From Myrna Sigal to All panelists : Hello from Suffern,
NY
12:55:02 From Luis Rodriguez to All panelists : Hello from Austin
TX
12:55:07 From Gina Valenti to All panelists : Hello
12:55:22 From Amanda Trower to All panelists : hello from Kenai,
AK
12:55:35 From Beth Edwards : Good Afternoon from the Winston County
Library in Louisville, MS! Beth Edwards
12:55:37 From Kathleen Ryczek : Hi from PCPLD in Streamwood, IL
12:55:38 From Janet Makoujy : Hello from rainy New City, NY
12:55:44 From Emily Dowie : Hi from Rockland County, NY
12:55:48 From Tamela Smith to All panelists : Hello from Barbour
County, WV
12:55:53 From Victoria Kowanetz : Hello from Queens Public Library
12:55:55 From Luis Rodriguez : Oops for to say Hello to fellow
Attendees
12:56:00 From Kip Roberson to All panelists : Hello from sunny and
warmish La Grande, OR
12:56:05 From Tiffany Harkleroad : hello from Butler Area Public
Library in Butler PA
12:56:09 From Jack Lombard : Hello from Ft. Myers, Fl
12:56:12 From Abbie A. (she/her) : Sending you Seattle-area sunshine
from King County Library System!
12:56:13 From Zachary Marcotte : Hello from snowy Wisconsin.
12:56:14 From Suzanne Mills : Hello from Oregon City, Oregon!
12:56:21 From Emily Morgan : Hello from Leesburg, FL
12:56:28 From Rio Aucena to All panelists : @ Victoria Hey
Victoria! Hello from New Rochelle Public Library at New Rochelle, NY!
12:56:29 From Dulce M Juarbe to All panelists : Dulce M. Juarbe
12:56:31 From Samantha DiPietro : Hello from Long Island, NY
12:56:33 From Korin Rosenkrans : Hi from Hackettstown NJ, the home
of M&Ms!
12:56:34 From Marie Trapasso : Hello from rainy NY
12:56:37 From Ashley Kapellen to All panelists : Hello from
Sheboygan, WI
12:56:38 From Anneliese Finke : Hello from it's-actually-snowing-
outside Sheboygan, Wisconsin!
12:56:39 From Missy Curry to All panelists : Hello from
Greensburg, KY
12:56:39 From Anne Reed to All panelists : Hello from Brookline MA
12:56:41 From Jamie Daisey to All panelists : Hi from Los Angeles
12:56:41 From CARol Oberton to All panelists : Hi from Bellingham
WA
12:56:43 From Stephanie Seegobind to All panelists : Hi from NY
12:56:46 From Matt Kirschner : Hello from South Brunswick, NJ!
12:56:49 From Tamara Jordan to All panelists : Hi from Loudon, TN!
12:56:50 From Hannah Spratt : Hello from rainy NYC!

12:56:51 From Kathleen Sullivan Long to All panelists : Hello from Oceanside, CA
12:56:55 From Amanda Birro to All panelists : Hello from Nyack, NY
12:56:55 From Zachary Marcotte : I already said that, Anneliese. :P
12:56:58 From Susan Lyles to All panelists : Hope all are well from Shorewood, WI Public Library-Susan Lyles
12:57:02 From Aleya Stone to All panelists : Hello from Tyler, TX!
12:57:04 From Courtney Greenblatt to All panelists : Hello from Brooklyn, NY
12:57:08 From Amanda Birro : Hello from Nyack, NY
12:57:09 From Wendy Allard to All panelists : Hello from sunny and hot Mississippi Gulf Coast!
12:57:09 From Mari Martin to All panelists : Hello from Gloucester, MA! Raining, not snowing. :)
12:57:12 From Dina Brasseur to All panelists : Hello from Acushnet, MA!
12:57:14 From Dulce M Juarbe to All panelists : Dulce M. Juarbe Eastchester NY
12:57:16 From Katie Cheramie to All panelists : Hello from Lockport, Louisiana!
12:57:18 From Aleya Stone : Hello from Tyler, TX!
12:57:18 From Abbie A. (she/her) : Goodnessgracious, sn*w!
12:57:18 From Courtney Greenblatt : Hello from Brooklyn, NY
12:57:21 From Lisa Jones to All panelists : Hello from Baltimore MD!
12:57:21 From Heather Martz to All panelists : Hello from Fayetteville, GA
12:57:23 From Missy Curry : Beautiful weather in KY
12:57:24 From Kelli Miller to All panelists : Hello from WI-forecasted possible SNOW this weekend!
12:57:27 From Robin Walden : Hello from Brentwood, Tennessee
12:57:27 From Shayna Ross to All panelists : Hello from Pittsburgh, PA
12:57:33 From Genny Carter : Hello from sunny Jackson, TN.
12:57:34 From Melissa Brown to All panelists : Hello from Tampa, FL
12:57:35 From Lisa Nye to All panelists : Hi from Williston Park, NY
12:57:38 From Abbie A. (she/her) : (I have a librarian friend who considers sn*w a 4-letter word...)
12:57:39 From Julie Sisson to All panelists : Hello from Everett, WA
12:57:41 From Antonio Forte to All panelists : Yonkers, NY...rainy and really lousy outside
12:57:41 From Cait Vogtman to All panelists : Hello from Harford County MD
12:57:47 From Antonio Forte to All panelists : Hello everyone!
12:57:48 From Suzie Muniak to All panelists : Hello from Ohio!
12:57:49 From Lisa Nye to All panelists : lol
12:57:50 From Tamiko Welch to All panelists : Hello from Los Angeles, CA
12:57:52 From Krystal Laharty to All panelists : Hello from rainy Westerly, RI

12:57:53 From Essy Barroso-Ramirez to All panelists : hello from Santa Cruz California!

12:57:54 From Kelli Miller : Hello from WI- forecasted possible SNOW this weekend

12:57:58 From Rick Ryan Palang : I love snow only when not driving in it

12:58:00 From Francisco Miranda : Hello everyone, from The Field Library in Peekskill, NY

12:58:00 From Danielle Wallace : Hello from Baltimore, Maryland.

12:58:01 From Otter Bowman to All panelists : Hello from Columbia, MO - formerly from NYC & upstate NY :)

12:58:06 From Francisco Miranda : Snow is evil.

12:58:17 From Trish Byrne to All panelists : Hello from Mamaroneck Public Library in NY.

12:58:19 From Victoria Kowanetz : LOL @ the snow is evil comment. So true.

12:58:20 From Sharon Long : hey from the new NY epicenter Long Island 🙄

12:58:25 From Mari Martin : Hello from chilly and rainy (thankfully not snowy) Gloucester, MA! :)

12:58:27 From Linda Lewis : Hello from the Western Slope of Colorado

12:58:33 From Heather McGuirk to All panelists : i love snow. It's all rain here right now.

12:58:34 From Cynthia Rider : Hello from Burlingame California

12:58:37 From Lisa Nye to All panelists : I'm from Long Island Nassau County

12:58:40 From Stephanie Walker to All panelists : Hi from Bristol PA

12:58:40 From Marina Ponce to All panelists : Hello, from the Hamilton Public Library, Ontario

12:58:41 From Rick Ryan Palang : It' pretty and fun to ski...but anything else you need to do driving with with snow is terrible

12:58:42 From Cynthia Hohl to All panelists : Hello from Kansas City

12:58:49 From Donna Seaton to All panelists : I agree snow is an evil four letter word. :(

12:58:51 From Daniel Glauber to All panelists : Hello from the suburbs of NYC

12:58:57 From Stephanie Walker : Hi from Bristol PA

12:58:59 From Stephanie Struglia : Hello from Delaware

12:59:02 From Cristina Teixeira to All panelists : Hello from British Columbia!

12:59:04 From CARol Oberton to All panelists : Tulips blooming here in the PNW

12:59:12 From Sandra Haase to All panelists : Hello! Sandy Haase from Brown Deer Library, Wisconsin

12:59:13 From Francisco Miranda : Not a fan of snow. Thankfully it is raining in NY at the moment.

12:59:13 From Cynthia Rider : Sorry to hear about Long Island

12:59:13 From Jenny Cole to All panelists : Hi from Burlington, WA (north of Seattle)

12:59:15 From Michelle Sharp : hello from Indiana!

12:59:16 From Anne Crawford : Hi from

12:59:17 From Oscar Gittemeier to All panelists : Hello from Atlanta

12:59:19 From Dori Eisenstat : Hi from Rochester NY! We had snow this morning. grr

12:59:24 From Cynthia Rider : Snow!

12:59:26 From Cindy Maxey to All panelists : Hello from Shaker Heights, outside Cleveland Ohio.

12:59:26 From Arlene Weible : Snow is nature's way of encouraging social distancing!

12:59:27 From Pamela Lamberger to All panelists : Greetings from Fishers IN, where we've survived a strong storm system overnight - wind, rain, hail - WILD!

12:59:28 From Mary Westbrook : Hello from rainy Philly!

12:59:30 From Tracy Williams : Hello from warm and sunny Florida!

12:59:32 From Anne Crawford : Ponte Vedra Beach, south of Jacksonville Beach in Florida

12:59:33 From Danielle Colbert-Lewis to All panelists : Raleigh, NC

12:59:33 From Cristina Teixeira : Hello from British Columbia

12:59:33 From Cynthia Rider : Keeps people inside at least.

12:59:35 From Kristen Newcomb : HI from Berwyn IL

12:59:39 From Jessica Korpi to All panelists : Snow in northern MN this morning also

12:59:39 From Patricia Webster to All panelists : Good morning from...RAINY Santa Cruz CA! :)

12:59:39 From Barbara Battles to All panelists : Hi from NJ

12:59:40 From Noel Yount to All panelists : hello from New York , home of the Love Gov...

12:59:47 From Diane Hurley to All panelists : Hello from South Brunswick, NJ We just had a bad storm come through.

12:59:48 From Judy Schewe to All panelists : Hi from Naples, NY. yup snow this a.m.

12:59:48 From Daniel Glauber to All panelists : It is rainy here in Putnam Valley NY

12:59:48 From Cynthia Rider : Can you add maple syrup to it?

12:59:51 From Margaret Hatanaka to All panelists : Hi from Glendora CA!

12:59:53 From Jill Essenburg to All panelists : Hello from Hudsonville, Michigan

13:00:00 From Cynthia Rider : (too many Laura Ingalls Wilder books as a kid)

13:00:02 From Ashlee Williams : Hello from NE Tennessee

13:00:03 From JILL WELLS to All panelists : Hello from Norman OK

13:00:06 From Vicky Schmarr : Greetings! from Delaware County (Ohio) District Libraries

13:00:06 From Lisa Stout to All panelists : Hello from Corvallis, OR

13:00:10 From Jessica Korpi to All panelists : Good question :)

13:00:12 From Matthew Baiocchi to All panelists : Good day, all!

13:00:15 From Melissa Byrd to All panelists : Hello from sunny after the storm with trees down all around me Northern Kentucky

13:00:18 From Kim Nordon-Parks : Hello from sunny Tampa, FL

13:00:26 From Shayla Scott : Hi from Charleston, SC

13:00:26 From Laura Keyes-Kaplafka to All panelists : @ Cynthia - Nice LIW reference
13:00:38 From Betsy King to All panelists : Hello from St. Louis where it was 90 degrees yesterday and today the forecast high is in the 50's!
13:00:43 From Andrea San Andres : Hello from Burlingame, CA!
13:00:45 From Janet Williams : Greetings from Georgia
13:00:47 From Christy Franzman to All panelists : Hello from Fishers, IN!
13:00:48 From Laura Deneen : Hi from Cumberland MD
13:00:53 From Susan Paredes to All panelists : hello from Queens library Kew Gardens hills Susan
13:01:01 From MaryAnn Reiner to All panelists : greeting from MaryAnn Monroe Township NJ
13:01:02 From Margaret Kingsport : Hi from Fayetteville, NY
13:01:03 From Louisa Whitfield-Smith : Hello, Beth!
13:01:04 From Candace Bradbury-Carlin to All panelists : Hello from Massachusetts!
13:01:09 From Amanda Young to All panelists : Hello from Decatur, IL!
13:01:11 From Amelia Rodriguez : Hi from story Central NJ (just got storm warnings through my Alexa)
13:01:15 From Jennifer White to All panelists : Good afternoon
13:01:16 From Ruth Trask to All panelists : Hello from Greeley CO!
13:01:22 From Kristen Valyi-Hax : Hello from New Baltimore, MI!
13:01:23 From Tabatha Yoder to All panelists : HI, From Crivitz, WI
13:01:26 From June Zhou : Hello from San Diego County Library
13:01:27 From Lisa Stout : Hello from Corvallis, OR
13:01:30 From Renee Wallace to All panelists : hello from Winchester, KY,
13:01:31 From Susan Terrone to All panelists : Hi from Parsippany NJ
13:01:34 From Rene Bue to All panelists : Hello from Janesville, WI!
13:01:37 From Tabatha Yoder : HI from Crivitz, WI
13:01:38 From Melanee Barash to All panelists : Hello from Santa Cruz, CA
13:01:48 From Susan Rollings : Hello from the Adirondacks
13:01:52 From Theresa Olah to All panelists : Hello from Orange County, California
13:02:04 From KATHLEEN ROBERTSON to All panelists : Greetings to all from Arapahoe Libraries in sunny Denver, Colorado
13:02:08 From Emily Appleton : hello from LAPL
13:02:10 From Veronica Hastings to All panelists : Hello from South Carolina
13:02:20 From Dan Watkins to All panelists : Hello from The Colony, TX
13:02:20 From Janice Cantrell to All panelists : Hello from Fulton County Public Library Atlanta Janice Cantrell
13:02:22 From Melanee Barash : Oops. I sent it just to panelists. Let me repeat--hello from Santa Cruz, CA
13:02:28 From Matt Kirschner : Hello from South Brunswick, NJ!
13:02:30 From Stuart Horowitz : Hunkered down in Huntington, NY

13:02:32 From Abigail Duffany to All panelists : Hello from North Jersey!

13:02:38 From Beth Borene : Hello from Delaware!

13:02:39 From CHRISTEL ELLIS : Greetings to all. Christel Ellis in NYC -- from NYPL

13:02:44 From Veronica Hastings : Hello from SC

13:02:46 From Nicole Guenkel to All panelists : HI from the Hudson Valley, NY

13:02:47 From Susan Terrone : hello from Parsippany NJ

13:02:49 From Sacha Timmons : Hello from Eagle Idaho

13:02:51 From Rick Ryan Palang : Hope everyone stays safe and healthy wherever you are from

13:02:52 From Dan Watkins : Hello from Dallas

13:02:53 From Josh Mitchell : Good morning from Julian, CA!

13:02:54 From Jamie Daisey : Hi from rainy and cold Los Angeles

13:02:55 From Otter Bowman : Hi from Columbia MO

13:02:55 From KATHLEEN ROBERTSON : Greetings to all from Arapahoe Libraries in sunny Denver, Colorado

13:02:57 From Carey McKinnon : Hello from Solvang CA

13:03:01 From Deborah Weltsch to All panelists : Here in Tillson, NY

13:03:03 From Bob Albrecht to All panelists : hello from Waxhaw North Carolina!

13:03:03 From Lori Wright : Hello from Huntington Beach, CA

13:03:05 From Julia Bernal : Hello from Santa Cruz, CA!

13:03:05 From Suraya Jairam : Hello from NY, QPL.

13:03:07 From Jungwon DeVone to All panelists : Hello from Franklin Park, NJ

13:03:07 From Arlene Caruso : Hello from sunny Florida!

13:03:10 From Cynthia Webber : Hello from windy Northern Baltimore County, MD

13:03:11 From Kelly Jones : Hello from Columbia, SC

13:03:15 From Joy Cichewicz : Hello from Ypsilanti, MI

13:03:15 From Renee Wallace : hello from Winchester, KY

13:03:15 From Kristin Starnes to All panelists : Hello from Corvallis, Oregon!

13:03:15 From Colleen Law-Tefft : Hello from Sherburne NY

13:03:16 From Andra Steele : Hello from Oakville, Ontario, Canada

13:03:18 From Deborah Dutcher to All panelists : Hello from Concord NH

13:03:18 From libstaff to All panelists : Hello from Menlo Park!

13:03:20 From Emily Lopez : hello from Los Angeles Public Library

13:03:20 From Melissa Byrd : Hello from sunny after the storm with trees down all around me Northern Kentucky

13:03:22 From Mahogany Skillings : Hey Kelly!

13:03:22 From Laona Fleischer : Hello all -- here from sunny and windy Brookfield (Oak Park) Illinois

13:03:22 From Olga Bell to All panelists : Hi from West Nyack NY

13:03:23 From Tarena Caffee to All panelists : Hello from Tarena in Virginia

13:03:27 From Melanee Barash : Hey Julia!! Nice to know you're here too!

13:03:29 From Julia Cuddahy : Hello from New Jersey!

13:03:34 From Beth Borene : lol@Melissa!

13:03:35 From Jarrod McCarty : Good Afternoon from Owensboro,
Kentucky
13:03:37 From Tina Dolcetti : hello from Moose Jaw, Saskatchewan!!
13:03:38 From Amadei Fiocchi : greetings from ga!
13:03:39 From Anita Khurana to All panelists : Hello from Brampton
Library, Canada
13:03:41 From Trina Schlecht to All panelists : Hello from
Georgia!
13:03:43 From Krystina Humbert to All panelists : Hello from NYC!
13:03:47 From Kelly Jones : Hi Mahogany! :)
13:03:51 From Julia Bernal : Hi Mel! Good to see you here, too!
13:03:52 From Terri Foster to All panelists : Hello from
Meyersdale, PA
13:03:56 From Janice White : Hi from Coppell, TX (near Dallas)
13:03:57 From Olga Bell : Hi from rainy West Nyack NY
13:04:01 From ohara to All panelists : hello from Nineveh, Ny
13:04:01 From Ted Lujan : Hello from City of Commerce Public
Library, CA
13:04:02 From Sandra Neri to All panelists : Hello from Berwyn
Illinois!
13:04:08 From Randi Carter to All panelists : Hello from St. Louis
Public Library. ©
13:04:09 From Jeanmarie Embler : Hi From Parsippany, NJ
13:04:18 From Janet Makoujy : Hello Olga! Janet from NWC
13:04:19 From Joslyn Baca : hi from monterey, CA!
13:04:24 From Cindy Fesemyer : HI from Madison, WI
13:04:24 From Philip Boulton : Santa Cruz is well represented :)
13:04:34 From Melanee Barash : Yay! Hi Phil!!
13:04:37 From Yesenia Velasquez : Yesenia, NYPL. Hi!
13:04:39 From Olga Bell : Hi Janet!
13:04:41 From Julia Bernal : Hi Phil!!
13:04:48 From Renee Sheehan to All panelists : Hello from Raleigh
NC
13:04:50 From Allison Robbins to All panelists : Hi from Ossining,
NY
13:04:52 From Katharina Himsel : Hello from Milwaukee WI
13:05:10 From Tiffany Harkleroad to All panelists : @Joslyn my
brother lives in Monterey, so lovely there!
13:05:13 From Lynn Hutchins to All panelists : Hi from Birmingham,
AL
13:05:13 From Jenny Santomauro to All panelists : Hello from
Gloucester, Mass!
13:05:15 From ohara to All panelists : Pat from Nineveh Public
Library
13:05:16 From Claudia Stadtmauer to All panelists : Hello from
South Brunswick NJ
13:05:20 From Tiffany Harkleroad : @Joslyn my brother lives in
Monterey, so lovely there!
13:05:23 From Glory Okeagu : Hello from NLN
13:05:28 From Susan Terrone : Hi Jean-Marie!! from Annette & Sue
(Parsippany Library)
13:05:44 From Luz Villalobos to All panelists : Hello from San
Diego, CA
13:06:12 From Patty Langley : Hi from DE

13:06:22 From Marina Zavgorodnyaya : Hello from KCLS WA
13:06:26 From Korin Rosenkrans : Hi Parsippany Family!
13:06:28 From Gail Sheldon to All panelists : Hello from Montgomery Alabama!
13:06:36 From Linda Hoffman to All panelists : Hello from WoodlandPark, NJ
13:06:45 From sarah sewell : Hi from central Arkansas
13:07:10 From Jeanne Fondrie : @Marina - hi KCLS from WCLS
13:07:11 From Beth Edwards : no video of debra...
13:07:13 From Mary Alderfer : i can't see the speaker/
13:07:21 From Deborah Weltsch : Can you share the speaker's screenplease?
13:07:24 From Lisa Jones : Can't see the speaker
13:07:31 From Mari Martin : Can only see photos of Angela and Kathleen
13:07:34 From Kristen Allen-Vogel to All panelists : Are we supposed to be seeing the speaker, or her screen, because we're getting neither.
13:07:36 From Kirsten Brodbeck-Kenney to All panelists : Are there slides that accompany this?
13:07:37 From Abbie A. (she/her) : yes, wd love to see the slides
13:07:40 From Candace Bradbury-Carlin : Where is speaker's screen?
13:07:43 From Mari Martin : Can't see slides.
13:07:45 From Matt Kirschner : I think she called in. No video. Just audio.
13:07:52 From Lisa Martin : Can't see the presenter screen.
13:07:54 From Cynthia Rider : Speakers screen please!
13:07:55 From Lisa Jones : Are their slides? if so, I can't see them.
13:07:57 From Angela Maycock : Debra is on the phone and we are not sharing slides today.
13:07:59 From Rachel Lamantia to All panelists : Are we supposed to see slides?
13:08:11 From Leah Zilbergeld : Hello from NYPL
13:08:13 From Candace Bradbury-Carlin : Can only see Angela and Kathleen
13:08:17 From Patricia Webster to All panelists : Are there slides with this presentation?
13:08:28 From Linda Lewis : Lost the audio...
13:08:33 From Trina Schlecht to All panelists : Thanks for clarifying, Angela!
13:08:35 From Linda Lewis : back now.
13:08:52 From Cynthia Rider : But she's throwing out so much info!
13:08:55 From Nancy M Nau to All panelists : hello from Greece Public Library
13:08:56 From Angela Maycock : Please share your questions for today's presenters here in the chat!
13:08:56 From Cynthia Hohl : I completely disagree with stating that this situation is our "new normal" since we are all coping through this unusual time. It is my every hope that we will return to a society where we will utilize our redeveloped social skills to navigate public spaces safely. Hope that everyone stays healthy during this time of library closures.

13:09:08 From PLA Webinars : FYI there are no slides to see during these COVID-19 webinars.

13:09:16 From Randi Carter to All panelists : No video

13:09:35 From Katie Edwards to All panelists : That's too bad, I'm a visual learner!

13:09:42 From Cynthia Rider : Are we still in gathering info then?

13:10:00 From Susan Moore to All panelists : presenters audio is erratic

13:10:31 From Otter Bowman : yes

13:10:36 From Abbie A. (she/her) : (I'm getting stress and anxiety from my difficulties focusing without visual cues from a presentation giving me highlights of what is being said--we're all used to having that during these webinars...)

13:10:40 From Deborah Weltsch : Thank you! Binge-watching helps...

13:10:47 From Leah Zilbergeld : I like the timer idea to curtail too much information intake

13:10:51 From Mari Martin : I agree Abbie.

13:11:31 From Somnath Konduru : The problem is news has become bias, and opinionated, there are very few real reporters. So you wind up watching original sources, that are real long and takes time.

13:11:34 From Rachel Lamantia to All panelists : Reading, Netflix, Yoga all help. I like the limit the news idea

13:11:36 From Lisa Nye to All panelists : I was putting so much stress on myself the first two weeks I was home

13:11:48 From Angela Maycock : Great suggestions, Rachel!

13:11:50 From Abbie A. (she/her) : hand-out? there's a hand-out?

13:11:50 From Cynthia Rider : What handouts?

13:11:56 From Beth Edwards : Some of my family members are doing puzzles and paint by numbers

13:12:09 From Mary Portley : Will we get a link to handouts?

13:12:10 From Rachel Lamantia to All panelists : Puzzles are good! We have some board games to play

13:12:20 From Nannette Troyan : handouts?

13:12:41 From Tiffany Harkleroad to All panelists : for me the stress comes from conflicting information from the experts, such as the topic of wearing masks

13:12:51 From Tiffany Harkleroad : for me the stress comes from conflicting information from the experts, such as the topic of wearing masks

13:13:38 From Mary Westbrook : I agree, Tiffany, so I always go for the old adage of "better safe than sorry."

13:13:49 From Danielle Tapper to All panelists : I 100% agree Tiffany. Its hard to know who to trust. And then convey that with your library/town leadership.

13:13:58 From Lisa Nye to All panelists : I would get nervous seeing people in masks and gloves. Now they are asking for us to wear them in NY

13:14:05 From Cecilia Barham to All panelists : where can we find the handouts

13:14:23 From Deborah Weltsch : It would help if our president didn't give conflicting statements every other day--and gaslight when questioned on the 180

13:14:33 From Lisa Nye to All panelists : I agree

13:14:34 From Francisco Miranda : My anxiety is triggered by being at home and not working and not being able to go to restaurants, movies, etc. I also feel anxious when I do have to go out to the supermarket :(

13:14:49 From Deborah Weltsch : no sound

13:14:56 From Anne Crawford : We have people acting like nothing is going on at supermarkets which is mind-blowing.

13:15:09 From Lisa Nye to All panelists : Very true

13:15:15 From Abbie A. (she/her) : @Francisco, do you have grocery delivery or order-and-pickup options where you are?

13:15:23 From Emily Appleton : When I get anxious in real world stuff I like to throw myself into work, but now that is all blended into a big mush of real life and work all terrifying

13:15:31 From Samantha Loree : my anxiety is not knowing when things will return to normal and how to best help our patrons right now

13:15:33 From Rachel Lamantia to All panelists : Thank you for clarifying Angela

13:15:33 From Anne Crawford : I find balancing work from home (while my husband does, too), digital schooling with our daughter, and just endless uncertainty being stressful.

13:15:50 From Claudia Stadtmauer to All panelists : Our country is not prepared. People need libraries and resources. We can fill these shoes big time! We have to get creative!

13:16:00 From Somnath Konduru : wearing masks info came from other experts not the president

13:16:01 From Deborah Peters to All panelists : Are Attendees on Video, too?

13:16:04 From Abbie A. (she/her) : Right now my fatigue makes it hard to focus on the auditory without visual cues.

13:16:12 From Mahogany Skillings : The uncertainty is my biggest issue. No idea when things will go back to a semblance of normalcy

13:16:12 From Stephanie Walker : Agree with the balance of work and home life. Very stressful

13:16:17 From Paula Keith : My adult daughter already experiences major anxiety issues and this crisis is escalating this.

13:16:18 From PLA Webinars : Only speaker video is enabled.

13:16:24 From Deborah Peters to All panelists : OK--tks

13:16:26 From Patricia Webster to All panelists : I listen to Dr. Fauci CDC & US Surgeon General VADM Dr. Adams

13:16:28 From Deborah Dutcher to All panelists : Working (with more work than ever) at home has me feeling like I am sleeping at work and I just can't escape.

13:16:45 From Haley Shaw : The uncertainty is probably my biggest anxiety issue. Especially as a recent MLIS grad who is still searching for a career position

13:16:48 From PLA Webinars : Handout link:

13:16:49 From PLA Webinars : <http://www.ala.org/pla/webinars/covid-19/managing-stress-handout>

13:16:49 From Jennifer Kuessner to All panelists : Anne -what do you mean about the grocery stores?

13:16:53 From Melanee Barash : It feels like the world just keeps narrowing. My walks with my dog were stress-busting, but now Santa Cruz has closed all parks and beaches so being in nature isn't an option.

13:16:54 From Somnath Konduru : i.e. change of stance on masks. South Korea, Japan, Hongkong, China, large % of population wear masks

13:17:22 From CHRISTEL ELLIS : The anxiety for me comes from people who are not practicing social distancing correctly in stores. Sometimes delivery is not an option foodwise...because of staff shortages. or unavailable slots. Additional stress is arranging medication delivery, especially when your local pharmacy is closed..I think I came very close to having a panic attack when I had issues arranging delivery of medicine.

13:17:25 From Francisco Miranda : @Abbie - Yes I do. However, I also go out because I can't stand being stuck indoors all day

13:17:26 From Tiffany Harkleroad : I will say that the way my state government is handling things is really helping over ride the anxiety produced at the federal level

13:17:36 From Claudia Stadtmauer to All panelists : Self Care!!!!

13:17:37 From Renee Wallace : most helpful thing I've done is stop going to Twitter. it was great for me before the pandemic, but now I do not need the combative stuff

13:17:39 From Stephanie Garcia to All panelists : Agreed. Homeschooling my 3 yr old and working late into the night but still "on" during regular work hours while being available to staff that are also remotely working

13:17:43 From Francisco Miranda : It's a double edged sword for me. I hate being indoors but also worry about being outdoors

13:17:59 From Janet Birckhead : Reading poetry

13:18:11 From Abbie A. (she/her) : Yes! Poetry!!

13:18:12 From Tiffany Harkleroad : if anyone likes CBT methods, the app Woebot has helped me a ton the past two weeks

13:18:35 From Deborah Weltsch : NUTRITION!!!

13:18:37 From Cynthia Rider : What does CBT mean?

13:18:47 From Lisa Nye to All panelists : Thank you Tiffany

13:18:48 From Jennifer Kuessner to All panelists : Not understanding the closure of nature. It was my best way to combat stress.

13:18:49 From Abbie A. (she/her) : Cognitive Behavioral Therapy

13:18:54 From Cynthia Rider : Thanks

13:19:03 From Danielle Tapper to All panelists : Good sleep is super hard these days with a seven month old. It was hard before the pandemic and now its super hard.

13:19:08 From Mary Westbrook : I live alone, in the city, so it's hard to go outside and maintain social distancing. I still go for a daily walk, wearing a mask.

13:19:10 From Emily Appleton : Everyone I know, myself included, is having sleep issues

13:19:17 From Claudia Stadtmauer to All panelists : I sleep too much!

13:19:17 From Crystal Logan-Syrewicze to All panelists : my anxiety is about feeling a lack of meaning in life right now. my two things have always been helping people at the library and making people laugh. i can't help people at the library right now, and people don't want to laugh right now. life and time feels completely meaningless right now

13:19:18 From Deborah Weltsch : Keep waking up in the night... Must be anxiety

13:19:24 From Dina Brasseur : Thanks for sharing CBT info! Will try that app!

13:19:29 From Tiffany Harkleroad : sunlight, which is hard to find sometimes in Western PA

13:19:31 From Abbie A. (she/her) : part of CBT is changing how you think by changing what you tell yourself/internal scripts

13:19:36 From Julie Sisson : I have been making myself shower and get dressed in real work type clothes every day.

13:19:38 From Lisa Nye to All panelists : I am having horrible time sleeping

13:19:41 From Donna Seaton : I try to break my day into segments-work, myself time and virtual time with family and friends and keep my time positive and healthy.

13:19:42 From Anne Crawford : Sometimes just reading outside on your driveway or lanai in the sunshine feels great!

13:19:43 From Anneliese Finke : For people mentioning poetry, you can sign up for a poem-a-day from <https://poets.org/>

13:19:43 From Mahogany Skillings : Yeah. I wake up repeatedly during the night

13:19:45 From Deborah Dutcher to All panelists : I fear all this necessary distances now will only feed the unhealthy divisions that existed prior to COVID

13:19:46 From Francisco Miranda : One of the things that helps is going on walks.

13:19:50 From Crystal Logan-Syrewicze : my anxiety is about feeling a lack of meaning in life right now. my two things have always been helping people at the library and making people laugh. i can't help people at the library right now, and people don't want to laugh right now. life and time feels completely meaningless right now

13:19:51 From Amelia Rodriguez : Sleep has been difficult. I've found if I force myself to stay up later than I normally would, I've been sleeping better but still shorter than normal

13:19:51 From Janet Birckhead : Questio: Suggestions for when you can't sleep.

13:19:54 From Peter Dean to All panelists : any advice if I have trouble sleeping because of the threat of Covid?

13:19:56 From Aleya Stone : If you can get it, Just Dance games are a wonderful fun way to exercise at home

13:19:56 From Jennifer Kuessner to All panelists : Sunlight is linked to boosting immunity.

13:19:58 From Francisco Miranda : I have problems sleeping at night as well.

13:20:07 From Deborah Weltsch : Thoughts on melatonin or valerian?

13:20:09 From Claudia Stadtmauer to All panelists : Listen to MUsic and have a dance party

13:20:11 From Tiffany Harkleroad : putting on work clothes and makeup has helped me mentally

13:20:15 From Francisco Miranda : Also going to sleep too late.

13:20:15 From Stephanie Walker : Knitting and crocheting help me to relax

13:20:16 From Anne Crawford : I love doing Just Dance with my daughter. I'm going to try that today to try and sleep better tonight.

13:20:24 From Beth Edwards : make yourself a regular schedule - bedtime, wake up time, get dressed every morning - routine helps

13:20:38 From Stephanie Garcia to All panelists : Cosmic Yoga with my daughter has been fantastic and diverting

13:20:38 From Shayna Ross to All panelists : I try to do some kind of exercise every day (taking a long walk, push-ups, anything) and try to cook healthy meals and snacks. I'm still struggling with sleep at times but I do maintain a regular bedtime

13:20:43 From Cassie Leclair-Marzolf : I coordinate a daily dance break over slack for anyone who is logged on there and working from home. It's a quick moment of exercise AND for connecting socially with coworkers

13:20:52 From Amelia Rodriguez : I change into daytime clothes vs my PJs, still sweats and a tshirt, just change it up each day so it's like getting dressed

13:20:55 From Allie Schwartz : I listen to sleep stories in the Calm app - they have free content but educators can apply to get full access through their calm classrooms (and by extension libraries) initiative.

13:20:59 From Tiffany Harkleroad : sleep focused guided meditations have also helped me with insomnia issues

13:21:04 From Mary Westbrook : I also make a short to-do list each day, including work stuff and fun stuff.

13:21:10 From Joslyn Baca : exercise has been CRUCIAL for me to help anxiety. beachbody on demand has been a lifesaver. and yes to getting dressed everyday!!

13:21:18 From Beth Edwards : Calm app awesome

13:21:22 From Anneliese Finke : Yeah, I have never dressed so nicely to work as I have in this period - it's actually fun (if you enjoy that sort of thing) to get dressy, and it separates out your work time

13:21:39 From Amy Oberts : This has been an amazing resource for me and my colleagues:

https://www.virusanxiety.com/?utm_source=Shine&utm_medium=Blog&utm_campaign=Top_Nav

13:21:40 From Ruth Jiu to All panelists : I have had long term insomnia issues and personally, I find that yoga has helped as well as herbal teas. Also, focusing on gratitude and the positives, even the seemingly little things, helps.

13:22:04 From PLA Webinars : Handout link:<http://www.ala.org/pla/webinars/covid-19/managing-stress-handout>

13:22:37 From Terrylee to All panelists : Will we have access to notes for this webinar to share with co-workers. Hello from Terrylee Harrington in Blaine, WA (WCLS)

13:23:10 From Angela Maycock : Attendees will receive the webinar recording as well as the chat transcript.

13:23:11 From Anneliese Finke : Also that we stay in contact for work but also make space within that for the same sorts of fun/casual conversations we would have at the library, I am definitely thankful for my coworkers in that regard

13:23:23 From Leslie Masland : Like Elsa said, let it go! Works wonders.

13:24:02 From Dana Roberts : Question for Presenters: As a supervisor, how can we be balancing our expectations of our staff during this time of extreme stress? There are lots of expectations for libraries to be innovative with programming and virtual options for our patrons, but I'm also seeing a lot of staff stress and anxiety due to stay at home orders, county orders, etc.

13:24:17 From PLA Webinars : A follow-up email will be sent to all registrants, and this email will include links to the webinar recording, chat transcript, and handout. Typically sent within 1-3 business days.

13:24:23 From Beth Edwards : great time to clean out your closets, dresser drawers, refrigerators, paperwork, etc.

13:24:25 From Cecilia Barham to All panelists : I have the same question, Dana Roberts

13:24:29 From Mary Westbrook : my department has slack channels for both work stuff and fun stuff. it's been great still connecting with them.

13:24:43 From Emily Appleton : We use basecamp and Google chats

13:24:51 From Anneliese Finke : Mary, same here

13:24:54 From Deborah Weltsch : If you feel you need professional help--some therapists do phone therapy sessions...

13:24:59 From Claudia Stadtmauer to All panelists : My stress comes from thinking I am going to catch the virus

13:25:03 From Susan Terrone : I agree with you Beth - that's what we've been doing

13:25:09 From Laona Fleischer : we've been using slack too -- great and Friday google hangout happy hou

13:25:54 From Emily Appleton : possibility with probability. I like that

13:26:04 From Allie Schwartz : In group therapy we always said "thoughts are just thoughts" and "feelings aren't facts"

13:26:05 From PLA Webinars : +100

13:26:18 From CHRISTEL ELLIS : Depending on your cellphone, newer Samsung devices can get a 6 month Premium subscription to CALM free. I think you have to open the Samsung Health app and look for the blue card that refers to the 6 Month Calm subscription. Read the details carefully as your card will be charged at the end of the trial. Older Samsung devices may be ineligible as it also is contingent on the version of Android the phone runs.

13:26:20 From Somnath Konduru : If we have a set time every evening or night when everyone meditates, prays, observe silence, allow only positive thoughts for like 5 minutes - I mean entire country.

13:26:21 From Korin Rosenkrans : I try to keep it light with the staff with funny memes

13:26:21 From Emily Appleton : another one i like is "feelings aren't facts"

13:26:42 From Kristen Valyi-Hax : Good one, Emily Appleton.

13:26:47 From Laura Deneen to All panelists : I like the focusing on what I can control

13:26:48 From Louisa Whitfield-Smith : For the managers question about balancing drive for innovation and employee stress, I've found the following resource incredibly helpful (and I say that as a MBTI fluent but skeptical ENTJ): <https://www.psychologyjunkie.com/2015/08/02/how-each-mbti-type-reacts-to-stress-and-how-to-help/>

13:28:12 From Abbie A. (she/her) : taking MBTI with appropriate sodium, of course.

13:28:22 From Louisa Whitfield-Smith : Abby, of course. A lot of manager "bad behavior" I've heard about from colleagues around the nation comes from people whose stress style is not their direct reports stress style. So action oriented types driven to innovate texting their direct reports at 9 pm on a weekend, or loyalists who want to prove their

usefulness to funding authorities endangering staff by staying open longer than they should.

13:28:37 From Louisa Whitfield-Smith : large heaping tablespoons of salt

13:28:39 From Beth Edwards : I am calling some of my older patrons who live alone and checking with them. They seem to appreciate it.

13:29:08 From Susan Terrone : good idea BETH

13:29:10 From Deborah Weltsch : we're calling older patrons too!

13:29:10 From Louisa Whitfield-Smith : love that, Beth

13:29:49 From Emily Appleton : I like the social stuff but I would also like to hear more about helping/supporting others, not just having others support us. Can you address that?

13:29:57 From Lisa Nye to All panelists : I called the parents from my preschool and baby and toddler programs. They really appreciated hearing from me.

13:30:09 From Patricia Webster : Forgot to set Chat to Attendees as well : I listen to Dr. Fauci CDC & US Surgeon General VADM Dr. Adams

13:30:10 From Julie Bradford to All panelists : I volunteer to be the silly person!!!

13:30:13 From Korin Rosenkrans : a few of my staff have called patrons. I reached out to a couple of book club members

13:30:26 From Cecilia Barham to All panelists : Yes, I would love to hear more about how to support others -- ie my staff

13:30:43 From Emily Appleton : Korin, our adult librarian has held her book club via google hangouts. I've hosted teen council via hangout too

13:30:48 From PLA Webinars : Remember, everyone, when sending a chat message send it to "All panelists and attendees" rather than just "All panelists." Thanks!

13:30:53 From Kevin Hildreth to All panelists : I have e-mailed and called my library's volunteers to see how they are doing.

13:30:53 From CHRISTEL ELLIS : I agree Patricia. I listen to Fauci and General Adams.

13:30:58 From Laona Fleischer : I made a private FB group to host my book group

13:30:59 From Amelia Rodriguez : I look at what I need and make sure I'm there the same way for my friends. I've been trying to reach out to friends each day that I don't talk to daily, just a hi checking in what's new text or call

13:31:20 From CHRISTEL ELLIS : Some therapists do phone or Zoom sessions, BTW.

13:31:30 From Laona Fleischer : adding old photos of the group for levity

13:31:33 From Korin Rosenkrans : I'm a Korin, too. Never have seen anyone spell it this way other than me!!

13:31:41 From Susan Terrone : Your local church could be a good support too

13:31:43 From Beth Edwards : We are doing virtual programs for our patrons through our Facebook page - children, teens and adults

13:31:45 From Paula Keith : I've been reaching out to 2 of my work friends, who know me very well.

13:31:47 From Anne Crawford : Our Library System has been doing Virtual Programming for kids and for adults which has been a nice way to connect with patrons.

13:32:02 From Emily Appleton : same Anne
13:32:04 From Trina Schlecht to All panelists : We've been posting story times to our YouTube channel twice a week and we just started an adult book club online. It will meet every week.
13:32:24 From Arlene Weible : Regular exercise is a good way to help with sleep problems!
13:32:33 From Anne Crawford : I just did one on Internet Safety for Adults. Not fun like Storytimes, but hopefully helpful!
13:32:34 From CHRISTEL ELLIS : I think it would be best to talk to your doctor before using supplements as some can interact with medication or food...
13:32:44 From Heather McGuirk : Valerian can help short term if you really need to just get to sleep.
13:32:50 From Aleya Stone : be careful with melatonin. It frequently gives lots of nightmares to people who take it
13:32:52 From Laona Fleischer : @christel agreed
13:32:54 From Missy Curry to All panelists : Lavendar essential oil works well
13:33:19 From Emily Appleton : I've been having so many COVID nightmares. I don't need more
13:33:20 From CHRISTEL ELLIS : I use CALM, or SLEEPA apps to help me get to sleep....
13:33:23 From Missy Curry : Lavendar essential oil works well
13:33:24 From Crystal Logan-Syrewicze : I watch ambience videos on youtube at night to help me sleep. The creator I enjoy most is Miracle Forest
13:33:25 From Monica LaVold : I know it sounds weird, but I swear by the technique of doing math in my head to make myself fall asleep. I do multiples and it ALWAYS works
13:33:29 From Laura Keyes-Kaplafka to All panelists : My husband and I listen to audiobooks as we fall asleep - soothing voice helps.
13:33:36 From Paula Keith : How can I help my adult daughter, who lives with me? She already has anxiety problems, and is on medication and has a therapist. She is over the top with worry about bringing the virus home to my husband and I, who are both over 60.
13:33:37 From Claudia Stadtmauer to All panelists : Warm bath, hot tea...chamomile works great
13:33:43 From WENDY ISRAEL to All panelists : my therapist recommends if you can't sleep (tossing and turing) get out of bed, go to the couch and read. that way you don't just lay there winding yourself up about not sleeping
13:33:57 From Celine Metzsig : Epsom salt bath helps me sleep
13:33:58 From Abbie A. (she/her) : I'm finding myself staying up way too late because I want to do "me" things and "home" things after I finally disengage from my way-too-much-work as a manager. I was cooking last night 'til after midnight. It's silly!
13:34:01 From Alan Bernstein : I love listening to soothing classical music to ease me into sleep
13:34:03 From Stephanie Struglia : I believe melatonin is a hormone.
13:34:08 From wynne prindle : Sleeping with a weighted blanket has helped me
13:34:11 From Stephanie Struglia : <https://www.hormone.org/your-health-and-hormones/glands-and-hormones-a-to-z/hormones/melatonin>

13:34:11 From Somnath Konduru : Melatonin I heard is not recommended for people with thyroid issues, better to talk to endo before taking it

13:34:13 From Laura Keyes-Kaplawka : My husband and I listen to audiobooks as we fall asleep - soothing voice helps.

13:34:33 From Tina Dolcetti : how to be empathetic to customers without necessarily being able to help.

13:34:35 From Francisco Miranda : I use a melatonin tablet and melatonin body lotion. Very soothing.

13:34:35 From Leah Zilbergeld : second the classical music to ease into sleep

13:34:36 From Gabriela Perez-Mendoza : Any ideas on connecting with patrons that don't have access to virtual programming resources? Also, are you guys providing resources related to addressing patrons' stress/anxiety?

13:34:50 From Francisco Miranda : I should've bought a weighted blanket when I had the chance lol

13:35:00 From Tina Dolcetti : cats!!

13:35:27 From Abbie A. (she/her) : We've been sleeping to audiobooks for years! Helps stop the static in my head by giving me something else to focus on as I drop off. Have to be careful with content, tho, cuz it doesn't help if somebody starts shouting in the story, or if you wake up and somebody's being murdered or something.

13:35:39 From Paula Keith : I have a coworker that loves her weighted blanket. Does it make you hot while using it?

13:35:40 From Beth Edwards : Gabriela, simply call these patrons who don't have access to e-resources, if possible

13:35:56 From Jamie Brambley to All panelists : Yes, cats! 😊

13:36:05 From PLA Webinars : Cats +100

13:36:21 From WENDY ISRAEL to All panelists : i'm so sad i don't have any pets right now...just plants!

13:36:45 From Claudia Stadtmauer to All panelists : When this is over I'm going to be afraid to go out in problem. Is this going to be a common problem for some?

13:36:55 From Anne Crawford : For Mental Health Month, I plan to do a weekly Virtual Programming series called "Mental Health Break" and then dive into both non-fiction and fiction topics to take a break.

13:36:58 From Rick Ryan Palang : Well at my library we are doing community outreach. We least call people who may be isolated and alone. The ones I've gotten to call all happy just to hear a friendly voice. That helps keep people calm to know someone cares

13:37:00 From Wynne Prindle : Does not make me hot for some reason

13:37:08 From Cynthia Rider : Libraries are calm?

13:37:12 From Cynthia Rider : :^)

13:37:15 From Randi Carter to All panelists : I am guilty of watching a favorite show on Netflix or game before I sleep.👉

13:37:51 From Susan Terrone : That's really nice Rick

13:37:53 From Gabriela Perez-Mendoza : Anne that's a great idea!

13:38:00 From Kristen Valyi-Hax : I call just listening and being present "Bartender Mode." Sometimes people just need to talk.

13:38:09 From Korin Rosenkrans : Libraries are calm? Maybe for the patron. Ha!

13:38:09 From Rachel Jackson : For people who are calling, do you have a work phone? Or are you using your own phone?

13:38:15 From CHRISTEL ELLIS : Having weekly staff checkins makes me feel less isolated. My site manager did one and it was nice to see fellow library staff and we were able to chat during this troubled time...

13:38:23 From Ronni Krasnow : cats 1000%...I live alone and if I didn't have my cat, I'd be in trouble

13:38:27 From Beth Edwards : my own phone - not work phone

13:38:30 From Megan Stover : Rachel,

13:38:39 From Megan Stover : we're using our phones *67

13:38:43 From Anneliese Finke : We are using Zoom Phone to call patrons

13:38:44 From Mari Ayala : I think hearing from others on a community forum has been a great source of moral support for me. It makes me feel connected to the community. Whether it's people discussing store hours, product availability or exchanging humorous cartoons about this situation. Simply not feeling alone right now helps.

13:38:48 From PLA Webinars : Handout
link:<http://www.ala.org/pla/webinars/covid-19/managing-stress-handout>

13:38:49 From Lisa Nye to All panelists : I am using my phone and using *67 to block my number per my director

13:38:58 From Laona Fleischer : depending on relationship with patron. Mostly using google voice. those I am extremely close with I call from my cell phone.

13:39:09 From Stephanie Walker to All panelists : We are doing a lot of virtual programs to stay to connected to our community

13:39:19 From Dana Roberts : (re-posted) Question for Presenters: As a supervisor, how can we be balancing our expectations of our staff during this time of extreme stress? There are lots of expectations for libraries to be innovative with programming and virtual options for our patrons, but I'm also seeing a lot of staff stress and anxiety due to stay at home orders, county orders, etc.

13:39:24 From Abbie A. (she/her) : KCLS is holding "Support & Connect" sessions twice a week for all staff. My region of branches is also doing weekly region-wide and branch-team check-ins to stay connected to each other.

13:39:28 From Stephanie Walker : We are doing a lot of virtual programs to stay to connected to our community

13:39:33 From Tina Dolcetti : One guy either has two places to go. The library and the cafe. He only goes to one program and reads D&D manuals. A phone call goes a LONG way with him. And cute cat discussions! He appreciates the connection.

13:39:35 From Rick Ryan Palang : If you do want to call and have your phone number private, can do *67 and the number. Least to keep yourself safe

13:39:39 From Paula Keith : I have been going in for a few hours once a week to get some reconnect to my job and to get a few things done.

13:39:41 From Deborah Weltsch : Use our own phones to call patrons. Have weekly Zoom dept mmeetings. Great to SEE colleagues

13:39:50 From Janet Birckhead : Beth. Me too about having my cat with me.

13:40:01 From Sharon Long : good question!

13:40:07 From Randi Carter to All panelists : How do you know when your anxiety level is too much? And you might need to seek professional help?

13:40:39 From Beth Edwards : I'm in a small rural area, so I call and check in with my staff every other day.

13:40:47 From Arlene Weible : Acknowledging things are not normal goes a long way, supervisors!

13:40:53 From Paula Keith : Our staff is required to do some book reviews and 1 webinar and write-up a week. We also have to come up with ideas for our facebook page. We are doing a Facebook live once a week.

13:40:54 From Annemarie Dompe : echoing the use of google voice for making work-related calls

13:40:57 From Cynthia Rider : From Mari Ayala to Everyone: 11:38 AMI think hearing from others on a community forum has been a great source of moral support for me. It makes me feel connected to the community. Whether it's people discussing store hours, product availability or exchanging humorous cartoons about this situation. Simply not feeling alone right now helps.

13:41:11 From Cynthia Rider : What service are you using for this forum?

13:41:23 From Aleya Stone : Trust goes a long way with staff too

13:41:33 From Louisa Whitfield-Smith : agreed, Aleya

13:41:35 From Mary Westbrook : My supervisor checks in a couple times a week with staff just to say hi, offer any help, and a listening ear. It's really helpful.

13:42:29 From Lynne Miller to All panelists : We're trying something called Cisco Jabber to forward customer calls/reference questions to librarians at home. The program routes calls to and from the library's number, so staff's personal numbers are not revealed.

13:42:33 From Janet Birckhead : My director is holding weekly staff meetings via Zoom. It's great to be able to see everyone and hear their voices!

13:42:36 From Tiffany Harkleroad : my cat has crashed my virtual story time twice lol

13:42:38 From Aleya Stone : I've done weekly meetings with my staff in our Teams channel. We all take turns talking and go through these questions: How are you feeling right now? What are you working on? And what's making you happy right now?It's a great way to generate conversation and be productive

13:42:39 From Dana Roberts : Thank you!

13:43:05 From Lisa Nye to All panelists : My director is using gotomeetings every week. Its nice to see everyone

13:43:17 From Mari Ayala : @cynthia ryder. In my community there are private facebook pages for community members. I know Nextdoor exists, and has some value. However the closed facebook page has been great! I am wondering how many people have access to those or if maybe libraries use their own page that way? I feel lucky to have mine, and that it's truly my community (where i live).

13:43:22 From Dori Eisenstat : There is a lot of pressure right now to come up with new, innovative ways to do programming and reach out to our patrons, at the same time there is a lot of family pressure ... family needs attention, everyone is around, and the situation is tough on all family memers

13:43:38 From Louisa Whitfield-Smith : agreed, Dori

13:43:58 From CHRISTEL ELLIS to All panelists : When collaborating with colleagues remotely, how can you deal with ones who are not pulling

their weight in task completion? Aside from reiterating what you need? Sometimes the patience can wear very thin...

13:44:07 From Danielle Tapper to All panelists : Agreed Dori!

13:44:07 From Abbie A. (she/her) : <https://hbr.org/2020/03/what-your-coworkers-need-right-now-is-compassion?autocomplete=true>

13:44:08 From Aleya Stone : Sometimes coming up with the new innovative programming ideas can be completely overwhelming

13:44:17 From Louisa Whitfield-Smith : yes

13:44:26 From Jamie Brambley to All panelists : yes!

13:44:41 From Beth Edwards : Suggest everyone watch Lady Gaga's concert 4/18/2020 - her focus is "Kindness"

13:44:51 From Jeanmarie Embler : We created a YouTube channel were we are posting a whole schedule of things.

13:44:52 From Aleya Stone : There's so much content going out online right now too. I worry we're all working super hard to do virtual programs and oversaturating our patrons

13:45:11 From Betsy King : want to give a shout-out to managers at St. Louis Public Libraries. While we are encouraged to create digital content and pursue online learning during this time, they have not made this stressful and have definitely kept expectations manageable and provided adequate support.

13:45:14 From Tiffany Harkleroad to All panelists : yes Aleya me too

13:45:23 From Lisa Nye to All panelists : Aleya, That's what my director said this morning

13:45:26 From Jamie Brambley to All panelists : agree Aleya

13:45:31 From Tiffany Harkleroad : yes Aleya me too

13:45:37 From Annemarie Dompe : Aleya, feeling this in my personal life! @aleya stone

13:45:45 From Trudy Jorgensen-Price : we got permission from author/illustrator/publisher to put a walkable story up in our library windows facing out. community can walk around the building to read the story and post their own pictures that they draw to social media and tag the library. at the start of the story we remind them to maintain social distancing as they walk around the library reading. programming without the staff being in the library at all.

13:45:45 From Louisa Whitfield-Smith : I think it's important to focus on just 1-2 core essential services as a library instead of chasing so much. Give your staff a lot of grace, consistency and reliability. Do not ask a full work week. I really like what Grand Forks Public Library is doing on this front as well as many Mississippi libraries

13:45:53 From Annemarie Dompe : so many zoom gatherings, live-streams, etc

13:46:07 From Aleya Stone : Glad I'm not the only one feeling that way.

13:46:12 From Mari Ayala : @dorieisenstat I am hearing the same. I also feel the same on days in which school homework dominates my day. I also think the pressure is on for many library staff at libraries to be "creative" and some of those people don't have programming backgrounds. I think it adds stress at a time when we all are feeling it financially, emotionally, etc. Thank you for raising that point!

13:46:15 From HEATHER JOHNSON to All panelists : As a supervisor to the at-home library staff I created for them an at home "schedule" to use as a guideline and a document with links to at home learning/ "work"

tasks (links to webinars, free classes, articles, podcasts). This has been a huge help in the staff being less stressed and overwhelmed. I also call them once a week to check in and we have a virtual staff meeting on Mondays to stay connected as a group visually.

13:46:19 From Rachel Lamantia : We are doing a full work week from home. Its a lot

13:46:22 From Louisa Whitfield-Smith : agreed Aleya

13:46:29 From Lauren Smiley : agreed

13:46:31 From CARol Oberton : not looking forward to re inhabiting our buildings and handling materials -as a facilities person what will be expected of the library staff- causing stress that I'm not particularly feeling now

13:46:32 From Dana Roberts : I'm glad to hear that I'm not the only one feeling overwhelmed at cultivating virtual programming

13:46:38 From Mari Ayala : Agreed, Lisa Whitfield.

13:46:40 From Janet Makoujy : When I start to fee overwhelmed, I just remember that my nephew's wedding has been postponed due to covid 19 and how much stress that is on him and his fiancé!

13:46:53 From Tanya Lindquist : Also, pressure from Library boards to prove that librarians are being productive during this time. They feel something is wrong if people are doing nothing.

13:47:01 From Aleya Stone : I think about my cousin Janet. She had her wedding postponed too

13:47:03 From Anne Reed : We have daily updates from the Library Director and staff have been sharing songs that they are listening to as well as fun projects, books they are reading, and other fun things to share internally as well as on our social media too.

13:47:29 From Mahogany Skillings : One of my coworkers just went ahead with their wedding - immediate family only.

13:47:45 From Mahogany Skillings : They feel it will be a fun story about how they got married during a pandemic.

13:47:50 From Renee Wallace to All panelists : @Dana, have you checked out the programming platforms available, like ReadSquared and Wandoo?

13:47:57 From Ronni Krasnow : definitely people with postponed weddings are very unlucky. I feel bad

13:47:58 From Jennifer Powell : I am doing a meditation every evening using facebook live on our facebook page.

13:47:59 From Beth Edwards : I, too, worry that our County Supervisors, who fund us, will think that, since we are closed, we are not being productive and may cut funding

13:48:06 From Deborah Weltsch : @Mari- Trying as a manager to have staff work to their strengths. Def have several go-getter programmers and some digital aces. But not everyone is expected to do that. Trying to provide a menu of CE and being flexible. Several staff are learning Spanish!

13:48:12 From Renee Wallace to All panelists : @Dana, knowing those exist has lessened my angst

13:48:17 From Janet Makoujy : Wedding was to be in UP Michigan and all but the bride's family would have had to fly in...

13:48:21 From Annemarie Dompe : yes: social distancing from news and social media! :D

13:48:34 From Danielle Tapper to All panelists : Not just boards but our town manager who is in charge of our library director. I worry

more about what life will be like when we actually get to open but potentially have to social distance still

13:48:39 From Louisa Whitfield-Smith : It is a dangerous time to be distracted. Only 2.5% of the population can actually multitask. The rest of us have a higher error rate. Asking for a full work week while people are trying to keep their family safe, working second jobs, dealing with such a stressful and anxiety inducing environment that is so triggering, adopting new safety measures, all while caring for others is A LOT

13:48:39 From Abbie A. (she/her) : Do you have suggestions for people grieving the loss of in-person connections during religious holidays like Passover, Easter, and Ramadan?

13:48:55 From Devon Griffin to All panelists : I have also been taking Spanish Mango languages has a really good Spanish for librarians course

13:49:03 From Lisa Nye to All panelists : It's so hard to multitask

13:49:05 From Danielle Tapper : Great question Abbie

13:49:06 From Aleya Stone : I wish there was a way for us to have these conversations outside of social media sites or webinars. It'd be great to have a platform for conversation

13:49:09 From Jill Essenburg : Hey Chelsea!

13:49:09 From PLA Webinars : Handout

link:<http://www.ala.org/pla/webinars/covid-19/managing-stress-handout>

13:49:14 From Dori Eisenstat : my children are older teenagers, but still they need me. they also aren't used to having me working at home. my husband has taken over the room where the door shuts, so I am in the dining room working, and they are interrupting me often. of course I know they need me and want to be there, but balancing it is very difficult.

13:49:27 From Renee Wallace : @Dana, have you checked out the programming platforms available, like ReadSquared and Wandoo?

13:49:35 From Kelli Miller : I have found that one of the silver linings of this pandemic is that I have more time to think about my projects- I also have been meeting with my team @ the library and distributing work among us- great for team building

13:49:39 From Renee Wallace : @Dana, knowing those exist has lessened my angst

13:49:48 From Danielle Minor : @Abbie What about FaceTime? That is if some do have access to it on ipads.

13:49:55 From Janet Birckhead : Where can we find the handout, for this webinar and ones we are viewing archived?

13:50:11 From Annemarie Dompe : going to attend an online seder tonight

13:50:17 From Abbie A. (she/her) : Of course people with access to the technology are using virtual/online tools for congregations

13:50:26 From Abbie A. (she/her) : but I'm asking about the feelings, the loss

13:50:30 From Deborah Weltsch : @ABbie--just Zoomed a Seder with my brother. We had to improvise some of the traditional foods. It was great!!

13:50:40 From Abbie A. (she/her) : So glad to hear, Deborah!

13:51:03 From Abbie A. (she/her) : A co-worker teared up in a virtual staff session this morning, talking about her virtual seder with family far away.

13:51:07 From Wenny Wallace : good questions thank you!

13:51:16 From CARol Oberton : Can you repost photos of our speakers
13:51:39 From Louisa Whitfield-Smith : been going to daily prayer
when I can online, my church had a Zoom seder last night, a good friend
and I take a break every day away from screens, I go out to my garden,
and he and I read a Psalm together over the phone
13:52:03 From William Dickinson to All panelists : Last Palm
Sunday I went for a walk listening to anthems that I remember singing on
that day in the past.
13:52:27 From Deborah Weltsch : That's a biggie! Going back...
13:53:11 From Michelle Brenner to All panelists : I can't seem to
get to the handout. The link just takes me to the resources page. Is the
handout there somewhere? There is so much listed there.
13:53:28 From Ronni Krasnow : I am afraid the longer we are closed,
the harder it will be to go back
13:53:29 From Emily Lopez : Change is always hard. We adjust, then
we adjust.
13:53:30 From Aleya Stone : Give yourself permission to feel is
important. Brene Brown talks about permission slips in her books a lot.
Definitely important to remember to give ourselves permission to feel,
take our time, etc.
13:53:32 From Kristen Allen-Vogel to All panelists : My church
sent out a recipe for communion bread using ingredients people are likely
to have in their home so we can take it together during Maunday Thursday
service today. Personally I'm going with a bit of an English muffin and
apple juice.
13:53:40 From Annemarie Dompe : Louisa, beautiful, thank you for
sharing
13:53:46 From Samantha Loree : Fancy coffees! I really miss buying
lattes...haha
13:53:53 From Abbie A. (she/her) : Given how people were behaving
before we shut down (no social distancing, etc.), many staff are anxious
about protecting themselves when we do re-open
13:53:55 From Kelli Miller : Yesterday, we had in-person primaries
in WI and some of my library co-workers worked as poll workers- had lots
of precautionary measures (gloves, masks, disinfectant, etc) and they
reported that being able to speak with people in the community was so
great
13:53:59 From Mari Ayala : Marple Library, my library, is also doing
a wonderful job for staff. Our director keeps us connected and recognizes
the challenges to us. I feel very lucky:)
13:54:49 From Kristen Allen-Vogel to All panelists : Oh I want a
latte somebody else made so badly, but I don't eat big enough breakfasts
to justify ordering it delivered.
13:54:57 From CARol Oberton : thank you
13:54:59 From Giovanna Iannace : Morning meetings with the entire
staff, Mon-Fri via Zoom has been a great way to stay focused. We review a
To-Do List, virtual programs and social media strategies.
13:55:03 From Anne Crawford : I think it's going to be a challenge
with libraries reopening if schools don't speaking as a parent. Though, I
would be surprised if that happens.
13:55:03 From Rick Ryan Palang : I would suggest people stay
vigilant after the lockdown because there can be lingering cases and
there may be a boomerang effect. China showing symptoms again
13:55:05 From Tam Moore : Thank you!

13:55:09 From Samantha DiPietro : thank you
13:55:09 From Beth Edwards : One of my civic club members called me this morning and is asking our members to put a battery-powered or electric candle in our front window to show support for each other - apparently something similar was done during WWII
13:55:12 From Kelli Miller : Thanks for the helpful info!
13:55:12 From Stephanie Walker to All panelists : thank you!
13:55:13 From Anne Crawford : Thank you!
13:55:14 From Krystina Humbert to All panelists : THANK YOU
13:55:14 From Mari Ayala : Thank you.
13:55:15 From Donna Seaton to All panelists : Thank you!
13:55:16 From Tabatha Yoder to All panelists : Thank you
13:55:21 From Leah Zilbergeld : Thank you for your time!
13:55:21 From Stephanie Walker : thank you!
13:55:21 From Louisa Whitfield-Smith : Thank you!
13:55:21 From Rachel Lamantia : Thanks!
13:55:21 From Julie Bradford to All panelists : thank you all!
13:55:22 From sarah ravipinto to All panelists : Thank you for all the great advice!
13:55:22 From Beth Edwards : Thank you!
13:55:22 From Laura Deneen to All panelists : Thanks so much! Stay Safe!!
13:55:22 From Mahogany Skillings : thank you all!
13:55:23 From Randi Carter to All panelists : Me too, Aleya. Miss Starbucks.
13:55:24 From Rick Ryan Palang : Thank you
13:55:25 From Lisa Nye to All panelists : Thank you!
13:55:25 From Jennica Espinoza : Thank you.
13:55:26 From Otter Bowman : Thank you
13:55:31 From Karen Gresham : Thanks!!
13:55:31 From Deborah Weltsch : Thank you. Many useful tips for coping!
13:55:32 From wynne prindle : Thank you
13:55:33 From Dana Roberts : Thank you very much!
13:55:33 From Paula Keith : Thanks so much for the valuable information.
13:55:34 From Alan Bernstein : thank you
13:55:34 From megan septak : Thanks!
13:55:36 From Philip Boulton : Thank you!
13:55:36 From Amber to All panelists : Thank You
13:55:37 From Cassie Leclair-Marzolf : This was SOOOO good! Thank you!
13:55:38 From Amy Brown : thank you so much!
13:55:38 From Katrina Watson to All panelists : Thank you so much
13:55:39 From Susan Terrone : THANKS GUYS!
13:55:39 From Patrick Parker : Thank you
13:55:42 From Andra Steele : Thank you very much!
13:55:46 From Jeanmarie Embler : Thank you presenters for your time and effort!
13:55:48 From Tamela Smith : Thank you!
13:55:49 From Jill Essenburg : Very helpful. Thank you all.
13:55:50 From Andrea Lam : I keep thinking about how our grand parents and great-grandparents who lived through various wars and other

calamities and they were changed, but have managed to find something to get back to a new normal.

13:55:51 From Janet : So many wonderful suggestions and shares, and I appreciated the presenters information!

13:55:52 From Randi Carter to All panelists : Thanks a lot.

13:55:53 From Trina Schlecht to All panelists : Thank you very much!

13:55:54 From Victoria Kowanetz : Thank you very much.

13:55:54 From PLA Webinars : See "How to Register" on <http://www.ala.org/pla/education/onlinelearning/webinars/covid-19>

13:55:55 From Laura Deneen to All panelists : Sooo Good!

13:55:55 From Kysh Clemons : Good info from panelists and attendees. Thank you.

13:55:55 From Julia Bernal : Thank you so much. Be well, everyone.

13:55:59 From Heather Martz : Thank you!

13:55:59 From Michelle Devries : thank you

13:56:01 From Peter Dean : Thank you so much to all presenters/facilitators. This was great!

13:56:09 From Colleen Law-Tefft : Thank you :)

13:56:15 From PLA Webinars : <http://www.ala.org/pla/education/onlinelearning/webinars/covid-19>

13:56:21 From Dan Watkins : Thanks! Very Helpful!

13:56:22 From Suraya Jairam : Thank you, this was helpful!

13:56:23 From Claudia Stadtmauer to All panelists : Thank you

13:56:24 From Giovanna Iannace : Thank you for your recommendations and to the attendees for sharing your experiences. We are all in the same boat. Webinars, such as this one, help us stay connected and informed.

13:56:24 From Alex Anaya : Thank you all!

13:56:25 From Kathleen Ryczek : Thank you! This was very, very helpful.

13:56:30 From Cynthia Rider : Can you send that URL?

13:56:33 From Tom Park : hang in there everybody! ;)

13:56:35 From Cynthia Rider : It's not clickable

13:56:36 From Lynn Hutchins : Thank you

13:56:37 From PLA Webinars : Scroll down to the "How to Register" section at

<http://www.ala.org/pla/education/onlinelearning/webinars/covid-19>

13:56:38 From Susan Paredes to All panelists : thsnk you

13:56:41 From Julia Cuddahy : Thank you!

13:56:41 From Luis Rodriguez : Thank you all

13:56:42 From William Dickinson to All panelists : Thank You!

13:56:42 From Beatrice Ampadu : Thank you

13:56:43 From Gloria Nguyen : thank you for this webinar. Very helpful!

13:56:43 From Janet Birckhead : Thank you!

13:56:43 From Annemarie Dompe : thank you, all!

13:56:46 From KATHLEEN ROBERTSON : Thank you!

13:56:46 From Robin Walden : thank you!

13:56:49 From Ruth Trask : Thank you

13:56:49 From Francisco Miranda : Thank you!

13:56:50 From Tina Hatch : thanks!

13:56:51 From CHRISTEL ELLIS : Thank you!

13:56:52 From Sandra Haase to All panelists : Thank you!

13:56:54 From Hannah Spratt : thank you!

13:56:54 From Emily Cannaverde : Thank you! This has been so helpful!
13:56:55 From Ruth Jiu to All panelists : Thank you!
13:56:55 From Glory Okeagu to All panelists : thank you all
13:56:55 From Cylinda Richardson-Martin to All panelists : wonderful
13:56:57 From Patricia Webster : Thank you!
13:56:58 From Janice White : Thank you!
13:57:01 From Cylinda Richardson-Martin to All panelists : thank you all
13:57:01 From Kenneth Breitweg to All panelists : Thank you!
13:57:03 From Laona Fleischer : thank you
13:57:05 From Somnath Konduru : Thanks
13:57:06 From Abbie A. (she/her) : Take care, everyone.
13:57:10 From Tom Park : thanks!
13:57:14 From Victoria James : Thank you!
13:57:14 From Sandra Neri to All panelists : Thank you. Stay safe everyone
13:57:15 From lila saab to All panelists : Very helpful..thank you!
13:57:20 From Pamela Lamberger : Many thanks!
13:57:27 From Michelle Myers to All panelists : thank you
13:57:39 From Rehana Vohra to All panelists : thanks
13:57:50 From Terrylee to All panelists : Remember to breathe!
13:57:52 From Maria Saillant to All panelists : Ty
13:58:04 From Eve Gonzalez to All panelists : where is survey?
13:58:06 From crevollar to All panelists : Thank you very much!
Great Job 😊
13:58:42 From Katie Cheramie to All panelists : Thank you!
13:58:43 From Yahaira López to All panelists : Thank you
13:58:54 From Cynthia Webber : Many thanks!
13:59:09 From Maura Monte to All panelists : and a link to the handouts too please?
13:59:22 From PLA Webinars : Survey at <https://www.surveymonkey.com/r/725PR5C> if it doesn't open automatically for you
13:59:26 From Olga Bell : Thank you all!