

## ACAP UPDATE 07-09-21

Dear ACAP Community,

We hope everyone had an enjoyable 4<sup>th</sup> of July weekend! It was hot, but hey, it's high summer, so the sweating and sunburn were probably worth it!

### Safety at ACAP

We know that many of you are waiting to hear from us about whether or not ACAP will be changing our current safety protocols. At this time, ACAP is in conversation with various stakeholders regarding possible comprehensive changes. We are unable to announce any changes yet. We understand that some of you are very eager for policy changes, and we also are hoping for a quick resolution. In the meantime, we're pleased to say that ACAP has taken the preliminary step of eliminating the requirement for mask wearing out-of-doors during programming. We continue to require mask wearing indoors until further notice.

As of this writing, ACAP has not experienced a COVID outbreak since we re-opened onsite in July 2020. Our strong safety precautions have protected us. We will inform our community about any changes to these practices as soon as we are able. For now, all members (vaccinated and unvaccinated) onsite at ACAP must wear masks or shields at all times, have temperature checks before entering the building, wash/sanitize their hands regularly, stay 6 feet apart from each other while in programming, and stay home when sick.

### New Staff Member to Join ACAP

We are pleased to announce that we have hired a new full-time Community Guide to join our ACAP team. Nicole Carpenter has had 10 years of experience in resident-based care with various populations, and she brings her high energy and interests in singing, sports, and community service to ACAP beginning July 19. She has a B.A. in Psychology with a minor in Exercise Sport Science from the University of Wisconsin La Crosse. Coincidentally, Nicole's uncle was one of the first ACAP members back in the 1980s. Please join us in welcoming Nicole to our community!

### ACAP-tivating Event!

Our goal is \$25,000 through the month of July, and there are many ways to support our summer fundraiser!

- You can still sign up your own fundraising team here: [Team Sign-Up](#). We ask each team to try to raise \$500 by the end of July, but all donations of any size help us out!
- You can support your favorite ACAP team by going to our website: [ACAP-tivating Event!](#) Scroll down until you find your favorite team and make a donation right on the page.



- Our event web page also has links to other ways to support us, such as our **Online Silent Auction!** Hit the “Online Auction Here” button and shop some great items, including 4 Brewers tickets valued at \$457!
- You are always welcome to just make a donation – online, through our donation buttons on Facebook or the website, or by check. Small gifts add up!

### Services to Assist with Stress and Anxiety

It's evident to us at ACAP that many of our members experienced significant stress and anxiety over the past year and a half. Project Recovery is a program to help people in Wisconsin who are impacted by COVID-19. Trained counselors provide free, confidential, local support and education to help people cope with this stressful time. At least one counselor on their staff has experience working with people with disabilities. This team made recent presentations on coping and stress management at ACAP, but their services are available to anyone. You or your family member can reach them at their hotline (7 am – 11 pm daily): 608-237-1255, or email them at [projectrecovery@cacscw.org](mailto:projectrecovery@cacscw.org) to make an appointment.

### Member Vaccinations

ACAP **strongly encourages** all members to seek and get COVID vaccinations ([Information about getting vaccines](#)). The CDC reports a number of COVID variants are of concern in the United States and continues to recommend that everyone get vaccinated.

Other reasons to get the vaccine include:

- Creating an environment of safety at ACAP.
  - ACAP serves many people with vulnerable health. An environment where most people have been vaccinated will make the likelihood of transmission at ACAP very low.
- Preventing the spread of the virus to others.
  - The vaccination clearly protects the person getting it, but because of the way COVID spreads, having more people vaccinated also protects people who don't get vaccinated:  
[How vaccines protect others](#)

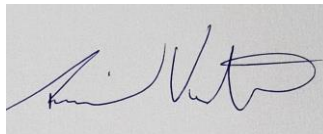
We encourage anyone with concerns about the vaccine to seek guidance from a medical professional or to learn more from the Centers for Disease Control:

[Benefits of getting a COVID vaccination](#); [6 things to know about COVID vaccinations](#); [Vaccine facts](#)

Sincerely,



Sandra Gines, Executive Director



Rick Verthein, President, Board of Directors