

Hello everyone! I hope you all had a pleasant Easter weekend, even if it was different than normal. My hope is that you're all taking good care, and staying as well as possible.

This is just a quick email to say that while we can not meet in person tomorrow for our Social Hour, we are going to have a virtual meeting! I am also considering reinstating (virtual) 4th Saturday meetings, for the time being - please let me know if this is something you would be interested in.

Tomorrow, Tuesday 4/14, we are going to have a virtual support group meeting via the Zoom app!! Meeting will be from 1-2:30(ish) pm. Make yourselves a cup of tea or coffee and take a break with us!

Unfortunately, you DO need to have the Zoom app installed on your phone, tablet, or computer to be able to join... you do not, however, have to have the camera on if you're feeling shy. You also do need not to stay for the duration of the meeting; you can leave early/arrive late.

If you do already have Zoom, you probably already know how this works. If you do NOT have Zoom, but want to download it if you're comfortable doing so, the free version is all you need. In order to join the meeting, you'll need to:

- Click "join meeting"
- Enter meeting ID ~ 651-467-5110
- There will be an option to "join without audio"; please select that. (I'll teach you how to unmute yourself to be able to talk when appropriate!)
- Once you've joined the meeting, you can also disconnect the camera - this option (along with mute/unmute) will be found at the bottom of your screen (phone or tablet) or in the MENU (computer). Please only select this if you're not comfortable on camera; otherwise, we want to see your smiling face!
- I'll cover basics of the app (all I know, trust me lol!), meeting "rules", etc once everyone has logged in.
- Please be patient with me, yourselves, and others on the call - we're all figuring out this technology together.

I do apologize that this virtual meeting will unfortunately exclude everyone that is not on Zoom... This simply seems to be the best option, for now. Myself and others are ALWAYS available for text/phone/email support, however - just reach out!

I'll update again soon. Thanks everyone! Take care, and be well!

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