

KEEPING UP WITH KINNEY MASON

September 2020

Volume 2, Issue 3

Coping with a “New Normal”

National Days for September

- 9/1- *No Rhyme nor Reason Day*
- 9/4- *Wildlife Day*
- 9/5- *Cheese Pizza Day*
- 9/7- *Labor Day*
- 9/13- *Grandparent’s Day*
- 9/16- *Guacamole Day*
- 9/17- *Constitution Day*
- 9/18- *Hug your Boss Day*
- 9/22- *Girl’s Night Day*
- 9/26- *Pancake Day*
- 9/28- *Family Day*
- 9/29- *Coffee Day*
- 9/30- *Women’s Health and Fitness Day*

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The past few months have redefined what normal means, to say the least. From the uncertainty that comes with what feels like the ever-changing health and social regulations to the uptake social activism within our community and nationwide. Some of us have reconnected with old friends, spent quality time with loved ones, or picked up hobbies that we will not soon abandon. Others have overcome unbearable hardship and financial uncertainty, and many have experienced the entire spectrum of emotions. Yet, as we deal with this upset in the fabric we call our lives, time remains constant.

As we enter the end of summer and the beginning of a new season, it can be therapeutic to reflect on the progress of the last couple of months as we look forward to what will come. As we’ve learned to cope with the new version of normal, we’ve see children’s art adorning neighborhood windows and chalk art covering sidewalks. We’ve come together as a community to stand



up for what we believe in. We’ve found innovative ways to reconnect with loved ones and learned to celebrate the digital interactions we have available at our fingertips. We’ve learned a new way to express ourselves as we adorned our faces with creative masks for trips to the grocery store. While no one knows what the near future holds, we can take comfort knowing that over the past couple months our human spirit has been tested and we have triumphed. (continued on page 2)

