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Dear Friends,

As the COVID-19 situation continues to develop, it's difficult to even remember what day it is. One blends into the next. What does stay top of mind is the desire to stay connected, to let you know that we are wishing you and your family well. And that includes your emotional and mental health.

We'd like to thank you for your continued trust but, perhaps more importantly, to send heartfelt gratitude to all those on the frontlines of essential services, those selfless individuals taking care of the sick, feeding us, stocking grocery shelves, and the countless volunteers who are working tirelessly on our behalf. Life is strange, but it's inspiring to see our community continue to care for one another. Raymond James committed \$1.5 million to support charitable organizations providing essential services like access to food and healthcare throughout communities affected by COVID-19.

As you know, we are doing our part to flatten the curve although we remain open for business. In the meantime, we're also making a point to:

- Stay clean, close, calm and in touch via email, phone, social media and other electronic means. Google Duo, Marco Polo and other video chat services should help.
- Set some boundaries. It is all too easy to be online and accessible 24/7. We strive to be as responsive as possible for our valued clients, but would still encourage anyone working remotely to get enough rest and step away from the computer on occasion. Only you know what is sustainable for you and your family, and your health and well-being should be top priority.
- **Do something for others.** If you can, consider buying gift certificates to local retailers and restaurants in a show of solidarity. Buy tickets to future community events, including theater productions. Donate to artists, performers and arts venues if you can. Purchase items off your favorite charity's wish list.
- Connect to the broader community. Many colleges and places of worship, for example, are holding online gatherings.
- **Get some exercise.** A brisk walk can clear your head, but there are also myriad online and streaming classes offered these days, from yoga to dance to guided meditations and everything in between. There are even classes aimed specifically at young ones (e.g., <u>GoNoodle</u>).

- **Rest and relax.** In addition to the usual streaming services, HBO Now and HBO Go are offering some programming for free and many zoos and aquariums are sharing adorable videos of animal interactions for the whole family to enjoy. We're particularly entertained by those from the **Shedd** and **Florida** aquariums. The **National Parks** are also offering virtual tours and live streams.
- Take care of the kids. In addition to all the teachers and administrators working tirelessly to educate our children, you can continue to feed their brains and spirits with free children's books on Audible; a variety of podcasts; and Khan Academy classes.
- Learn something new. <u>Coursera</u> offers a lot of free educational content. <u>Epicurious</u> can help you feel more confident in the kitchen. Let us know what skills you sharpen!

Though these uncertain times will last longer than any of us want, they won't last forever. We will get through this. In the meantime, please don't hesitate to reach out.

Stay healthy, positive and strong through these unprecedented times.

Announcements:

- Due to the current crisis of Covid-19, our Kingfield event on Thursday, April 30th has been <u>canceled</u>, along with our Shredding Day scheduled for Tuesday May 12th. We have a <u>new date</u> for the Shredding Day on Tuesday, August 11th 9am-11am.
- The team has continued to provide current market resources via online delivery, and updates to our website. If you'd like to receive this content, but currently aren't, please provide us with an email, and we'd be happy to add you to the list.
- During these unprecedented times, the Mendall Financial Group has made a monetary donation to the Augusta Food Bank and Bread of Life Ministries to assist those in need. We appreciate all efforts being made to service the community.
- To decrease the amount of paper trail you receive from Raymond James, we are encouraging our clients to sign up for Client Access, and choose paperless delivery to receive documents electronically.

Sincerely,

Perez Kim



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