

May 13, 2020

These times have proven to be challenging in many ways for me. I have had to redefine all aspects of my life to navigate these difficult times. It had been a challenging balancing act of making sure I distance appropriately so I'm not unnecessarily spreading germs, but also being available to help others in a respectful way. I feel a strong desire to help others through these difficult times, but have to be restrained in human contact.

One of the ways I have been able to help others is by delivering lunches to the children within our district. I have gotten to recognize and know the families that regularly come to the bus stops, and look forward to serving them lunches each day and asking them how things are going.

In addition, the research out there shows that there is little chance of transmission outside, so I have been hiking and riding my bike to try to maintain physical health. I have hiked with family and friends, but as the temperature rises, it becomes increasingly difficult to get outside and exercise unless I am outside before 5AM.

I think the largest thing on my mind is how interpersonal interaction will be affected after this. I am worried that in a world of decreasing personal interaction, and increasing depression; that people realize "we are all in this together." I hope that people can be respectful of each other's fears and space, but don't sacrifice the human connection we all share.

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