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Covid-19 triggering PTSD for some says Hope Center's Staab

Teri Knight
KYMN Radio

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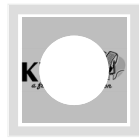
Recommended Citation

Knight, Teri, "Covid-19 triggering PTSD for some says Hope Center's Staab" (2020). *Covid-19 Archive: Documents*. 21.
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Covid-19 triggering PTSD for some says Hope Center's Staab; NH&C must tighten belt amid Covid-19 response; Smith comments on CARES and how locals are stepping up including KYMN; 5th St. closed/sign up for roundabout updates

April 9, 2020

By Teri Knight, News Director

These days of sheltering in place are having an effect on all of us. Some perhaps more than others. Hope Center Director Erica Staab noted that her clients who are in safe places, *"this triggers some of their PTSD, some of their anxiety, some of their depression. I mean, it's, it's affecting all of us. And you can imagine with somebody with a pre existing condition, it's definitely affecting them in a more significant way"*. They're also seeing more food and employment insecurity. Staab noted that for some, having the children around all the time is an additional stressor. There are many organizations working together to offer various help as needed. She said, *"I've been having a lot more contact with all the*



leadership within rice county and just trying to make sure that Okay, you've got this covered, you've got this covered. We're going to take care of this part and making sure that our clients getting what they need and that we know what they need". Hope Center has been sharing many ways to reduce anxiety, tips on how to manage depression and more on their Facebook page. The Rice County Trauma project will also be sharing information soon. Staab encourages people to reach out to their faith leaders, *"So reaching out to the people that you would normally reach out to and just asking for that help is so critical and to know that that's entirely normal. We are in significantly abnormal times right now. And so to not know what to do or to have uncertainty about all of this is normal"*. They have seen an increase in the need for shelter as well. Staab encourages people to call the Hope Center. They are open, although it looks different right now. She also noted their 24 hour crisis line at 1-

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Covid-19 Special – Chat with the Sheriff 2020

800-607-2330. There's a list of resources on their website [HERE](#). Her full interview is [HERE](#).

NH&C must tighten belt amid Covid-19 response

Yesterday afternoon, Northfield Hospital + Clinics announced their initiation of temporary leaves of absence for some staff and salary cuts for senior staff to manage financial losses brought on by COVID-19 preparation. In a press release, they noted that the hospital is losing about \$1 million per week, between lost revenue of normal operations, and costs of preparation for COVID-19. This money comes from financial reserves NH+C has built up over decades. Temporary leaves of absence begin Sunday and will affect most departments. At the same time, senior staff and directors have taken a 10% salary cut, which became effective yesterday. These actions will be reevaluated at the end of May. CEO Steve Underdahl said, "Like many other medical centers, we are committed to the mission of protecting our community, but at the same time we need to be mindful of the financial realities." He added, "I am heartsick to take this action at a moment when NH+C's team has made heroic efforts to get us ready for the COVID-19 impact. It is our intention to call people back to work as soon as possible".



Smith comments on CARES and how locals are stepping up including KYMN

Senator Smith called in to KYMN from home in Minnesota. Commenting on the CARES package that passed unanimously regarding Covid-19 she said, *"in that package, we included a direct help to families. We included strong supports for small businesses and also nonprofits. And then of course, help to our hospital systems and health clinics that are so stressed and pressured by this"*. They're now focused on implementing that large bill quickly and effectively. She's also been working with Sen. Klobuchar to, *"make sure that seniors who don't file a tax return would still be able to get their direct payment of 1200 dollars without going through any additional paperwork"*. They're also working on getting help to rural hospitals and making sure farm businesses are all eligible for the Small Business help. As for the government's ability to process all the claims, she said local banks and credit unions are working around the clock. She continues to conference call with local leaders and businesses. She added, *"I just want to say I'm really excited to hear what KYMN has been doing, opening up your airtime for local businesses in this really challenging time. And we're seeing examples of Minnesotans sort of stepping up and working together in ways that make me really proud of our state"*. Smith's full interview is [HERE](#).



5th St. closed/sign up for roundabout updates

As the 5th St. Lofts project gets fully underway, Fifth Street is closed between Division and Washington Streets today and tomorrow. The TH 246 and Jefferson Parkway Roundabout project will begin soon, the City of Northfield is encouraging residents to subscribe to construction updates. We have a link [HERE](#).

NH&C prepared for Covid and non-Covid patients; City option for renewing tabs; NPD protocols mean more PPE; Distance learning update/chances of returning to school "very slim"; Craig holds virtual town hall tonight

Tornado drill at 1:45pm today only

Challenge of the Yukon 4-15-20

NH&C becomes Emergency Response Center; Dundas doors not open but you can knock; Rice County calls on citizens to make masks/gowns; Peacetime Emergency extension/Stay At Home confusion

"Friends You Can Count On" Show 1 4-14-20

Chief Nelson "Stay the course" for others; Severe weather includes flooding; Hillmann updates on distance learning – grateful for iPad technology; Nfld and DSI team up for yardwaste curbside pickup

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05:00 4-9-20 News

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Vernon
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Concert Series
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Northfield Area Fire &
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Laura Baker Services
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