

Charbonneau Residents:

In the last couple of weeks, we have seen increased reports of auto theft and auto break-ins in Charbonneau. This is typically something we only see during the Christmas season. Our Charbonneau security officers are aware of this situation and are patrolling our neighborhoods every night. If you see something or someone that seems out of place in the evenings, please call First Response at 503-207-5300. If you see a crime in progress, dial 911. As always, remember to lock your cars and don't leave valuables in your car.

On a lighter note, please take a look at the attached picture of Charbonneau residents practicing social distancing. This picture was sent to staff from John and Diane Meyers.

Jim Meierotto
CCC General Manager

P.S. Here is an article sent on behalf of Janelle Bruland:

What You CAN DO in Times of Uncertainty

As we watch the evolving and escalating nature of the COVID-19, it seems every day we are told something else we *can't* do. Out of necessity we have left the top levels of the needs pyramid of self-actualization, to pure survival mode with concern for the basics of having enough food and toiletries.

If you have braved the grocery store in the last few days, they have gone from bustling to silent, with hardly anyone in the stores. The customers there are quiet, staying distant, with somber and scared looks on their faces. Ironically, people now have a hard time even meeting eyes. Do we feel if we don't look at anyone now, maybe that will help us not get the virus? These are, indeed, unprecedented times. We don't know the answers to the questions of how long this is going to go on, what is going to change tomorrow? People are worried about getting sick, keeping their business afloat, or losing their job. Your mind is likely swirling with everything you have been told that you can't do. You can't go to large gatherings, to you can't have *any* gatherings; you can't go to a restaurant or your church, to now you can't see your parents, grandparents, co-workers, or friends.

Over and over, we have been told what we can't do. In a time of unknown fear grows, and our mind naturally tries to solve the problem. We can't. We do not have the power or the knowledge to fix it. This is such a helpless feeling and naturally so. However, if

we focus too much on what we can't do, we will find ourselves completely paralyzed and not able to think clearly or move forward.

So, what can you do? Many things. Shift your thinking from what you can't do, to what you CAN do. Shifting your mindset takes work, but you can do it.

I encourage you to make a list of all of things you can do right now. Here are 7 "I CAN" statements to get you started:

I CAN go outside for a walk. Enjoy the fresh air and spring sunshine.

I CAN turn off my electronics for a while. Give yourself a break from news alerts.

I CAN read a book. You likely have one or a few you have been meaning to read.

I CAN learn something new. Enhance your skills with an online course or training.

I CAN call a friend. Reach out to someone you haven't spoken to in a while.

I CAN encourage someone. Who is struggling that could use your support?

I CAN pray. When you pray, you release your burdens to your loving Creator.

Ok, pick one of these and get started. Take action. Say aloud I CAN _____.

There you go, now say it again, louder and stronger. I CAN _____.

Remember, you can choose your mindset. Choose to shift your mindset on the positive things you have in your life.

Focus on what you CAN do, not what you can't do.

Warm Regards.