Mariel Perez
May Monthly report

Answered 24 calls 3 texts
Scheduled 2 Alzheimer programs for June
6 Spanish for Beginners classes-8 students in each class
2 Tarde de N- 2 students
Translated Documented Covid-19 forms into Spanish
Reached out to WEDC for webinar program in August

Webinars/ Meetings

- Attended Zoom and Evanced training Q and A
- Attended 5 Adult services meeting
- Attended Webinar on Stress Management and Self-Care online via Zoom
  trainer: Karla Vermeulen, Ph.D., Deputy Director, Institute for Disaster Mental Health
- Dealing with stress, both related to this current Covid-19 pandemic and other disasters
- Managing relationships while under stress
- Community stress management