

City of Minden

P.O. Box 239, 325 N. Colorado
Minden, Nebraska 68959

phone 308.832.1820
fax 308.832.1949
www.MindenNebraska.org



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To Our Community:

To the citizens of Minden, I say, "Thank you for your patience and cooperation." We are all in this crisis together, and we must continue to care for one another. What was once normal seems now so far away. We mustn't lose sight of keeping this pandemic at bay. Please, continue exercising good judgement and following the CDC's recommendations for social distancing and practicing good hygiene. If you don't have to leave home, please stay home. Although we have closed our city buildings for public access, we strive to continue providing and maintaining all essential services, while keeping our city staff safe.

We are currently working on hosting future city council meetings via the internet. Our goal is to hold next week's council meeting, April 6, 2020, through remote video conferencing. We are also working on making these meetings available to the public. To learn more information on how you can participate, please check the city's Facebook page (City of Minden, Nebraska) and website (www.mindennebraska.org).

We continue to remain in contact with local and state health providers to keep you informed. As the need arises, we will update you on any changes the city may need to take. Keeping everyone physically healthy is our goal, but we also realize your mental health is extremely important. Fear and anxiety about the COVID-19 pandemic can be overwhelming and cause stress. It is my hope that the recent lighting of our beautiful Christmas lights has helped to boost your spirits and ease your mind. Some suggestions I have read about to lower anxiety are the following:

- Stay informed, but try to take a break from repeatedly watching or listening to news stories and social media about the pandemic.
- Take advantage of nature. While still maintaining social distancing, get outdoors and enjoy the beauty of Mother Nature.
- Take care of your body. Along with washing hands, don't forget to eat healthy foods, get plenty of sleep, and try to exercise.
- Continue to stay connected with others through, telephone, Facetime, Skype, Zoom, email, text, and other media. Talk with people you trust about your concerns and how you are feeling.

During this time of uncertainty, it requires all of us to remain calm and be proactive in protecting one another. As I began, thank you for your patience and cooperation.

Ted Griess
Mayor of Minden