



# Peace in the Pandemic

## Staying Connected in Uncertain Times



PIA Men's Dorm on a quiet day

### COVID-19 Response

#### PIA & Firststep programs

Like everyone, PIA and Men's & Women's Firststep programs have been impacted by the COVID-19 pandemic. Updates on how we are responding and staying sober in difficult times.

### Staying Flexible Beans & Cornbread 2020

We've always thought that Beans and Cornbread would be a perfect fall meal! Keep reading to learn when our annual luncheon will be rescheduled.

### So much Good Construction Complete

In the midst of pandemic, the Women's Kitchen project is complete and the Men's Lodge is very close behind. Below, pictures of both (although we really suggest visiting in person when social distancing is done).

Men's Lodge

Women's Kitchen



## Our Response to COVID-19

Like most of you, we have been flooded with warnings, suggestions, concerns, and questions about the climate in which we are now living. What are we doing to stay safe in our programs? What more SHOULD we be doing? With three 24-hour-a-day programs (PIA, Men's Firststep, and Women's Firststep), closing is not an option for OKC Metro Alliance, but we can take it one day at a time.

Beginning the middle of March we stopped all visitations, volunteers, groups, and off-site trips, meetings, and activities except employment, if the work site is still open. A few staff at each site are working from home, as they can. We purchased digital thermometers for each program site, made contact with the OK County Health Department, medical providers, and other area shelters to see what they are doing to make sure we haven't missed something. We're posting information, talking with our clients, practicing extreme hygiene, and continuing to live a life of recovery. We've developed a plan in case someone gets sick, while praying that they don't. We're practicing social distancing, such as eating in shifts, holding small 12-step meetings, and spacing bunk beds as we can (or moving them around so that residents sleep head-to-feet with as much space as possible in between).

To make things a little more enjoyable, we've added a few onsite activities, gotten a Netflix account, and added many, many 12-step meetings. GED classes and therapy services have been able to continue via TeleMed and videoconferencing. The hardest decision of all was made to stop Firststep intakes for the time being; PIA continues to function and provide services, although things have been quiet most days. We've always been so proud of the fact that Firststep and PIA are easily accessed, and so this was especially difficult for us to do, but we are committed to keeping our communities safe. We can't wait to return to "normal", but for now we are doing this together as a community, supporting each other, and staying sober even in the midst of uncertainty and change.

**BETTER SAFE THAN SORRY! BEANS & CORNBREAD 2020 HAS A NEW DATE! NOVEMBER 12, 2020! WE CAN'T WAIT TO SEE YOU THERE!**



## STAFF TIPS FOR STAYING SOBER IN THE QUARANTINE:

“Turn off the news! Spend a half hour or so making sure you have up-to-date information, and then step away. Stay informed, but don't let it consume you.”

“Stay AA connected through Zoom! Rather than actually going to the meeting in person, you can sign on and do a meeting through video conference.”

“One thing I keep reminding myself is ‘yes, this pandemic is bad’ but there is NOTHING bad enough out there that won't get even worse if I go out and relapse.”

“Keep yourself and your friends busy (Men's Firststep is playing softball on the weekends).”

“Get into a routine.”

“Be humble, kind, help others and be a good listener.”

“Share your story with someone.”

“Stay connected with your sponsor.”

“Work out, play board games,



**MEN'S SOFTBALL TEAM  
"THE BULLDOGS"**