



OVOF COVID-19 impact survey results
Survey conducted May 13-27, 2020
607 total respondents

Our Valley Our Future / Nuestro Valle Nuestro Futuro conducted this regional survey to measure the impacts of the coronavirus pandemic on the economic and social well-being of residents and to gather ideas on ways the community can recover in the weeks and months ahead.

Survey questions were developed and refined by an OVOF committee made up of OVOF coordinator Steve Maher and the following OVOF board members: Chelan County Commissioner Kevin Overbay, East Wenatchee Councilwoman Shayne Magdoff, City of Wenatchee executive services director Laura Merrill, Chelan-Douglas Land Trust deputy director Jessica Kendall, and Wenatchee Valley College business and industry liaison Stacy Luckensmeyer.

For the complete database of survey results, please contact Steve Maher at info@ourvalleyourfuture.org.

Q1: Where do you currently live?

- Ardenvoir: 0 percent
- Bridgeport: 0.3 percent
- Cashmere: 4.6 percent
- Chelan: 3.1 percent
- Chelan Falls: 0 percent
- Dryden: 0.3 percent
- East Wenatchee: 23.1 percent
- Entiat: 1.6 percent
- Leavenworth: 5.8 percent
- Malaga: 2.0 percent
- Mansfield: 0 percent
- Manson: 1.3 percent
- Monitor: 0.6 percent
- Orondo: 1.1 percent
- Peshastin: 1.6 percent
- Plain: 0.3 percent
- Rock Island: 1.3 percent
- Waterville: 1.1 percent
- Wenatchee: 49.1 percent
- Other: 2.8 percent

Q2: What is your age?

- Under 18 years of age: 1.7 percent
- 18-24: 4.9 percent
- 25-34: 17.0 percent
- 35-44: 20.9 percent
- 45-54: 18.9 percent
- 55-64: 19.1 percent
- 65+: 17.5 percent

Q3: What is your gender?

- Male: 28.0 percent
- Female: 70.5 percent
- Prefer not to say: 1.5 percent
- Non-binary/ third gender: 0 percent
- Prefer to self-describe: 0 percent

Q4: What is your race or ethnicity?

- White: 67.5 percent
- Latino, Hispanic or Spanish origin: 25.4 percent
- American Indian/ Alaska Native: 0.5 percent
- African-American or Black: 0.3 percent
- Asian: 0.2 percent
- Native Hawaiian or Pacific Islander: 0.2 percent
- Other: 2.0 percent
- Prefer not to say: 3.9 percent

Q5: If you are employed right now, which of the following categories best describes the industry you primarily work in?

- Education: 14.3 percent
- Health care: 13.7 percent
- Agriculture: 10.5 percent
- Government: 8.4 percent
- Social assistance: 5.3 percent
- Hotel, food services: 4.0 percent
- Homemaker: 4.0 percent
- Retail: 3.8 percent
- Scientific or technical services: 2.8 percent
- Arts, entertainment, recreation: 2.5 percent
- Utilities: 2.3 percent
- Finance, insurance: 2.1 percent
- Construction: 1.5 percent
- Information services and data processing: 1.5 percent
- Real estate: 1.4 percent
- Legal services: 1.4 percent
- Transportation: 1.1 percent
- Manufacturing: 0.9 percent
- Media, publishing, broadcasting: 0.9 percent
- Telecommunications: 0.8 percent

- Wholesale: 0.4 percent
- Forestry, fishing, hunting: 0.2 percent
- Mining: 0 percent
- Military: 0 percent
- Other industry: 16.2 percent

Q6: What was your annual household income prior to March 1, 2020?

- Under \$15,000 a year (or under \$1,250 a month): 7.6 percent
- \$15,000 to \$24,999 a year (or \$1,250 to \$2,082 a month): 9.2 percent
- \$25,000 to \$34,999 a year (or \$2,083 to \$2,916 a month): 8.9 percent
- \$35,000 to \$49,999 a year (or \$2,917 to \$4,166 a month): 11.9 percent
- \$50,000 to \$74,999 a year (or \$4,167 to \$6,249 a month): 16.3 percent
- \$75,000 to \$99,999 a year (or \$6,250 to \$8,333 a month): 14.7 percent
- \$100,000 to \$149,000 a year (or \$8,334 to \$12,416 a month): 15.0 percent
- \$150,000 to \$199,999 a year (or \$12,417 to \$16,666 a month): 5.8 percent
- \$200,000 and over a year (or \$16,667 and over a month): 4.8 percent
- Prefer not to answer: 5.8 percent

Q7: Have you lost work hours or a job since March 1, 2020, due to the coronavirus outbreak?

- Yes: 35.1 percent
- No: 45.8 percent
- I am retired: 13.2 percent
- I am a student: 2.6 percent
- I am disabled: 0.8 percent
- I was unemployed prior to March 1: 2.5 percent

Q8: How would you describe your ability to pay your rent or mortgage next month (June) as a result of the coronavirus crisis?

- I will not be able to pay my rent/mortgage in June: 5.6 percent
- I will be able to pay my rent/mortgage in June, but I will have to tap into my savings: 20.8 percent
- My ability to pay rent/mortgage has not changed due to the crisis: 57.6 percent
- I do not pay rent/mortgage: 16.0 percent

Q9: Since the coronavirus began spreading in the region, have you received any of the following forms of assistance? (Select all that apply)

- Assistance from the government: 32.1 percent
- Assistance from another community organization: 2.3 percent
- Assistance from a church or religious organization: 1.3 percent
- Assistance from a union or other association: 0.2 percent
- Other assistance: 3.0 percent
- I have not received any assistance: 61.1 percent

Q10: If you are working today, have you encountered any of the following difficulties? (Select all that apply)

- Lack of child care: 14.5 percent
- Lack of social distancing at my work place: 10.9 percent
- Lack of sanitizing of my work place: 5.8 percent

- Not getting paid or not getting paid on time: 4.2 percent
- Lack of transportation to and/or from work: 0.9 percent
- None of the above have been difficulties for me: 63.7 percent

Q11: Our local governments are in line to receive money from the federal and state governments to assist with local economic recovery efforts. Please review the following choices and rank them in order of priority for the community. (NOTE: The scores below are weighted averages. The higher the score, the higher the priority.)

- Food assistance: 6.25
- Housing assistance: 6.21
- Small business loans: 5.57
- Homeless assistance: 4.20
- Retraining programs for those who have lost a job: 4.07
- Utility assistance: 4.03
- Small business education and technical assistance: 3.48
- Legal assistance: 2.18

Q12: Which of the following actions do you anticipate taking for the next year or more? (Select all that apply)

- Washing hands more: 89.1 percent
- Using hand sanitizer frequently: 68.7 percent
- Wearing mask and/or gloves: 67.2 percent
- Abstaining from social gatherings/physical contact: 60.1 percent
- Working from home: 35.4 percent
- I do not anticipate taking any of these actions: 5.4 percent

Q13: How much longer are you willing/able to practice social/physical distancing?

- As long as is required: 67.5 percent
- More than 4 months: 3.8 percent
- 2 to 4 months: 5.4 percent
- 1 to 2 months: 6.0 percent
- Less than a month: 8.6 percent
- I will no longer do so: 7.1 percent
- I have never practiced social/physical distancing: 1.6 percent

Q14: How soon will you visit the following places and events once the state's reopening plan is relaxed for these things?

Sit-down restaurant

- Within the week: 16.3 percent
- Within the month: 19.1 percent
- Within three months: 20.4 percent
- By the end of the year: 20.2 percent
- Next year: 14.2 percent
- I will not visit: 8.2 percent
- Not applicable: 1.6 percent

Retail store

- Within the week: 32.3 percent
- Within the month: 25.9 percent
- Within three months: 20.1 percent
- By the end of the year: 11.9 percent
- Next year: 3.5 percent
- I will not visit: 4.3 percent
- Not applicable: 2.0 percent

Community gathering place, such as Pybus Market or the Wenatchee Community Center

- Within the week: 16.3 percent
- Within the month: 18.9 percent
- Within three months: 20.7 percent
- By the end of the year: 17.0 percent
- Next year: 12.7 percent
- I will not visit: 10.9 percent
- Not applicable: 3.5 percent

Community event, such as a festival or race

- Within the week: 11.0 percent
- Within the month: 11.0 percent
- Within three months: 15.0 percent
- By the end of the year: 17.6 percent
- Next year: 23.0 percent
- I will not visit: 18.8 percent
- Not applicable: 3.6 percent

Gym or indoor fitness center

- Within the week: 13.3 percent
- Within the month: 8.6 percent
- Within three months: 12.4 percent
- By the end of the year: 7.9 percent
- Next year: 12.2 percent
- I will not visit: 22.9 percent
- Not applicable: 22.7 percent

Local trail or other outdoor recreational facility

- Within the week: 59.1 percent
- Within the month: 19.9 percent
- Within three months: 8.4 percent
- By the end of the year: 4.7 percent
- Next year: 2.3 percent
- I will not visit: 2.3 percent
- Not applicable: 3.3 percent

Q15: Do you and others in your household have adequate access to the Internet to stay connected to family and friends, pursue education and school, work-from-home, purchase goods and services, etc.?

- Yes: 95.4 percent
- No: 4.6 percent

Q16: If you answered “No” to the above question No. 15, why is that? (Select all that apply)

- We can’t afford Internet service: 28.3 percent
- We don’t have reliable Internet service in our area: 23.3 percent
- We don’t consider access to the Internet a priority: 6.6 percent
- Internet service is not available where I live: 5.0 percent
- We don’t have access to a tablet, laptop, or computer: 3.3 percent
- We don’t have any reason to use the Internet: 3.3 percent
- Other: 40.0 percent

Q17: As a consumer, which of the following actions are you willing to take yourself to speed up the region’s economic recovery from the pandemic? (Select all that apply)

- Purchasing from locally owned businesses: 85.5 percent
- Paying bills on time: 80.2 percent
- Wearing a mask when I am in a business to help prevent more COVID-19 cases: 78.2 percent
- Buying new goods and services, including online: 49.3 percent
- Donating my stimulus check to a business or a nonprofit: 14.3 percent
- I would not take any of these actions myself: 0.7 percent
- Other: 7.1 percent

Q18: If you have recreated outdoors locally since March, please select the areas you have been recreating at. (Select all that apply)

- Apple Capital Loop Trail: 48.1 percent
- Wenatchee Foothills: 35.8 percent
- Columbia River: 25.1 percent
- City parks: 24.9 percent
- Leavenworth area: 21.6 percent
- State parks: 16.0 percent
- Lake Chelan area: 15.8 percent
- Wenatchee River: 12.6 percent
- Cashmere area: 12.3 percent
- Lake Wenatchee area: 11.1 percent
- Entiat area: 7.6 percent
- Rock Island ponds: 4.1 percent
- Other: 19.9 percent

Q19: Have you or someone in your household experienced any of the following since March 1, 2020? (Select all that apply)

- Struggled with anxiety, depression, loneliness and/or isolation: 44.6 percent
- Struggled to get daily exercise: 34.2 percent
- Struggled to keep a healthy weight: 30.3 percent
- Struggled to get other supplies and products: 24.8 percent
- Struggled to travel outside the region: 22.8 percent
- Struggled to connect with a faith-based community: 18.6 percent
- Struggled to access medical care: 15.2 percent

- Struggled to eat healthy: 14.4 percent
- Struggled to find reliable information about COVID-19: 14.1 percent
- Struggled to travel within the region: 13.1 percent
- Struggled due to lack of child care: 11.4 percent
- Struggled to access public services: 7.9 percent
- Struggled to meet my responsibilities as a student: 7.7 percent
- Struggled to access mental health support: 6.7 percent
- Struggled to get food: 6.2 percent
- Struggled to get medications: 5.7 percent
- I have not struggled with any of these things: 19.3 percent
- Other: 6.0 percent

Q20: What are your most pressing concerns related to providing for yourself and those in your household in the coming weeks and months? (Select all that apply)

- Getting sick from the coronavirus: 64.4 percent
- Being able to work: 30.3 percent
- Instructing children while schools remain closed: 20.4 percent
- Paying my monthly mortgage or rent: 19.4 percent
- Caring for sick or elderly members of my extended family: 17.1 percent
- Paying my utility bills: 16.3 percent
- Keeping my small business open: 12.7 percent
- Child care: 11.9 percent
- Obtaining new or supplementary employment: 11.4 percent
- Putting food on the table: 11.2 percent
- Obtaining affordable health care: 8.9 percent
- Balancing my studies and my children's school responsibilities: 7.9 percent
- Obtaining affordable housing: 5.1 percent
- Accessing public transportation that meets my individual needs: 2.1 percent
- None of the above are serious issues for me: 11.9 percent
- Other: 6.4 percent

Q21: Although this is a challenging time, can you tell us about any positive things or silver linings you have witnessed, heard about or experienced during this crisis? This could include individual efforts, collaborative efforts, inclusive efforts, projects, programs, innovations, etc. (NOTE: Similar responses to this survey question have been grouped together to form some of the answers below. For a look at all the responses to this question, please see the survey database.)

SILVER LININGS:

- The slowing down of life. More time for family, home projects, hobbies, outdoor activities, and self-care. Connecting with old friends in Zoom chats. Time to meditate and rejuvenate.
- Less traffic has led to drastically reduced CO2 emissions and healthier air and water
- People working hard and reaching out to help others.

- Greater use of the Internet has led to more remote working, meetings, and learning; greater efficiencies; and more flexible work arrangements
- Increasing collaboration within the social services sector and within the health care system
- Telehealth becoming a real possibility for the future of medicine.
- Curbside delivery and service
- The value of the Wenatchee Foothills in a pandemic. Connecting to nature in new ways close to home.
- Having less
- Neighbors helping neighbors

ORGANIZED EFFORTS:

- Wenatchee Downtown Rotary donation to assist those affected by the COVID-19 pandemic
- Chelan-Douglas Community Action Council, Serve Wenatchee Valley, Town Toyota Center, St. Joseph Catholic Church, Michelsen's Recycling and others coming together to get food and other resources to families
- Residents creating masks for health care workers after Confluence Health and others requested them
- Together Wenatchee social media posts promoting take-out at restaurants
- Wenatchee for Immigrant Justice raising money for undocumented families
- Community Foundation of NCW's "Helping Hands" grant program for nonprofits
- Our Valley Our Future's Latino Communications Network gathering, creating and distributing information about COVID-19 to Spanish-speaking residents
- Angels of Connectivity's fundraiser to pay for wi-fi hotspots so low-income families can access the Internet
- Washington Potato Commission's donation of potatoes and onions to food banks and individuals
- Garlini's Restaurant, Tony's Market, Rail Ale Station, Sweetwood BBQ and Visconti's providing free meals to residents

- Wenatchee School District and other school districts providing free meals to children in a new way. The school districts quickly changing educational delivery via technology. Eastmont School District's remote learning system.
- Wenatchee Valley College's Knights Kupboard providing food assistance to WVC students
- Wenatchee Valley College's quick transition to virtual learning
- Cities and PUDs allowing for late utility payments
- CAFE'S Buen Consejo program that is using digital tools to build community
- North Central Regional Library System making it easier to get reading material online
- Chelan Douglas Regional Port Authority's grants to help small businesses
- Roadside and park trash pick-up events organized by residents
- Chelan County PUD adding and paying for wi-fi hotspots
- Churches offering virtual services.
- Church of the Latter Day Saints distributing apples, potatoes, and onions to people
- Wenatchee Valley Museum and Cultural Center offering virtual programs and learning opportunities
- Share A Meal program benefiting local restaurants and people who need food

KEY COMMENTS:

- "I like that our churches support us via Internet, it helps keep the faith. And that despite the distance, it keeps us united. I see the Holy Apostles' mass and I connect with my mom in Mexico and we listen together to it as a family."
- "One positive thing I am living with during this pandemic is living and coexisting with my family. We were losing our communication and now we have regained it. We got to know each other as people and as families. We have regained our values and our principles. I am happy that this tragedy united us as a family."
- "My brother-in-law and his family got sick from COVID-19 and had to stay six days in the hospital. My husband received help from his co-workers so he could help my brother-in-law and his family."
- "My husband and I talk more, cook together and walk together after dinner around our neighborhood. We have been married 34 years and our three children are already

married and with homes of their own, so I love the fact that during this time, my husband and I have improved our friendship.”

- “Employers are realizing that their employees can provide the same or greater value while working remotely and being allowed flexibility to meet family and employer needs equally.”
- “As a social service non-profit leader, I am witnessing and experiencing increasing collaboration across our sector. There is a long history of siloed and duplicated service in our region, and we are starting to have the important conversations around improving collaboration. Funders are asking the right questions before funding individual ‘projects’ in an attempt to reduce duplication and encourage networked collaboration.”
- “It has highlighted how important outdoor space is to our community. We need better outdoor facilities, now more than ever. We also need to support the groups that develop these areas. People need more reasons to come to visit than just Apple Capital of the World.”
- “To the people who wore their masks and practiced social distancing, this older woman wants to thank you with all her heart.”

Q22: What is missing today in Chelan and Douglas counties that would help the region bounce back from the impacts of the COVID-19 pandemic? (NOTE: Similar responses to this survey question have been grouped together to form some of the answers below. For a look at all the responses to this question, please see the survey database.)

PROJECTS, PROGRAMS AND OPPORTUNITIES:

- Further opening of businesses
- A coordinated plan for the valley and region, including all sectors of the economy and workforce
- Stronger bipartisan leadership
- A large-scale “Buy Local” campaign. Promoting local goods like they do in the Methow Valley.
- Truthful yet positive narrative for our future
- Full compliance with health departments’ guidance and the Governor’s orders. Mask-wearing should be mandatory for everyone out in the public.
- More direct buying from farmers. A local food co-op.
- Allowing restaurants to install outdoor spaces for dining
- Smarter ways to cater to and serve tourists

- Wi-fi in parks and other public places
- Community technology support to help small businesses develop a robust e-commerce presence at reduced or no cost
- Greater focus on helping our most vulnerable populations
- Vastly more bilingual information offered by media, government agencies, nonprofits, and businesses
- Construction of large numbers of homes affordable to low-income residents. Housing assistance for all of those without a job. Rent and mortgage support.
- Safe workplaces for people who work in packing sheds. Safe housing for farmworkers. Information on COVID-19 for farmworkers who speak Spanish
- Help for those without a Social Security number — and their families
- Encouraging employers to support flexible work-from-home/in-office hours. Employers allowing people to be home if they are sick or compromised without losing their job.
- A list of places where it is safe to buy goods.
- Free mental health resources
- Access to free masks. Supplies (masks, sanitation, signage) for small businesses and organizations. More wearing of masks at large stores like Lowe’s and Home Depot.
- Hand-washing and sanitizing stations around town.
- Dozens of testing sites in the region that provide quick results. Free testing for anyone who has a symptom.
- Child care at a time when it is very difficult to find. Activities and services for children. Early childhood education that is high quality and more available.
- Ensuring kids can physically go back to school in the fall

KEY COMMENTS:

- “We need a community project bringing us together and giving us the opportunity to be part of the solution. A reminder that we all want the same thing, a smart and thoughtful return to health and security.”
- “Awakening the conscience of the community in general so that they buy local, in order to reactivate the counties' economy. Let's blossom where we were born and where we live. A campaign so that our young people don't buy from Amazon but instead in local

places. We can promote it on social media where they are, stuck on the phone all day. That way they will see this campaign.”

- “We need to move away from thinking ‘bounce back’ because that connotes a return to the way things were. We need to figure out new ways to forge ahead in a safer and more thoughtful manner. How do we continue to support the less fortunate? How do we continue to operate in creative, novel ways that support local businesses and encourage visitors, but on a smaller scale, with more care and intention? How do we teach the public that wearing masks is not a political statement, or an act of fear, but rather a selfless act that shows we respect store employees and the people around us? Can we close off certain streets to cars and make more room for well-spaced outdoor dining? How do we make thoughtful changes that allow people to work in some capacity but can be sustained for months or more to come, and can weather future outbreaks?”
- “It would be nice to have a central place online where you could go to see what businesses were open, type of service available, who requires masks to be worn, where to get masks, updates on COVID-19 stats in our area and just a general update of how things are going in our local area.”
- “The COVID-19 pandemic has magnified what we already knew was true in our region: there's a big divide in our community. Although almost 30 percent of our residents are Latinxs, communication about resources in Spanish is generally a second thought. The health department, the hospital, the municipalities do not have equity-minded policies that respond (rather than react) to needs of the Latinx communities in Chelan and Douglas counties. The result is that our Latinx community has been disproportionately affected by COVID-19.”
- “More help for immigrants who have no way to get unemployment benefits or services. More help for people who work in orchards or packing sheds. They are the most vulnerable ones and they are the ones who feed us, and we don't pay a lot of attention to their health. It's the highest percentage of infected people and deaths. They don't have the option to stay home and people don't take care of them correctly at their workplaces.”
- “More cooperation and collaboration between tourist and residential interests. Right now people are clamoring to open to visitors while residents that rely less on tourism are panicking about the danger that poses.”
- “Better information from our local leaders. Just what is working locally? What can we expect or anticipate in the near and far future? Are we truly making a difference by our actions? Information, it's a good thing.”
- “We need reliable, affordable child care options. People simply will not be able to go back to work with schools closed if they don't have reliable child care.”
- “Our region should be operating as one bigger, collective unit with one loud voice. I have not lived here very long, but the way the two counties operate as separate entities seems to reduce our power as a region.”

- “We must adapt to a new lifestyle and follow the recommendations, or else we are putting everyone else's health at risk. It's urgent that the information reach everyone in the Hispanic community, but in its language.”

Q23: What new services, programs and projects do you think our regional decision-makers and leaders should start or consider starting at this time? Please elaborate. (NOTE: Similar responses to this survey question have been grouped together to form some of the answers below. For a look at all the responses to this question, please see the survey database.)

- An online platform for people to buy local instead of through Amazon that is just as cost-effective and convenient
- A webinar series to explain where we are at as a region, and next steps
- A task force to help businesses and people move to new business models post-coronavirus
- Stick with one or two high-impact initiatives, put all resources in them, and see them through (like Our Valley Our Future does)
- Award construction projects to local companies and give bonuses to those companies that hire local laborers to complete the project and that buy supplies from other local businesses. Subcontract public works and some government services to private companies to promote business growth. Public works programs to improve regional infrastructure and give jobs to those who are unemployed. Subsidize a jobs program along the lines of FDR after the Great Depression.
- Financial incentives to businesses that comply with recommendations for social distancing, mask wearing, and curbside pick-up services
- A local job training program for displaced workers
- Free wi-fi for all as part of a Smart City initiative
- A plan to manage the huge influx of tourists and people planning to move to the area in the immediate and more distant future
- Close streets to car traffic. More biking facilities and infrastructure so people can travel in a healthy way.
- Low-cost child care, which will allow people to return to work
- Services for people with a compromised immune system
- Mental health services/facilities for anxiety and depression. This area needs a real mental health facility that will actually take people in crisis and be able to assist them once they are there.

- Online tutoring programs to get students back on track to their grade level
- Technology support program for non-profits
- No fares for Link Transit
- Dormitories, with support and staff, for homeless students in the Wenatchee area
- More community gardens
- Rent caps
- Hire contact tracers from the pool of the recently unemployed in the region
- Local/self-sustainability measures to offset supply chain interruptions

KEY COMMENTS:

- “I suggest that we need to recover the trust to interact with one another. Let's help each other emotionally, let's increase our appreciation for the Valley where we live and let's rediscover what it means to spend more time with nature.”
- “Every household should have reliable internet access, especially in rural areas like Waterville/Mansfield so they can live there and make a living. All students should have access to an I-pad device.”
- “The pandemic has shown us that with the right infrastructure and technology in place, businesses can continue operating successfully with remote workers. I would like to see our leaders supporting businesses with making this transition and keeping it post-pandemic; it is good for the environment and for the well-being of people that work rule our lives less.”
- “If they could give away masks and gloves for low-income people, because I have heard that people don't use them because they don't have the money for them or they don't find them at the store and what they do have at the store is expensive, and when families have more than five people in them, it's tough to buy at least two for each person.”
- “Many folks have expressed difficulties with social distancing in court, eviction requests, and difficulty paying legal financial obligations for folks who are mandated to pay fees/fines to the court. Many of those who are negatively affected by this are the most financially disenfranchised of our community. I would like to see a program made to help these people make smaller payments or perhaps defer payments for a short period of time to offset the negative impacts of non-payment.”
- “Stimulus spending should focus like a laser on transitioning our economy to a green energy future and all associated jobs.”

- “We need to coordinate social services in the lower valley, similar to what MEND has done in the upper valley.”
- “I would suggest an Our Valley Our Future group be formed to collect data and prepare a pandemic/disaster response guidebook to prepare for future issues. If we have a solid plan in place based on this historic event that can be activated in worst-case scenarios, we will be better prepared. This guidebook could be used to show state leaders we are prepared.”
- “Food at the food banks tends to be canned, therefore, many people don't use it correctly, or they put it away but don't eat it because they don't know what it is. I believe that there should be a program that is more focused on providing people with fresh vegetables and fruits because it's healthier and we don't have enough money to buy them.”

Q24: We are interested in hearing about any personal stories you may want to share about your experiences during the COVID-19 pandemic.

- “I have witnessed human nature at its worst and its best during this unprecedented time. I have experienced the ups and downs of family time and intense emotions.”
- “The isolation when a person lives alone is awful. As a senior citizen, one risks his or her life just going to get a loaf of bread. In addition, not having faith in the current administration to be truthful or supporting our governor's decisions.”
- “I am 64-year-old disabled former healthcare worker, caring for my 97 year-old mom. My whole priority is to keep her safe. I wish more people thought about those around them. Not color this COVID-19 response as a red vs. blue political issues. It is about survival as a whole, being a good and caring human. It is a ‘we’ issue not a ‘me’ issue. Thank you.”
- “My son is an ICU nurse at our hospital. He really appreciated that our community worked to keep the virus load down so they were not overwhelmed. He also really appreciated all the thoughtful donations that were made to the hospital workers.”
- “I have a friend who has parents that work at a local packing shed who have contracted COVID-19. They state that many other workers there have also contracted COVID-19 and that the employer is aware. They state that their employer has told them that if they miss more than 5 days of work they will be fired even if they have a doctor’s note. This is deeply troubling as many of these workers are low-income minorities that cannot afford to lose a job and cannot afford medical bills. This will cause folks to go to work even if ill in places that are not practicing social distancing.”
- “I had never experienced something this, and I'm terrified of going to the store and catching COVID-19.”

- “I work at the hospital in Wenatchee and in January I got the flu and it got serious after I got a very strong sinus infection. I have psoriatic arthritis, and asthma and I take chemotherapy medicines once a week, so that's why a simple flu turned into a sinus infection and it had me on antibiotics for 10 days. I didn't work for two weeks because I didn't feel well. Then I went to work and I was still not recovered. I worked one week and went to the doctor again because I didn't feel well and he told me to take more antibiotics and gave me a note so that I didn't have to work for five days afterwards. I told my manager about my health and my chemo medicine that I take, since he's a pharmacist. He helped me work from home and during this time I have been taking a different kind of antibiotics for the sinus infection because my immune system is compromised and it doesn't let my body recover from a simple flu. On May 1, my manager notified me that they were going to cut my hours and since then I have worked one fewer hour each day, but I'm immensely thankful to Confluence Health and my manager for giving me the chance to work from home. I am a pharmacy technician and my job entails interviewing patients who have been admitted into the hospital and asking patients about their medications, calling pharmacies to verify their medications and ever since we had the first case of COVID-19 in the hospital, I have witnessed and read about all the suffering and sacrifices that the infected people have suffered. It's very sad. And also, now since I work from home, I call patients at their rooms and I have heard how the COVID-19 patients suffer, cough repeatedly, struggle to breathe and many times I have had to talk to the relatives, because the patient is very ill. Talking to the patients' relatives because the patient is intubated is very sad because they ask me many questions whose answers nobody knows, not even the doctors. Like, is he going to die? When will they remove the tube? Is he going to get better? I always explain to them what my job is about and I ask them to ask the doctors and nurses and I give them the phone number. We have the best doctors, nurses and workers here at the hospital and without them we are lost, so we have to help them.”
- “A lot of depression.”
- “My husband lost his job and we had to use our savings.”
- “We have gotten closer to our children. Staying united and learning to live more healthy lives.”
- “Living with that fear because we have to go out and work.”
- “We try to help the families in our neighborhood that have less than us.”
- “Find it amazing how many people here have not worn face masks in stores, etc. True, it is difficult to find masks, but somebody is buying them. Employees at the grocery stores, etc. consistently wear PPE but a surprising number of shoppers do not wear the masks or practice social distancing in any way. For weeks now, in order to enter any Confluence Health facility, individuals have been stopped at the door and questioned about possible Covid-19 exposure, cough, fever, etc. but on a recent trip to the walk in clinic (May 23, 2020) the person responsible for pre-screening outside the building was not wearing PPE at all and just said to use the hand sanitizer station before entering the building. When this was told to a nurse inside the clinic, she was very surprised by that

and was going to check on it. When leaving the clinic, that person was still without mask or gloves and not pre-screening people in any way. Not acceptable when so many protective protocols have been put in place but are not being followed.”

- “Hearing the new Rolling Stones song about ‘Living in a Ghost Town’.”
- “My daughter had gotten sick, she had over 104°F fever. Had no obvious infection. Pediatrician wanted her tested for COVID-19. She ended up in the hospital, had IV and had x-ray done of chest. She had pneumonia. She ended up getting tested for Covid-19. And let me tell you, these were the longest 72 hours of my family's life. Thankfully with God's grace, she tested negative. But the worry and concern we had is the worst. Her other siblings were worried. It is absolutely terrifying not knowing what the results would be. She got treated for pneumonia with antibiotics and she got better! It is hard to not know if it is just a cold, the flu or anything different from Covid-19. At first i was scared to take her to the clinic because of her high fever and it wasn't getting any better. But i am glad i did. She could have gotten worse from the pneumonia she had. And God only knows what could've happened.”
- “It has been nice to see more neighbors out in their yard and getting to know them better.”
- “People wave from their yards and driveways when we go on our walks. People respond to friendliness even from those with whom they are not acquainted. People offer help when they see or hear of a need — the hundreds of masks sewn by volunteers and shared in the community is a good example as well as the cooperative food bank at the Toyota Center supplied by community members, grocery stores, etc.”
- “Thought it odd that the people who were already getting the maximum food stamps would not get any extra, but those of us getting small amounts would have ours maxed out. They need more, too! Not keeping the waiting week for unemployment compensation gave scammers all of the lead they needed to rip off people in most need.”
- “My family works at (a local fruit company) and I don't think they give people the care and protection that is needed. A relative caught the coronavirus there and he infected his entire family, including children and his parents, who are also my in-laws, and very elderly. It's not fair that these people who work so hard didn't even get a bonus. They owners filled their pockets and the poor ‘essential’ workers didn't even get a bonus.”
- “Since I saw that the virus was spreading too fast, I thought that it would not be just 40 days. I decided to rent the space of three acres with a bit of savings I had, to plant and grow corn, tomatoes, peppers, cucumbers, green beans, carrots, watermelons, melons, pumpkins and other veggies and greens, so it would help me and I could help other people.”
- “We have become more addicted to electronics.”

- “As a mother of three children, not being able to work for six weeks and not being able to pay any bills is was something that worries me a lot. I have an Individual Taxpayer Identification Number, and with American daughters, I as their mother don't qualify for any stimulus help, although I pay my taxes every year.”
- “My husband got laid off and I only make \$2,000 per month and we are a family of six. It's tough to have enough to eat sometimes, but by God's will, we will keep going.”
- “I can't go out because I have to be careful with my daughter's health.”
- “The most terrifying story happened. I take care of myself when I go out. I use masks and gloves and sanitizing gel. And one day, more than 20 people infected with COVID-19 arrived behind my house, and that forced me to stay indoors. I couldn't even sit outside in my chalet. I spent terrifying and frustrating weeks. I'm 55 years old and a diabetic, so I'm on the high-risk group for infections and although I know that they are healthy now, I still don't trust leaving my house.”
- “It's a tough time and it makes me sad to see that many people don't believe that this disease is real, until it touches our families. We spent some tough days thinking what would happen to the family, given that we have four grownups in the family infected with COVID-19.”
- “For me, it's been a tough time. I'm a woman who loves to hang out with my girlfriends, my grandchildren, my children and at first I got really depressed. Besides, during this time, my husband was at home a lot and we struggled to report his unemployment. At the beginning of this period, I got really stressed, but thank God, I could call my daughters. I can say I have been successful staying at home but I haven't walked away from my children or the people I know. I have learned to use Facebook and other media. I have also learned to use our budget to fill our pantry because it took my husband several weeks to get unemployment money.”
- “On March 13, when I went to the store around 5 p.m., I saw the stores were empty. People had panicked and were carrying the carts filled with food. I felt a chill and since then, the world changed for everybody.”
- “I work at a hardware store and feed store. We are a local, small business. We have served the community for more than 70 years and we have a close relationship with our customers and we have the opportunity to know many of them by name. I had been really worried about going to work during the outbreak, but since I am an essential employee, I had to take the risk at work. I had an opportunity to have a customer share two masks with me so I could protect myself. This made me feel like I was someone important in my community and that someone was worried about my well-being. That's the type of community that helps you move forward.”
- “Ignorance and the lack of information or the fact that many families, both Hispanic and Anglo-Saxon are not respecting the orders of the State of Washington about this virus. There are many families (brothers, sisters, uncles, cousins, etc.) that are still meeting in big groups, when we should avoid that, but there are disrespectful people who don't

obey. As long as I and my family do our part, that's what counts. I don't think it's lack of information to the community. I believe it's a lack of responsibility.”

- “My boss exposes themselves to family that has traveled and other risk factors I am not comfortable with and then wants me to come into the office to be exposed to them. It is very stressful to continually hear that we might need to take a pay cut or be laid off and also get pressure to return to the office dinner than is recommended.”
- “I learned that I could give up many jobs in the church and not feel bound to them and perhaps leave that church for good. Sort of liberating.”
- “Family and friends offering to help.”
- “I have had multiple friends unable to access needed mental health facilities or help during this time. This has been extremely traumatic for the families and is unhealthy. Wenatchee needs better mental health departments and facilities especially since we cannot go to Seattle every time someone is struggling with severe anxiety and depression. Our hospitals are not equipped to deal with this, but need to be.”
- “My family, and all members remained employed. We have supplies, food, and savings. This has been an extremely difficult situation damaging faith in our society and increasing anxiety for the future. We are sad, angry, snippy, and lost. And, we are fine. I can only imagine the stress and strain on those who have lost jobs, can't get online or be seen by WorkSource to get unemployment; who are victims of fraud, do not have food, are unsheltered, are locked in with an abuser who doesn't go to work, or the child can't get away by going to school... Our society was broken before this crisis.”
- “As a substitute teacher, I have been ordered to take unemployment by the governor’s office. So I am keeping busy sewing masks, while others are volunteering to help the food bank.”
- “We actually lived the same way we always lived — go nowhere, see no one, do nothing EXCEPT when we NEEDED our day out for a haircut we didn't get it and have now become shaggy dogs with vicious temperaments. When you are in the ‘mature group,’ the simple needs become ginormous needs--the only time you get to converse with another adult who may not be demented was taken away. And then there's the virtual Doctor's visits. You don't even get to dress up for those so all those ‘nice’ clothes & pretty jewels stay stowed away for ungrateful hers — but you still NEED to get out! So, we were fortunate NOT to have any bad experiences or any experiences at all.”
- “COVID has forced my job and personal life to think outside the box, and to adapt. In the middle of chaos lies opportunity!”
- “Though most of us are cooperative, I am distressed by the lack of a clear message from Washington D.C., and the confusion that this lack of message creates. The behavior of some puts all of us in danger and serves to lengthen the period of suffering.”

- “Normally, 80 percent of my job is to be moving around, working outdoors, and traveling to different sites. Having to work from home has affected me physically and mentally. I do not thrive in a working from home setting and it has caused me to lose motivation and feel stuck.”
- “My family has done fine during this time. May heart breaks for all those forced not to work and to depend upon government. It is gut wrenching. Literally.”
- “I have worked in some facilities that are recovering from COVID-19. It is nice to see places bounce back from it.”
- “My husband and I had to work remotely since the crisis started. We have small children who also have to continue with school. It has taken us a couple of months to figure out how to make it work. I am not working as many hours so I can take care of our kids, and when I work, it's at night or before they wake up. I started having panic attacks when I tried to do it all, so I had to re-prioritize my responsibilities. I'm fortunate enough to have access to mental health resources remotely, I also have a good support system, and I'm still struggling. I hope we, as a community, are taking care of our neighbors who are not as fortunate. We all have a role to play in creating a better future for all.”
- “I am very fortunate through this time to be healthy and have a job. I just try to stay positive knowing that I have both of those things.”
- “One of our local characters was sharing his lack of belief in masks and how the economy was so important. One of my immediate family members is on the front line in Connecticut and has signed so many COVID-19 death certificates that he can't remember the number. After sharing that information, he chose to do research rather than just listen to what his friend network had to say. He was thankful and full of regret and shared the information he learned with others.”
- “The worst part of the virus is not being able to see my family and do the things I enjoy.”
- “Accuracy in testing for COVID-19 would be nice but it's all over our heads still, if the government could provide free medical to all and still pay medical essential staff that would be so awesome only if the patient qualified under COVID-19 symptoms. I have three insurance rates to pay for myself and my children and now don't know if I will be also billed for my ER for my symptoms that went along with this COVID yet tested negative for it.”
- “My experience with the COVID-19 pandemic is the well-meaning attempt to treat adults like children. Those few adults who do not know about hand washing and the use of hand sanitizer, certainly do now. My father-in-law died suddenly in the hospital (NOT COVID related) and he was ALONE because the hospital staff would not allow his children in to see him until it was too late. This is tragic and hospital visitation policies need to improve so this does not continue to happen. It is time we had our civil liberties returned: the pursuit of life, liberty and the pursuit of happiness. The loss of individual freedom is keenly felt. Those who are most vulnerable or immunodeficient should be

protected by their own social isolation, not the social isolation of the entire country. The needs of the many outweigh the needs of the few.”

- “We are enjoying family dinners and walking our dogs on the Loop. We are eating healthier and cooking at home. So grateful for grocery delivery services.”
- “We have gotten more connected as a family during quarantine and I have seen who my true friends are (the ones who I still talk to even if I don't see them).”
- “My experience has been one of frustration from a business standpoint. We have a rental cabin in Stehekin and because of the stay home order, the ferry was required to carry only essential passengers (people who own property or live here). That caused five parties to cancel reservations at our cabin during a time when we are recovering from the winter.”
- “It is a real shame that our federal leadership and billionaires are such incompetent and cruel, greedy people. Our state and local health department became the light to follow for leadership. It is criminal that our healthcare workers did not have access to PPE. I sewed some hospital gowns and masks and donated them. It felt good because I was doing something about it, however small. I sewed love into those garments.”
- “I work in the medical world and I have seen a lot of people that do not care about their health and well-being of others in the community.”
- “I am overwhelmed trying to access medical care and I am a capable person. I got too sick for something that should have only required antibiotics. What about the people that can't advocate for themselves. If it took me two months to even start getting medical care (now I can't get it resolved without getting admitted to the hospital and I cannot leave my kids) what about people who haven't worked in the healthcare system. It concerns me. I am concerned for our elderly or our mentally ill. There are going to be deaths because our medical system is on hold.”
- “This experience has been heartbreaking to see the numbers of illness and deaths due to mismanagement of the response. I personally am blessed with housing, finances and am retired so not forced to resume work when it's not safe. I have family on the front lines so that is very worrisome. I don't mind staying home for safety and wish everyone would abide with the guidelines to keep everyone safe — it's really not hard.”
- “We're fortunate to have our jobs and our health. We have a house with a yard for our kids to play in. We think more about those in poverty, essential workers, and those who have lost jobs or loved ones.”
- “I'm so grateful for all the amazing trail work that has been done recently in the Wenatchee Foothills by CDLT, CW Evergreen, and others. It's absolutely a saving grace to be able to recreate in the hills. Also I finally invested in a SUP and have been getting lots of use out of that. I'm grateful to be able to weather the storm in Chelan County.”

- “My grandpa is 80 and, after losing my grandma, the main thing keeping him going is being active in his church and seeing his great grandkids. While it's been heartbreaking to keep the kids away physically, it's been really fun watching my grandpa embrace technology and learn how to Zoom! He is participating in his church group meetings and FaceTiming with family on a regular basis.”
- “How families were creative in time and energies.”
- “I have heard uplifting stories of hard-working healthcare workers, and of regular people working hard to make masks and gowns. On the negative side I am angry and dismayed at people who refuse to obey social distancing guidelines and Actually verbally attack people wearing masks.”
- “We have used Zoom as a family effort to keep in touch with my Mom, who is in quarantine at a local assisted living facility. She is a very social person and this is very hard on her and others.”
- “I deal with public information. Must say it's been great to see how groups like WTA, Wenatchee Outdoors, TREAD, Evergreen Mountain Bike, Conservation Northwest, Back Country Horseman, organized recreation groups have been supportive and helping to share out messages about recreation, recreate near home. Exemplary grass-roots efforts, target audience in urban areas, etc. It's been nice.”
- “The check-out people at Safeway and other stores have been great! In general they offer a smile and up-beat attitude. I am so grateful to them for that small normality! I don't know how they do it. God bless them.”
- “I work as a server and right before COVID shut down, I got hired at the YMCA. I've been not working for two months, but retained employment just collecting unemployment. It's been lonely but more people are reaching out to connect via the internet.”
- “I normally travel to see native plants and animals throughout our 3-county region, but stay-at home has allowed me to visit trails in the Wenatchee Foothills near my home. Between May 1-10, I have found a documented a state-sensitive plant, fuzzy-tongue penstemon, throughout the foothills, and this is a first-year reporting of this narrowly endemic native plant.”
- “My sister was in a car accident in 2007. Massive head trauma. She's still in a nursing home. She's been in lockdown since March. I don't think she understands why she's not getting visitors any more. She hasn't talked since before the accident. Since the lockdown she's been to the hospital. As well as has an infection and requires antibiotics to treat the infection. If the lockdown stays in affect for much longer I worry about my sister's mental health and her well-being.”
- “I lost my part time, minimum wage job 2 months ago. I didn't have enough hours to qualify for unemployment. I didn't get a stimulus check because my mom helped pay for my college classes last year. I'm in school right now so it's been difficult to find a job.”

Without the help from my family right now I wouldn't make it. Businesses need to reopen so people like me can stay afloat.”

- “I am able to work from home. But being an only parent helping 3 children with studies, working, making meals, managing a household is stressful. I am worried about becoming ill myself since I have an autoimmune disorder. Who will care for me when I am ill and have to self-isolate?”
- “I really appreciate Confluence Health and the leadership of Dr. Rutherford. I appreciate their honesty and hard work during this time.”
- “You know who your friends are when they call to make sure you are OK and offer to get things from the store for you.”
- “Been in multiple confrontations with holier-than-thou types about mask usage. A friend almost died for COVID 19 and spent more than 40 days in the hospital here, being on a ventilator twice. The health care workers who helped him pull through are true heroes.”
- “I live with a family member who is immunocompromised. Keeping the virus away from our home is of paramount importance. I have the means to work from home. Others aren't so fortunate. Many demand that we open up quickly and completely, they say others are just afraid. Then again, they may not feel the haunting of mortality just outside their front door like we do.”
- “I’m in a place of privilege, but am inspired to help others. Donating food and money to organizations has been my saving grace. I’ve been in a place of struggle and low income, and was helped by so many, I feel it’s my obligation to give back. As a busy volunteer, who doesn’t have access to those opportunities right now, this is how I give.”
- “This just seems crazy to me because I was so used to going out and distracting myself with my family and friends and now we have to adapt to a new ‘normal’ for a while. Although this is hard to adapt to it has given me so much time to think about stuff along with making sure I don’t take things for granted and cherishing everything that I have.”
- “Over all the inconsistencies have been frustrating. One example is what's the difference between government projects and all other construction projects?”
- “We are retired, so, we are very fortunate and grateful that the pandemic has not affected our family too much.”
- “Most of my family lives on the east coast where population density has created large hot spots. Their situation both accents how fortunate rural areas are to have some built in protection due to natural distancing and at the same time encourages me to wear the mask to protect others as the virus is still moving around the world.”
- “We have become a society of hate and distrust. There are a large number of people in this area who are wary of the government in Olympia. The citizens in Eastern Washington feel ignored, left out, and left behind. We are punished by Western

Washington rules. There is a seriously growing discontent that will only get worse. Someone needs to tell Mr. Inslee that we are part of the state, and demand recognition and a real voice in our government.”

- “This pandemic has personally made me slow down, reconnect with my family. Its been a struggle with working fulltime from home and schooling two elementary-aged children but it has also been a time to reengage with each other instead of running in different directions to all our own commitments. My sleep has improved. I am still producing for work. I'm saving on dry cleaning by working from home.”
- “I had a fever for a week, x-ray documented pneumonia, and significant shortness of breath and was unable to be tested for COVID-19. I have asked for antibody testing and told it was bit available.”
- “I am very lucky because I live on the same property as two sons and their families. I was babysitting sick grandkids when this started, so we have all quarantined together. My church went online almost immediately and we have lots of meetings, classes as well as services and messages to choose from. This has made me a MUCH bigger fan of technology!”
- “My personal story is this is like watching a horror story and the demise of the American way. If we continue to sink into socialism, the great stories will all end.”
- “Still see people not wearing masks, shopping with their kids who are not wearing masks and touching everything.”
- “Due to this virus, we have had to postpone our wedding. We have been planning this for the last year and we are heartbroken to have to wait another full year before we can celebrate with our family and friends.:
- “Although, we are living with this pandemic, positive things have encountered in our family. We are more closer and united than before. We communicate more and bonded together. We do everything together like in a team.”
- “My son has OCD and has really struggled with worrying that he will die. I participate in a group and learned this was a common theme for many kids with not just OCD, but also anxiety. Kids that didn't have fears before were now having nightmares and worries about getting sick and dying. The bonus to this time, is that the time at home allowed us to address his fears and concerns immediately. We were able to, daily, pick issues he was obsessed with and work to extinguish them. He was worse in the beginning and is now showing significant improvement in many of the fears and obsessions. What we accomplished in 6 weeks would have taken almost a year.”
- “I had to close one of my small business that has been opened less than a year. My spray tan business couldn't survive all the canceled spring break travel and lack of prom season. Luckily when massage therapy reopens, my patients are waiting for me. This was a tough time for the self-employed.”

- “Essential workers that have to take care of family members with disabilities and provide childcare and schooling during the pandemic with reduced wages at 2/3 pay have been forgotten in the chaos. Current guidelines only give aid to workers that lost their jobs or reduced hours not that their pay has been cut below minimum wage and have to support family’s and maintain normal bills.”
- “I am very frustrated with the difficulty in getting non-COVID medical care during this time. I was unable to get new glasses even though I had a significant change in my prescription that made it difficult to use my old glasses. My children had many doctors’ appointments cancelled because they weren’t deemed emergency. Putting off routine but needed medical care for months on end is unacceptable. Hospitals and doctors in the area were not overwhelmed.”
- “Seems to me that businesses that have stayed open, day cares, etc., have not caused a spike in cases locally so obviously we know how to handle ourselves. We are not getting the important numbers from the clinic/hospital which are hospitalizations and deaths. I believe they are not telling us because the numbers do not warrant this drastic lockdown. Community leaders need to be honest with citizens and tell us the truth about regional numbers and hospital capacity. We were told to protect our providers, if they are no longer in danger we need to move on. No moving the goal post unless you present the community with the numbers that justify continued lockdown.”
- “My husband is just launching a start-up business online and the pandemic has delayed everything for months. No income coming in and we don't qualify for any of the assistance offered. I have been waiting over 6 weeks for unemployment and nothing. We have savings but it is dwindling fast.”
- “Like many students, my classes have been moved online. It’s been much more difficult than any quarter I’ve experienced so far, but my professors have been doing a wonderful job at communicating and understanding when my classmates and I begin to struggle on a topic. ‘Zoom office hours’ has been a great help, too!”
- “Love how the seamstresses in town are able to save lives. Why can’t some people that have lost their jobs take up sewing and selling those masks so more people in area can be protected? Why can’t we use social pressure to get all local people to wear masks? If we have to be COVID free to open county but people can go to state parks and forests will outsiders bring in COVID and force us back into isolation? How does that work? If we don’t have a lot of serious cases it would be nice to know that too. Where is the leadership, hype, let’s do this together attitude?”
- “For the first time since 1973, I cannot work because of high risk factors. Minimal contact with others. I’ll have to start using my Social Security instead of waiting for one more year. It’s a big deal that could have been much better managed at fed level.”
- “My heart goes out to families that lost their jobs, I cannot imagine what some have gone through. It is very different for everyone. My family and I have been lucky enough to not lose our jobs. But the isolation and change in general has taken its toll on us as well.”

- “I have appreciated being able to support local businesses by using social distancing methods of calling ahead (or ordering online) and picking up retail products, take out. I have appreciated that many community events have shared online or on screen versions.”
- “My husband has lost \$60,000 in business contracts so far. Further hits will severely test whether he can remain in business. This nonsense needs to stop. Politicians’ response to the pandemic has not changed in light of new understandings.”
- “Feeling some COVID-19 symptoms, I called Confluence Health. Received a test at 2 p.m. and Confluence phoned me at 8:30 the next morning with the results. Thankfully negative, but their response was amazing!”
- “My work was very proactive in bouncing ideas off of other businesses to see what they were doing. Communicating what they knew and how to social distance us while giving some an option to work from home. How a company acts during a crises towards its employees is crucial and reflects where their priorities lie.”
- “My husband is currently a provider at the hospital. He cares for the people that are suffering from the virus and their families. This virus is very real and very ugly. And it's infuriating that people would protest against and disregard safety measures. It's frustrating that local government isn't doing enough to enforce safety guidelines. These things put my husband and my family at greater risk. Others selfish ability to see the forest before the trees puts the whole community at risk.”
- “Talking with neighbors more, from a distance.”
- “Shopping at local restaurants and going to a picnic area/tables and enjoying the outdoors while supporting local businesses.”
- “I lost my Mom, and it made it very hard with the no-gathering rules. There has been no time to mourn or maybe too much time. Not sure, just know it hurts not being able to be around family.”
- “Husband and I both out of work, forced to sell our family home and move in with family. Husband could not find even a temperature or part time job anywhere. We also have been impacted by the courts being closed and have an outgoing court case that is taking months to resolve. Not knowing what job opportunities will be available. The availability of future housing. Education options in the fall. It’s a nightmare to not know when life can resume to normal. One positive case per day in our county, and no deaths for a month, do not at all merit the ruining of thousands of people’s livelihoods. I don’t want government assistance, I want the ability to earn a living. That has been stolen from us by our governor. The effects of joblessness, hunger, domestic abuse, depression, suicide, etc., has not yet been felt, but will be felt by all of us in the coming months, and possibly years. We have sacrificed much for perceived safety. We cannot guarantee safety in any of life. The lack of trust in people to make the best choices for

them and their individual circumstances is fascism. Cutting people off from community is never the right answer.”

- “This has had a traumatic impact on business in our region most of which will not spring back.”
- “It has been incredibly disheartening to see and hear from so many people in our community who think this is a ‘hoax’ or we are ‘over-reacting.’ It’s so sad how this pandemic has highlighted the educational divides in our community. I work in healthcare and am incredibly offended when patients try to take their masks off on a daily basis, tell me our governor is a dictator and ask me if I really believe in this bogus virus. I’m an essential worker and my patients don’t even realize the risk I am taking by showing up to work to help them.”
- “I have reached out to small businesses in downtown Wenatchee and purchased items.”
- “Only personally know one person infected. This person is elderly and has underlying medical issues, but has so far survived!”
- “My favorite was a gal was taking care of a loved one that couldn't get Vinegar to clean a catheter. She reached out on a local group page. My wife thought nothing of pitching in a bottle that we had and some flowers to brighten her day.”
- “I learned I can facilitate a very effective 8-hour Zoom meeting that didn't feel like 8 hours!”
- “I currently work in healthcare, yes frontline of this pandemic. That does not mean I am not afraid. I have witness people's death alone during this, but also have heard people in our community saying this COVID-19 is all government issues. Nevertheless it's real COVID-19 has taken people from somewhat healthy to dead. And we all should listen to what has been in place wash our hands. Stay 6 feet apart if you don't have to go out don't! Thankfully I do have a job but I'm risking my health as well those who live with me to continue to help others.”
- “The work environment in the intensive care unit was always positive despite the work load, stress and sadness.”
- “I had all the symptoms in late February and early March but wasn't able to get tested since there weren't enough except for those who had traveled to China or had direct contact with someone who had already tested positive. I know I'm not alone. Without the ability to test and correctly identify how wide spread this is, and where the infectious hotspots are, we'll never be able to react and contain it quickly enough. We need testing available to anyone who wants it, and we need to start testing random samples of diverse populations before opening everything back up.”
- “I have seen so many families re-connect through this time. Dads that did not know much about the daily goings-on in the lives of their spouses and kids got the opportunity to experience ‘everyday’ moments that will be wonderful, lasting memories. Chores

together, school work together, changing the oil together, mowing the lawn and yardwork together, house projects together, washing the car together, cooking together, exercising together, reading together, laughing, loving and making memories together in an environment with very little outside distraction. Do you see the common denominator? Yes. Together. :)”

- “For 20 plus years I have offered pet care services in the Valley. At this point in my life the part-time business income augments my Social Security. As they should have, all my scheduled clients cancelled plans in March and April. A previous client, who lives out of state, heard of my situation. She redirected her stimulus money to me. WOW. Lots to pay forward. Very Grateful.”
- “This isn't my story, but Josh Tarr (American Shoe Shop) deserves a gold medal for being so publicly vulnerable and transparent and honest about how the pandemic affected his business. By doing so, he created space for other businesses to do the same, and the community response to his pain helped pull us together and draw attention to the reason we all love our community so much. That kind of heart is what will keep us going.”
- “I have been very disappointment in the negative attitude towards people with second homes in this area. They have the right to come and visit their homes and check on their property.”
- “My work life balance is better now and I am (now) committed to daily exercise and self-care. My husband was laid off but we do get to watch our granddaughter as her parents are first responders.”
- “My daughter and her husband own three very successful gyms in Washington state. All were slammed closed on March 17, along with many other arbitrarily determined businesses, to ‘flatten the curve’ in an effort to reduce potential overburdening of our healthcare system from COVID-19 cases. We all agreed this was necessary, with the information and predictive modeling we had at the beginning. They were never given an opportunity to establish, maintain, and enforce social distancing guidelines in their settings that other businesses were given the opportunity to do, and have therefore had to sit by and watch their livelihood be decimated by the arbitrary decisions of the powers that be. It’s been an unfair situation for so many in the whole country, and especially right here on our counties. We’ve had very little, If any, reassurance from Governor Inslee that he even cares one iota about businesses such as theirs or the thousands of other businesses in the state who have experienced the same unfair consideration and decimation. And now, they’re told they can have a small business ‘loan’ for something that is in no way their fault; they’ve had absolutely no say in how or when to reopen safely (that he’s seemed to listen to, anyway, other than shaming them and other business owners and citizens for ‘selfishly’ wanting to reopen ASAP) yet they have to pay back, with interest, the money they need to save their businesses? Didn’t the mafia have arrangements with business owners like that, too, where they threaten a business and require the business to pay them in order to stay open (or prevent even worse)? This whole thing is a disaster, a mess, a travesty, and we’ve all witnessed Governor Inslee completely fail at adequately and fairly managing his state without

apparent consideration to the citizens, small business owners, or our legislator input, that give us any hope or confidence that our situations are being considered fairly and with our interest at heart, especially with the relatively flat curve and few cases we are seeing in our area, and that our healthcare system is more than able to manage as it goes broke waiting to get back to their own regular business. And, meanwhile, I personally am in my 4th week of unpaid leave of absence to do what I can to help my healthcare employer's financial disaster caused by all of this."

- "I have been happy to see all the community support of local businesses via online shopping and curbside takeout."
- "I am Hispanic and people think we don't take care of ourselves but the reality is that I am thankful I am working from home, but I see all other Hispanics not having the same opportunity due to their job."
- "One of the greatest difficulties for me in doing my job has been the lack of face to face meetings in clients homes. I didn't really realize the importance of seeing each other eye to eye. There is so much more information gathered when you can visit someone in their environment. In one of my telephone calls with a client I mentioned how much I miss seeing her face to face and how happy I would be when we can be together. She replied to me that no one has ever said that they missed seeing her face to face and excited to see her. She stated how much that meant to her that I had. I teared up at that point. Another time I delivered some donated hand sanitizer to a client. I set it down and he waited till I was back in my car and picked it up. He thanked me and I told him how good it was to see him. Even with being medicated for schizophrenia and being flat affect I could tell how much it meant to him to have someone care about him. I drove away very moved. It is not necessarily the big things that effect people but the little love and kindness showed in these times. Reaching out and caring about each other. I am thankful I have the kind of job that allows me to make that kind of difference."
- "Personally, I am surprised by how I am feeling. I haven't suffered during this time, however, I feel the isolation and a desperate need to reintegrate into society. I look forward to the time when I can be part of my community and the lives of my friends and neighbors."
- "My grandson, a 4th grader, is excelling far beyond what he was doing in school, at home now. He gets way more one on one time and it's showing. Don't get me wrong, Kenroy is an amazing school with amazing teachers. Some kids just learn differently, my grandson is one of them."
- "As a former employee and spouse of a current employee, I am very impressed with Chelan PUD's management and leadership through this crisis."
- "In the interest of protecting myself, I have had to severely cut down contact with my only other close family member who lives in town, owing to their care-free attitude about social distancing."

- “Not enough people are wearing masks. Costco is now requiring all customers to wear a mask. All Grocery stores need to require masks! People in grocery stores are touching, coughing, sneezing on our food! Of all public spaces our food sources should be protected as much as possible. Thanks!”
- “I never did have the virus. But I did have to go in for emergency surgery. And it was very scary to see the front lines at the hospital.”
- “We are trying to help others maintain a positive attitude and are delivering treats as ‘perk me Ups’ to others in the neighborhood and throughout the community.”
- “As a young(Ish) person who has never faced any kind of true oppression or hardship, I recognize this pivotal moment for our world, for our valley. There are so many unknowns with this virus and we will someday have the hindsight to examine the good, the bad, and the straight up ugly decisions made. With all the warring viewpoints, my hope is that as a community we can stand on a foundation of grace and humility for our leaders, neighbors, and even ourselves. We don’t need another reason to be divided, that old song is tired and played out. Though this appears naive and unrealistic to many, I will not withdraw this hope for fear of the alternative.”
- “This has been a challenging time. If our recreations opened back up it would make many happy and able to stay in lock down longer.”
- “I probably got it myself in mid-March. My lungs still hurt sometimes, even though I never got a severe cough. I had a fever off and on for a month. I got minor hallucinations for weeks, even when I wasn't feverish. I wish people would take this more seriously in town. I went to Lowe's this last weekend and the crowd plus the lack of masks nearly took my breath away (no pun intended). My husband is a frontline worker in retail and my disabled mom is quarantining with us for safety. I felt dread seeing all these clueless people crammed in together despite Lowe's social distancing measures. I am worried for our valley.”
- “I have found many folks from the westside on our hiking trails. They were getting away from the nuttiness of Seattle if only for a day. In my case our trails have given me peace of mind. Have had some long hikes recently. Just love our area. People are nicer. Which they were nice before but it’s just a little different now. I miss my former coworkers and text messages and phone calls only go so far.”
- “I lived under a rock until this rude awakening. My only choices were to die of loneliness or risk spreading cabin fever, and I took a third option. It was the only way.”
- “I'm a relatively newcomer to Wenatchee. I've really appreciated the Facebook group Together Wenatchee, which has given me a sense of community that I didn't really have before. It's introduced me to local businesses and helped keep me informed on what's open and what services are being provided.”
- “I am grateful I still have a job, and that I can work from home. Without daycare, I get to spend more time with my adventurous toddler, even if it means more work stress,

longer hours, and very little rest. While this lifestyle doesn't exactly feel sustainable, I couldn't ask for more entertaining quarantine buddies than my husband and my toddler.”

- “It is hard to have a parent in an Assisted Living - and not being able to have physical contact. Parent does not understand what is happening. As stated before — TESTING!!!!!!!! w/o symptoms.”
- “We have a renter that cannot pay rent. My husband has qualified for unemployment but now the company received the PPP and wants to bring him back to work part-time for \$11/hr. He used to make \$15 plus a significant amount in tips. I am a student and we don't have the childcare we need to make it possible for him to work. And even if he did work, it wouldn't be worth his time at \$11/hr. He was only available for that job from 4-11 p.m. and now they want him to work at whatever hours for an incredibly reduced rate and that would disqualify him for unemployment. If that happens, our family will struggle greatly. It seems like a flawed system.”
- “I would like to comment that over 30 percent of our county's population is Latino, 70 percent of COVID-19 hospitalized patients are Latino, and I see apparently no Latino members on your board. The community needs to be inclusive.”
- “I think our local banks have done a terrific job in trying to identify businesses in need and to support them in applying for the Cares Act funding. I was contacted by a SBA loan officer from a bank that I did not bank from offering to help my small business apply and get funding, keeping me afloat. I am not sure if Carissa Blair from People's Bank had not reached out, how I would have made it. I have heard similar stories about Numerica Credit Union as well. Our local financial institutions have stepped up to help small businesses and non-profits quietly, but in very substantial ways.”
- “I have seen how sick people get. The pulmonary damage is incredible and it's not just the elderly getting sick.”
- “My husband is in the medical world. It has been stressful. COVID has revealed the good in our community and the horrid.”
- “I believe that now more than ever there is a divide in our community, state and nation. People either believe this is legit or they believe this is all some conspiracy to control. People are NOT being kind. Not a good thing.”
- “While life has been harder during this pandemic, due to lack of goods and services, my extended family, three generations sheltering in place together has grown closer. We've accomplished many small improvements in our property working together, and we've had fun finding new ways to do things as everything changes.”