



Weekly Update  
October 16, 2020

1. From Seve Ghose, Director of Parks, Recreation & Community Programs: While attending a virtual conference this week, I was reminded of a concept that is apt and timely as we deal with stress, apprehension and overall duress--- **Forest Bathing**. We all know the benefits of being outside, receiving a dose of Vitamin N. I encourage our staff and patrons to get the book titled **Forest Bathing by Qing Li** to receive that first-hand information on how, for centuries, various cultures have literally prescribed this practice for day-to-day ailments, and benefitted from that practice. During this current COVID pandemic, we ask that you practice physical distancing or wear a facemask if you can not be a safe distance away from others while being outdoors.
2. We are all aware of the data being shared regarding the higher incidence of positive COVID-19 tests and hospitalization in Adams County. To that end, we are doing expanding our **communication about the need to stabilize and help lower the cases by practicing the suggested safety protocols** of the CDC, CDPHE and the Tri-County Health Department.

**The next two weeks are critical** as we will be under scrutiny to possibly change our current status to Level 3, which will require us to be more restrictive in our offerings of facilities, programs and amenities to our community. Please help us in not having to go to Level 3 by encouraging those you come across to continue to practice the safety protocols and avoid large gatherings.

Our health and your health and safety is important to us. We respectfully ask that we all work together to beat the higher incidence of the virus transmission that has devastated individuals and families locally and across the country. Stay safe!

3. Our website and social media usage is continuing to grow. We are asking that you make [thorntonparks.com](http://thorntonparks.com) your homepage to stay abreast of our innovative and inclusive programs, facilities and amenities.
4. As a reminder, our **Director has open office time every Friday afternoon, usually between 2- 4 p.m. to meet with staff and community members**. Please contact Seve Ghose directly to make an appointment to share your ideas and concerns. He can be reached at [Seve.Ghose@ThorntonCO.gov](mailto:Seve.Ghose@ThorntonCO.gov) or (303) 255-7705.