

site Chicago

The Official Newsletter of SITE Chicago



FURLOUGHED? LAID OFF? NOW WHAT?

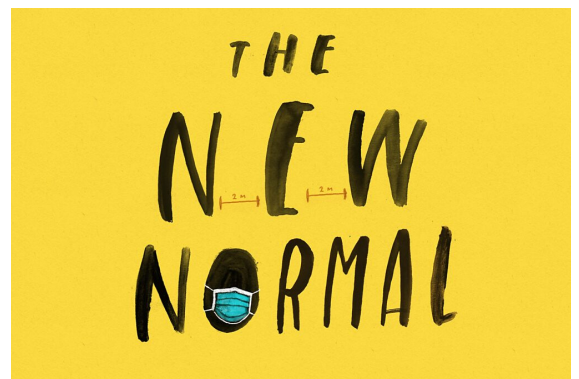
During all of this uncertain time, many of us may be struggling with our mental health, boredom, and insecurity. SITE Chicago wants to help our members find ways to stay positive. While people deal with change and stress in many different ways, many are experiencing emotional and physical responses due to COVID-19.

To help cope with our current reality, we've compiled some tips from the Board:

Nurture Yourself

- Do something for yourself everyday! This might be a warm bath, a glass of wine after putting your kids to bed, or a nice long walk in the morning
- Try a free meditation app like [Smiling Mind](#), available for all ages

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Maintain Supportive Relationships

- Connect with friends, family, and industry colleagues that know what you're going through and can give you support and empathy
- Your SITE Chicago colleagues are perfect for this - connect with other members during our Happy Hour Zooms or our upcoming joint webinar with SITE Minnesota (members only, [register here](#))
- While maintaining supportive relationships is helpful, be sure to be mindful of your energy and do not over-commit yourself - Zoom fatigue is real!

Stay Hopeful & Positive

- Be aware of the way you are talking to yourself. Although it helps to be realistic, self-critical thoughts are destructive. We are our worst critic.
- You are not always in control of what happens to you - the only thing you can control is how you react and what you do next.
- This too shall pass!

PIVOT!



How companies are pivoting their offerings during this crisis:

Kehoe Designs:

Kehoe has begun to create PPE equipment: masks, face shields and POS guards. (Way to go, Kehoe!) They've also started [Green Market Garden](#), where they are offering plants for people to purchase for their home. Kehoe is thrilled to launch this new initiative and will be adding herbs very soon!

Mother's Day is around the corner (Sunday, May 10), check out their gorgeous florals and place an order from their [Floral Collection Catalogue](#) or through their Senior Event Producer, Sophia Lin Kanno, at Sophia@kehoedesigns.com.

Michelin Star Food at home in Chicago:

Have a special occasion coming up during the stay-at-home order? You can order take-out food from restaurants that have never offered it before like 3-Star restaurant Alinea. Several other restaurants have pivoted their offerings to help Chicagoans and beyond a chance to celebrate at home with gourmet food.

- Alinea: <https://www.exploretock.com/alinea/>
- Girl and the Goat: <https://www.girlandthegoatceries.com/>
- Gene & Georgetti: <https://www.gandgtogo.com/>



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Goose Island Brewing Company:

With bars and restaurants being closed to the public due to COVID-19, Goose Island got creative and dispatched a black van to roam the streets of Chicago Thursday through Sunday, playing ice cream truck music. If customers call the phone number displayed on the van, the van will deliver beer to them.

They're also selling Sunshine Tomorrow Blonde, a special beer only available at the Fulton taproom. Its profits benefit the Chicago Community COVID Response Fund, a collaborative effort with United Way and Chicago Community Trust.

Wrigley Field & Lakeview Pantry

Lakeview Pantry has opened a temporary site at the Wrigley Field Concourse in response to the COVID-19 pandemic. The new site will accommodate more clients allowing staff and volunteers the space necessary to safely distance from each other.

Meal & Cocktail Kits

Want to eat something classy but you don't want to cook? Hang in there, restaurants and cocktail lounges are changing the game with kits and DIY dinners. Want a build your own pizza kit? [Dimo's Pizza](#) and [Gino's East](#) have you covered. How about some fun Korean fare? [Passerotto](#) has an assortment of delicious eats for the whole family! A local favorite, [Daisies](#), is offering a pasta meal kit with housemade tagliatelle, portobello mushroom ragu, and other accompaniments.

Food's great but cocktails even better? Check out [this list](#) of local cocktail kits from Whiskey Sours to Palomas.

Virtual Tours

Chicago Detours, which has hosted virtual tours so people can stay at home amid the pandemic, has now created a tour of the Chicago River. Viewers will learn about the city's history and culture while getting to see the river via Google Streetview - while sitting at home. They are also hosting "Historic Happy Hour for Curious People" weekdays at 6:00 pm. [Click here](#) for more information on Chicago Detours.

Cooking Hotline

So you've done your shopping, you've filled your pantry (and fridge, and freezer) and you're ready to practice some serious social distancing. Now it's time to actually cook all of those ingredients you've purchased - for three meals a day, for potentially weeks on end. What exactly do you do?

Sarah Stenger is coming to the rescue. The chef at Northbrook's Prairie Grass Cafe and Green City Market founder has opened a home cooking hotline so people can get answers to basic cooking questions during the pandemic.

The hotline is open from 2:00 pm - 4:00 pm every day by calling 847-920-8437.



SITE CHICAGO NEWS

Congratulations to Bonnie Coop, our Director of Education in being awarded The 2020 Connect Corporate 40 Under 40!



Bonnie has been in the industry for almost 20 years and has an eye for excellence and strategy, there's no doubt she belongs on this list!

celebrate

On April 23, we held a SITE Spirit Happy Hour over Zoom which included a 20-minute workout class with Jen from Pom Squad Fitness, a costume contest of our favorite sports teams, and a trivia game. The lucky winner was Diane Murray who was decked out in Blackhawks attire, including props!

On April 1, we held Be Spontaneous with SITE Chicago over Zoom which included a pajama costume contest!



SITE Chicago and SITE Minnesota have teamed up to offer an exclusive members-only webinar on Thursday, April 30.

Be a Homebound Hero: Remaining in the Game when you've been Benched, with Audrey Thomas from Organized Audrey!

Members, register [here!](#)