



May 10, 2020

5/10/2020 COVID-19 Updates

No New Cases of COVID-19 in Chautauqua County Today

Chautauqua County statistics:

- 42 confirmed cases;
- 6 active cases - continue to recover under orders of the Local Health Official per NYS Public Health Law;
- 32 recovered cases;
- 4 deaths;
- 95 cases under quarantine/isolation orders by the Public Health Director and being monitored. Not all of those being monitored are confirmed to have COVID-19 but have either shown symptoms, are awaiting results, or have risk factors; and
- 1,335 negative test results to date.

HOPE ON MOTHER'S DAY

Maya Angelou was an acclaimed American poet, storyteller, singer, activist, and autobiographer. She was a spokesperson for all people committed to raising the moral standards of living in the United States.

"Still I Rise" is an empowering poem about the struggle to overcome prejudice and injustice. It is one of Maya Angelou's most popular poems. It sends out a clear and repeated message of hope.

Today, on Mother's Day, may this powerful message of liberation and survival provide you with the power to endure the current pandemic situation we are facing. As a mother, you undoubtedly faced adversity, but you faced adversity, and you survived. Continue to be brave, have courage, love life, and be CHQstrong.

Still I Rise

By Maya Angelou

You may write me down in history
With your bitter, twisted lies,
You may trod me in the very dirt
But still, like dust, I'll rise.

Does my sassiness upset you?
Why are you beset with gloom?

'Cause I walk like I've got oil wells
Pumping in my living room.

Just like moons and like suns,
With the certainty of tides,
Just like hopes springing high,
Still I'll rise.

Did you want to see me broken?
Bowed head and lowered eyes?
Shoulders falling down like teardrops,
Weakened by my soulful cries?

Does my haughtiness offend you?
Don't you take it awful hard
'Cause I laugh like I've got gold mines
Diggin' in my own backyard.

You may shoot me with your words,
You may cut me with your eyes,
You may kill me with your hatefulness,
But still, like air, I'll rise.

Does my sexiness upset you?
Does it come as a surprise
That I dance like I've got diamonds
At the meeting of my thighs?

Out of the huts of history's shame
I rise
Up from a past that's rooted in pain
I rise
I'm a black ocean, leaping and wide,
Welling and swelling I bear in the tide.

Leaving behind nights of terror and fear
I rise
Into a daybreak that's wondrously clear
I rise
Bringing the gifts that my ancestors gave,
I am the dream and the hope of the slave.
I rise
I rise
I rise.

If you are having a difficult time finding hope during COVID-19 times, talk with someone. There is hope, and we want you to find it:

- Jamestown Psychiatric is offering our Online Psychiatry Urgent Care service (via Tele-Psych) to all our community members. Patients / Clinics can call our Psychiatry Urgent Care phone line at 716-708-1101 any time between 10 a.m. till 6 p.m. EST.
- CHAUTAUQUA COUNTY CRISIS HOTLINE AVAILABLE 24/7: 1-800-724-0461
- NY State COVID-19 Emotional Support Hotline: 1-844-863-9314

- Call a Pastor Crisis Line: 716-226-1494
- United Way of Southern Chautauqua County has a complete listing of mental health services:
<https://www.uwayscc.org/chautauqua-county-covid-19-response-3>

Link to Chautauqua County COVID-19 Map:

<https://chautauquacounty.maps.arcgis.com/apps/opsdashboard/index.html#/012d07321ad6415c8cf17c4f673643c9>

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