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I hope everyone is healthy as we continue adjusting to the ever evolving 'new norm'. We must conform to new schedules and new habits and that's never easy. But remember that disorder can be a source of new order, and growth often comes from disequilibrium, not balance.

What we are experiencing now has never happened before. We are living through the most extraordinary circumstances of many generations. This is history unfolding and we are the ones writing this history as it unfolds. We are not going to be among those who learn about it in years to come. We are at 'ground zero' and it's right now!

So, if it all feels very strange, that's because it is. We must keep our spirits up, we must stay connected (remotely) and we must persevere because we have a responsibility to each other and to ourselves to get through this. We can't lose sight of the high importance of this journey. It's important that we write our history accurately and perform successfully for those who will learn about this in future generations.

We appreciate your partnership and good thoughts through these uncertain times. Thank you for following our monthly Newsletters. We love sharing Ophelia stories and connecting with each and every one of you!

Stay safe and healthy everyone!

Susan Francis

President and Chief Executive Officer John F. Kennedy Memorial Foundation

Home of Ophelia Project