

**“Thank You,” to every rural carrier, rca, and arc** for the courage you’ve shown and the amazing job you’re doing.

Our hours are long, the packages are numerous and it feels like Christmas and then some. And now we’re coming into 'Christmas in July' with the heat cranking up, and still we keep going.

Working each day to deliver those things vital to our many customers **shows your commitment** to them during this stressful time.

**Please remember to take time for yourself**. It is so important especially at times of high stress to take good care of yourself.

Get plenty of sleep, relax (breathe deeply and destress), eat well, take time to do those things that make you happy, socialize however possible and make sure to **LAUGH**.

As we continue to serve our customers remember to practice physical distancing and use the temporary modifications to signature captures on the MDD and forms or receipt items that are usually signed for by the customer.

Anyone still having PPE shortages should contact your DR or ADR. These items include surgical face masks, protective gloves, and hand sanitizer.

Brenda Gibbs  
NCRLCA President