The Patterson Foundation understands that the recovery process following a disaster or unexpected challenge includes three distinct phases:

- Cope
- Adapt
- Innovate

In this edition, we spotlight nonprofits adapting and innovating to better serve their stakeholders.

**Being Resilient**
Research has shown that the last 18 months have left many in our community struggling with mental health, burnout, or other trauma.

**Resilient Retreat** is a new, innovative non-profit in our community offering various evidence-based services to address the impact of trauma on the mind, body, and spirit.

Resilient Retreat serves both survivors of trauma and those who serve our community as helping professionals. Founded in research and guided by community voices, a variety of free and confidential programs have been developed to help participants have the tools needed to create a life of empowerment and resiliency. From neurofeedback to equine therapy, support groups to yoga classes, and more, an ever-evolving catalogue of programs helps provide participants with practical skills and hope for a future of not only surviving but THRIVING.

**Connecting to Legal Services**
In response to the pandemic, the federal government passed the American Rescue Plan (ARP). Gulfcoast Legal Services is providing regular reports about the ARP to community members and nonprofits to help connect them with resources in the community. You can sign up to receive updates or view past reports here.

Want to learn about how other organizations are adapting and innovating during the pandemic? Check out this blog post.

**Remember...**
If you don’t feel well after the holiday weekend or have COVID-19 symptoms, you can get tested for COVID-19 at a testing site near you. Even if you don’t have symptoms, you can get tested. The best way to prevent getting COVID-19 is to get fully vaccinated. You can find a vaccine location near you here.

Our goal is to share the bottom line data, and why they matter in the Suncoast. The first column is a 7-day rolling average of daily new cases. The CDC uses a 7-day rolling average of daily new cases to illustrate positive and negative trends. You will notice that the second column has changed due to the Florida Department of Health’s changes to its public reporting of data. Thus, the second column is now the percentage of the population over age 12 in each county who have either received one or both doses of the Moderna or Pfizer vaccine or the single dose Johnson & Johnson.

**Suncoast COVID-19 Stats**
*Week of July 5, 2021*

<table>
<thead>
<tr>
<th>COUNTY</th>
<th>7 Day Rolling Ave. of Daily New Cases</th>
<th>A Population &lt;12 with at Least One Vaccination Dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Charlotte</td>
<td>8</td>
<td>65%</td>
</tr>
<tr>
<td>DeSoto</td>
<td>1</td>
<td>45%</td>
</tr>
<tr>
<td>Manatee</td>
<td>19</td>
<td>56%</td>
</tr>
<tr>
<td>Sarasota</td>
<td>20</td>
<td>66%</td>
</tr>
</tbody>
</table>

Please forward this to your network, and when you have stories about overcoming and thriving during COVID-19, please send them to Abby Rolland at:

ARolland@thepattersonfoundation.org

#COVID19
@ThePattersonFdn