

March 17, 2020

Dearest friends, family, and patients:

It is with a heavy heart that I've decided to temporarily close the office to patients as we continue the efforts to flatten the curve and slow the spread of SARS-CoV-2/COVID-19 as much as possible. We live in very uncertain times right now, and it's going to take each of us doing our part to reduce the rate of transmission and protect the lives of those most vulnerable. This decision does not come lightly, nor does it come without a great amount of fear and many, many tears. I knew this moment was coming after the announcement of the first case of this novel coronavirus was confirmed in the States. I hoped I could delay it much, much longer than this, but with each updated study, each new data set, and each new recommendation, request, and requirement from the Governor's Office, I realized it was coming much sooner than I was ready for. Today has been a whirlwind of information, changing plans, hurried preparations, and tough decisions. New information today about the expected number of asymptomatic carriers combined with the Governor's request for the closure of all non-essential businesses, including non-emergent, non-urgent, and non-essential healthcare offices, makes it clear that I can't delay this any longer. Your safety and comfort has and always will be my number one concern. It's time for me to take a step back and let Western Medicine keep people alive while we all do what we can to slow the spread of this thing.

This is honestly the hardest and scariest thing I think I've ever had to do. But I promise you all this: ***we're not done.*** We will reopen as soon as we're able to. In the mean time, we have a new online store launching through the website tomorrow with what I hope will be a fantastic collection of offerings so that I can continue to help you through this from a safe distance. As of right now, I'm offering several telemedicine services (including FaceTime or phone-based supportive consultations and FaceTime Qi Gong sessions) in exchange for a donation, and will deliver self-administered moxibustion kits for \$35 for a week's worth of supplies. Online gift cards are also available, as well as an opportunity to just plain donate. I ask that you only give what you can without creating hardship for yourself. I hope these remote offerings expand – if you have ideas, please reach out and let me know. And our social media presence will continue to be strong, positive, and supportive. It's going to take a lot of hard work, lots of patience and perseverance, and adaptation, but we're going to get through this. It will likely look different on the other side, but I'll continue to hope that this hardship now will evolve into improvements in access to healthcare and a much greater understanding of how we can all fit into a holistic bigger picture together.

I'm also asking you to continue to find ways to support small local businesses in general, not just mine. Louisville is filled with wonderful locally-owned shops, restaurants, and service providers, and I can tell you that we're all struggling and wondering about our futures right now. We're all doing our absolute best to adapt, change, grow, and rise to the challenge. And we're all relying on our supporters. I'm relying on each of you. I have no idea what the next few days or weeks will bring. But please remember: hope is just as strong as fear, friends.

Please be safe. Remember the reason for all of this hardship, and that our city is known for being compassionate. Make and share art, find ways to laugh, feel what whatever you're feeling as well as you can, and learn to live in each moment. And breathe. If you need anything at all, please don't hesitate to reach out. We're in a time of social distancing, but humans can't survive long in isolation. Stay in touch with each other, get out into the sun whenever it's out, and try to find whatever sense of normalcy exists in this new world. We will be okay. We may not be able to be in the same room right now, but we can still do this together. Wash your hands.

I love you all. I see you, and I appreciate you.
Courtney Lantz, L.Ac.
Owner, Healthy Point Acupuncture