



# TREIG E. PRONSCHINSKE

STATE REPRESENTATIVE • 92<sup>nd</sup> ASSEMBLY DISTRICT

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## Things We Can Do While Stuck at Home

With many of us stuck at home and getting feelings of boredom, or even anxiety there are still plenty of things we can do.

As we move into the spring season, it is a great time to participate in the annual “spring cleaning.” Even though we should all be cleaning our households throughout the year to get rid of germs and dust, this is a great time to do a deep clean and to go through unnecessary items that have been piled up throughout our homes. Even I have some junk in my garage I should probably go through and luckily I have my wife and daughter to help out. With the Coronavirus spread growing, it’s extremely important to disinfect surfaces with bleach and to have some fresh air flow through the house.

Spring cleaning is also a great time to declutter. You can go through your closets, garage, and cabinets and discover what you might not need anymore. I suggest setting up a box in a central location where members of the house can put unwanted items to donate after COVID-19. Remember to grab your donation tax forms when you drop off the box.

Additionally, while many of our parents and grandparents are in quarantine, Hallmark has stepped up and pledged 2 million cards for free to keep in contact with those who we may not be able to see right now. You can sign up at: <https://greetings.hallmark.com/careenough/>

It’s still important to know that we can go outside and are encouraged to exercise, walk the dogs, ride bicycles and stay healthy during COVID-19 as well. A great outdoor activity that is beneficial and educational for kids is to build and plant a garden. This helps show our kids where food comes from and how to be self-sufficient.

I realize that the days ahead will be tough. Many of us are unemployed, worrying about how to pay the bills and concerned for the health and safety of our loved ones. Just know that it will get better. One day soon this will end and we will back to seeing the people and doing the activities we love. If you or someone you know is suffering greatly with their mental health, please encourage them to reach out to the national suicide helpline at 1-800-273-8255.

As always, please feel free to reach out to my office for help, questions or concerns.

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