

# We needed a Time Out



**Dr. Angelia Bryant**  
Licensed Clinical Counselor

Literally, we have been given a Time Out. A Time Out is when a child is misbehaving and in need of correction or in sports, when an adult needs correction. Pastor Bobbie Houston, Hillsong Ministries, said, "God has given us a Time Out". Instantly, I began thinking about this concept; a Time Out is a time of reflection and self-correction for the Time Outee (Us).

As we allow, we are learning to slow down; cooking and eating at home; either spending more time or no time with our families; no time with friends; learning or relearning patience; respecting other's space as we gather food while wearing masks; rearranging our surroundings (brought

out patio stuff this week) making do with what we have on hand (which is usually too much anyway) and revisiting our existence on this planet while making some shifts for the future. Hopefully, this Time Out is one of reflection perhaps leading to some self-improvement and growth.

In these unprecedented times, a Time Out may be exactly what we need. Remember Matthew 6:6, "But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you". Begin to create your best life as we rise from our rooms in this Time Out. We Will Get Through This - Only Better!

Finally, be Grateful. Live in Peace. Love God and Love every Person. Amen.  
*Dr. Angelia S. Bryant, Licensed Professional Clinical Counselor*  
[angelia.s.bryant@gmail.com](mailto:angelia.s.bryant@gmail.com)

# You can take action during this pandemic

**ERIC FRIEDLANDER**  
KENTUCKY  
CABINET FOR HEALTH  
AND FAMILY SERVICES

May has arrived in Kentucky, and rather than planning a Kentucky Derby celebration, a road trip to Pikeville for the Mountain Laurel Festival, to Cumberland Falls to take in the moonbow, or to Louisville to jam at Louisville's Kentucky Reggae Festival, we're practicing social distancing and doing our parts to be #HealthyAtHome or #HealthyAtWork.

That's assuming you're among Kentuckians who are currently working during the current novel coronavirus pandemic, or COVID-19.

With so many people sick and dying and unemployment at a level not reached since the Great Depression, Kentuckians might, for the first time, find themselves needing help.

Others who received have assistance might find that they need more than before with healthcare, food and cash.

There is help, and the Kentucky Cabinet for Health and Family Services is pleased to be in a position to help connect residents of our commonwealth with assistance.

In this time of exploding need, there's no reason not to take action to help yourself, those in your household, or to pass this information along to someone who might benefit from it. Here's what you need to know.

Applying for help has gotten easier. The process for applying for help during this CO-

VID-19 emergency has been simplified. The process to confirm eligibility has gotten faster, and there are fewer steps to go through. There are a couple of ways to apply. One is to visit [benefind.ky.gov](http://benefind.ky.gov), and you can do this anytime, from anywhere - the site is available 24 hours a day, seven days a week.

If you've never visited this site before, focus on the picture of the mare and foal. Don't let words such as "Medicaid" and "IRS form 1095B" cause you to think twice about applying.

Instead, look for the big green "Let's Get Started" box on the right side of the page. Clicking on it, and you'll be on your way to creating an account and getting a quick start to connecting with the help that's out there.

You or others you may know can get help with this fast-tracked application by phone, too. The toll-free number is 1-855-306-8959 and the TTY number is 1-800-627-4720.

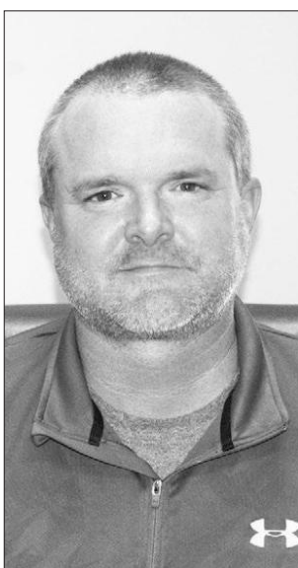
In the midst of this pandemic, it's important to know that assistance is available. All you need to do is take the first step. Do what you need to do to take care of yourself, those in your household, or people you know who could use a hand during this concerning time.

*Eric Friedlander is Acting Secretary of the Kentucky Cabinet for Health and Family Services (CHFS). Follow CHFS on Facebook, Twitter and Instagram for COVID-19 and other information that helps Kentuckians.*



## What are your Memorial Day plans?

By Roving photographer Clevis Jeffries



"I plan to spend time with my family, have a bonfire, and enjoy the outdoors."

—Josh Bennett



"I probably will work around the house and in the garden."

—Zack Leftwich



"I plan to spend time with my family."

—Grant Karnes



"I plan on grilling out."

—Joanna Vaughn



"I will spend time with my family and grill out."

—Genelle Jones



"I will be working in my garden at home."

—Shellie Kendall

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### Publisher/Advertising

Walt Gorin

News Editor

Tom Mills

Sports Writer

Angelina Alcott

Composition/

Copy Editor

Crystal Cecil

Staff Writer

Clevis Jeffries

Graphic Designer

Toni Humphress

Office Manager/Billing

Anne Gorin

Office Assistant/

Circulation

Crystal Cecil

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## Kentucky Centennial Business

# Deadline

## for all news and advertising for the May 27 edition is Friday, May 22 at 2 p.m.

### The Record-Herald office will be **CLOSED** Memorial Day, May 25