

Quarantine University

WHAT WE'VE LEARNED IN(SIDE) THE LAST 14 DAYS

Quarantine 101

KEY PRESENTATION POINTS

A Short Introduction
What We've Learned
How We Can Help
Resources Available
Summary

A Short Introduction



KEY LEARNING: STAY HOME

and wash your hands frequently to avoid spread of COVID-19 (and meridians) – Keith/Pete

credit: Litany Against Fear





What We've Learned



REMOTE RULES!

All those things we were told can't be done remotely, really...can.



Working out from home

Many boutique fitness classes are now offering free versions of their studio classes:

- Corepower Yoga
- Pure Barré
- Orange Theory Fitness

The industry of online/at home workout businesses is booming

- Obé fitness (7 days free)
- Peloton (90 days free)
- Aaptiv

BINK Recommended Fitness Resources



PELOTON APP

The Peloton app is running a free trial for 90-days and they have a metric TON of workouts, not just bike-related. I'm a big fan of both their yoga, strength and cardio workouts.

- Tiff Classic

JOE WICK'S PE CLASSES

Free youtube workout classes.

- Jenny & Rhi

(Double recommendation!)

OBÉ FITNESS

Served this ad on IG for a week and caved. Looked like I could learn some TikTok dances. But in reality I am LOVING the classes both live/on-demand

- Rachel

MEGAN SPEARS YOGA

One of my Tulsa-local yoga instructors and teacher-trainers has some great, free resources on YouTube with snack-able tips for functional movement

-Lerin



**Can't eat
out?
Try new
recipes.**



Simon Holland ✓
@simoncholland



Woah, this is a lot of days in a row to have to make dinner.

12:16 PM · Mar 18, 2020 · [Twitter for iPhone](#)

People are trying new recipes and relying on old favorites during the quarantine period.

Let's see what BINKers are cooking up...

"I'd like to think I've perfected the diy chai latte: must use extra creamy oat milk and maple syrup."

– KJ



What's cookin'?



MORE BINK RECOMMENDATIONS

- I've been enjoying this blog dedicated to cooking Japanese food:
www.justonecookbook.com (Tiff Classic)
- Half Baked Harvest cookbook "Super Simple."
(Rachel)
- Also, check out the #recipes channel for more BINK inspiration.

**But let's be honest. We're
missing our local bars &
restaurants**



HOW ARE BINKERS MAKING IT THROUGH?

**But let's be honest. We're
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restaurants**



HOW ARE BINKERS MAKING IT THROUGH?

I HAVE LEARNED THE VALUE OF A
COCKTAIL MENU.

WHAT I WOULDN'T GIVE TO SEE ONE
AGAIN.

– ANDREW



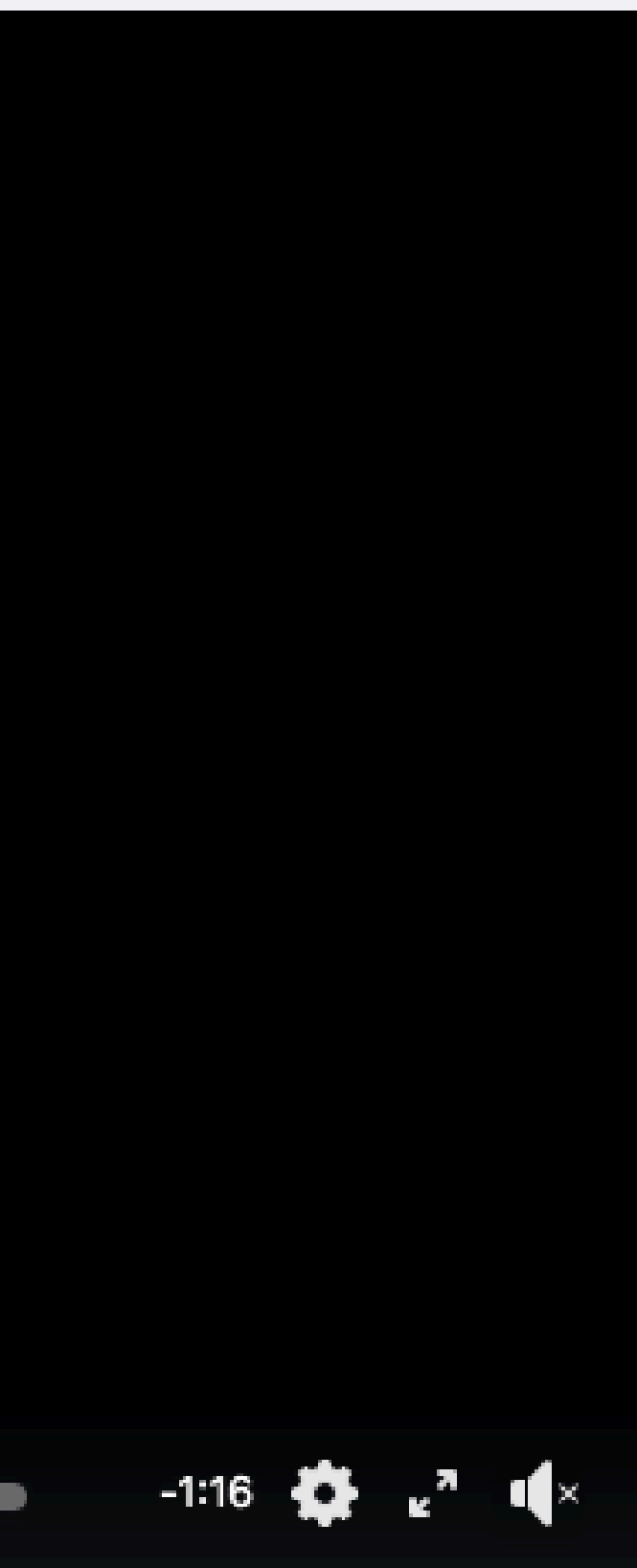
Support your local favorites!



I've been "supporting" the Mexican restaurant papas y tacos that's next to my laundromat roughly 3x week.

Since it's all takeout and I'm usually doing laundry, I eat in the back of my car.

– Claire



Roma's Italian Restaurant



March 22 at 10:21 AM · 🌐

I'm not Stoping till run out Food Friends
😄 Let's Hope other Local Restaurants do
the Same and Help each Other 🙏🙏

❤️👍😮 116

34 Comments

👍 Like 💬 Comment ➦ Share 🌐

In Clovis, New Mexico, my family and I have been supporting Roma's.

This little Italian restaurant is run by a couple that drinks wine and bickers while working, who are just lovely people and even better characters.

Mario, the chef, has been sharing videos on Facebook (much to his wife's chagrin).

Each one is a delight

– Drew

UnityPoint Health Homemade Mask Tutorial

SEWING ENTHUSIASTS

Now is our time to shine. Here's a helpful tutorial on a slightly more complex mask that allows you to create a nose seal and gives you the option of adding a HEPA filter.

– Mickey



LEARN A LANGUAGE

I've been hardcore getting back into studying Japanese. Back in the ol' college days I used to be pretty good at it, but who knew that not keeping up with a language for 10-years, would mean that you'd forget a ton. Anyhoo, I've set aside time each day for language learning :)

– Tiff Classic

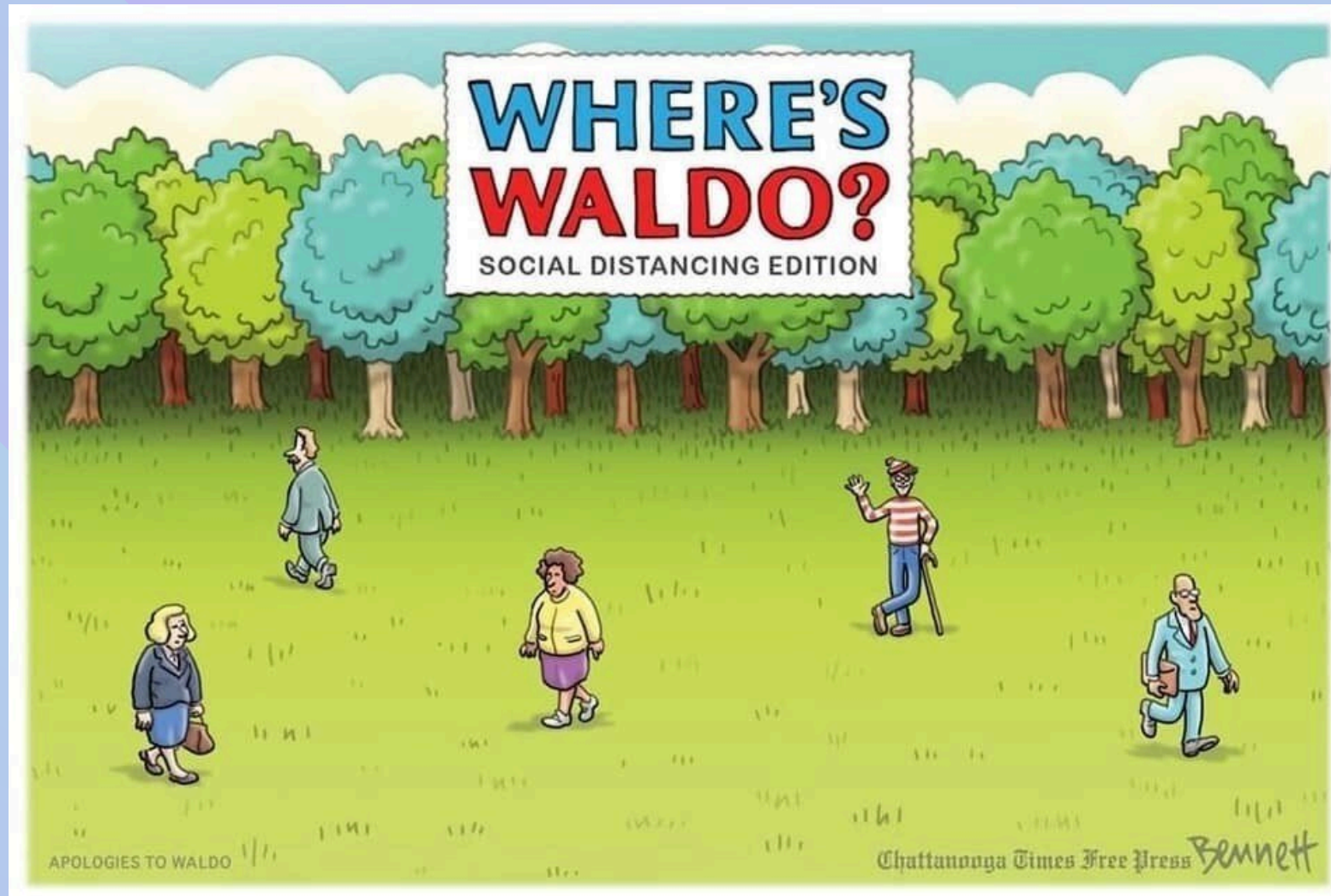
What About Our New Co-Workers?



HOW TO MANAGE KIDS AT HOME

Need some distractions? New activity ideas? Anything!

BINKERS to the rescue



VIRTUAL ZOO

CINCINNATI ZOO VIRTUAL
SAFARI ON YOUTUBE!

- TVS

BUSY TODDLER

Check out the
Instagram account
[@busytoddler](#)

- Lydia

BRINGINGUPBABE

More genius DIY activities,
usually with stuff you have
around the house.

[@bringingupbabe.](#)

-Lydia

HY-VEE KIDS WORKOUTS

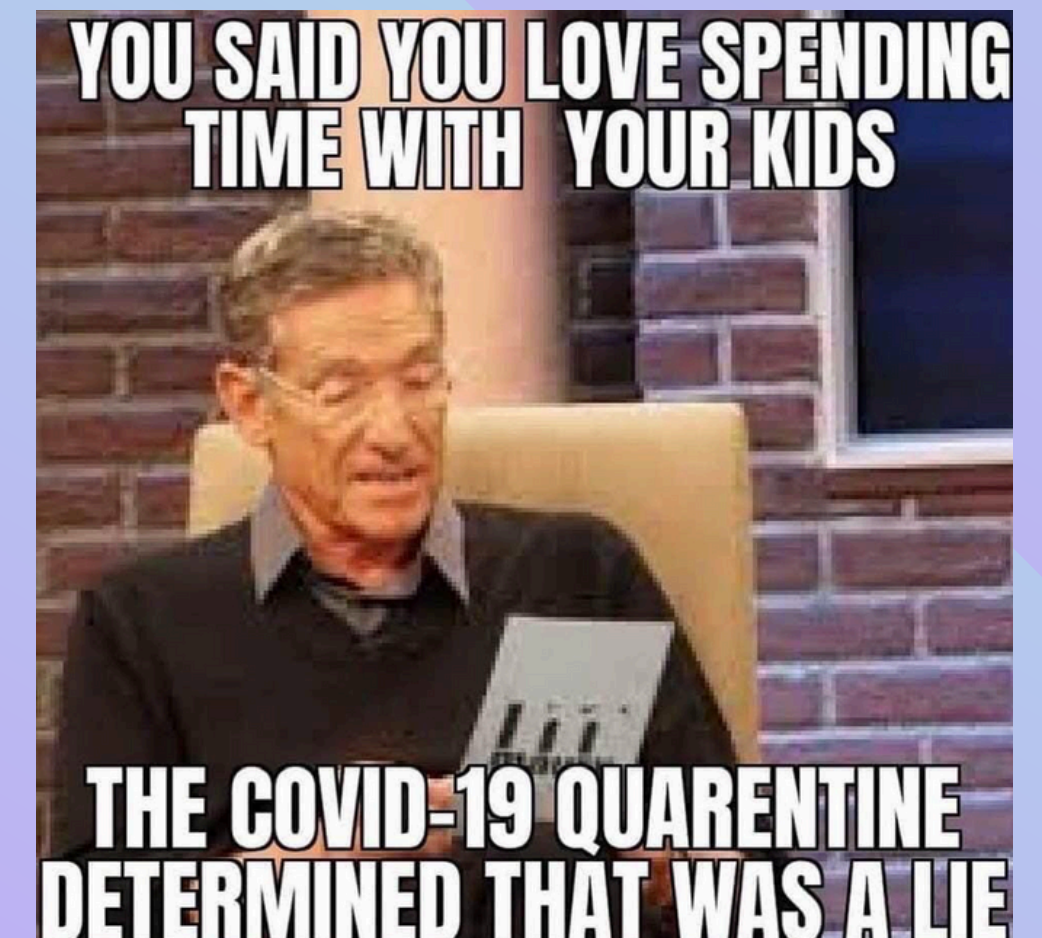
Online Workout Program
for Kids.

- Kat S.

STORYTIME

The dude who voices Olaf in
Frozen has been reading stories
to kids in an effort to "babysit"
your kids for 10 minutes.

- Danny



How is the pandemic affecting YOU?



HOW ARE BINKERS KEEPING THE #POSITIVEVIBES HIGH

One thing I've learned while being quarantined is how to balance my emotional response to what's happening in the world – still working on it.

Although I try not to watch CNN all day and into the wee hours of the night because trying to sleep after hours of nonstop (mostly) disturbing news isn't a great way to end your day.

I'm trying to be more emotionally self-aware and making sure my home/work life is a positive place to be



“

ZAHIRA



Gardening has been my most helpful hobby recently. I find it grounding to create change in my own yard after too much news. The weather is prime and it's been a fun bonding project with my husband, Jimmy, too.

“

BONUS: It's hard physical work, so my newly dedicated garden space doubles as a home gym!

LERIN

Mental health matters.



It's important to acknowledge that gratitude and sadness/stress can coexist.

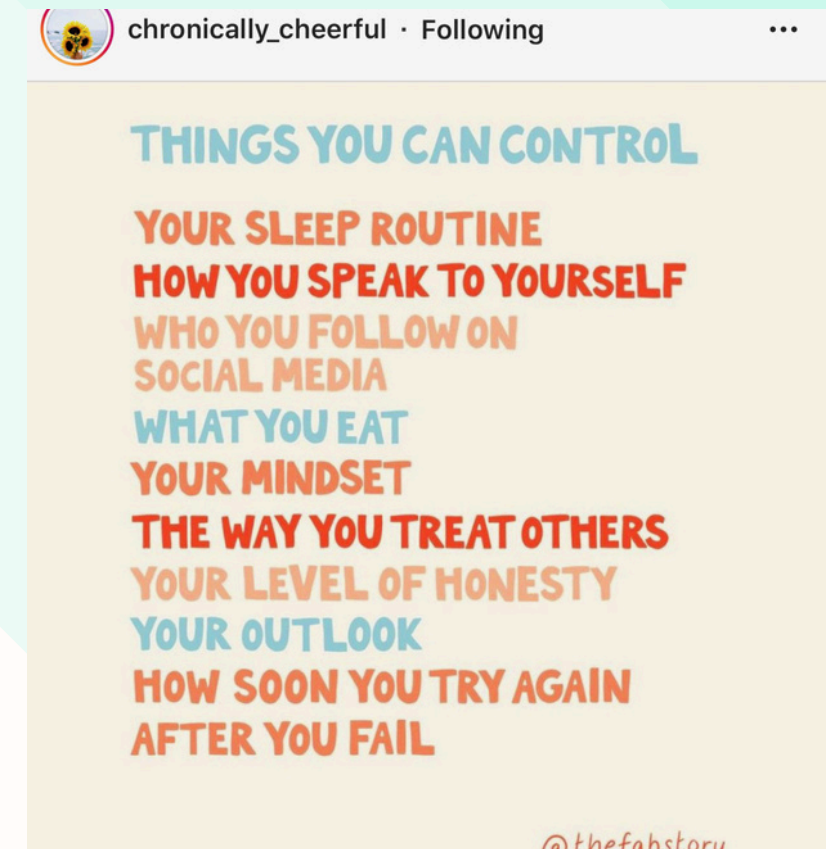
-Jon

I've learned that I'm more introverted than I thought I was.

Introverted meaning, my cup is filled from being alone and doing homey things. Cooking, baking, and learning are my greatest sources of joy.

I'm happy to take a night in baking with a podcast over nights out any day. Staying home has actually been pretty great so far.

-Kj



That being a WFH writer with anxiety is great emotional preparation for a global crisis

-Kat B.



Want to help?

**We've got
some ideas.**



SUPPORTING OTHERS IN A TIME
OF NEED.

Globally, so many people and businesses are struggling. It's also hard knowing there isn't enough \$\$ to fix everything for everyone.

If you can & want to support those affected, we've asked BINKers to share those nearest and dearest to their hearts who need help.

BINKs favorite small businesses who need support.



POWELLS BOOK

The iconic Powells Books could also use help - consider ordering any books through them to help them rehire employees.

- Kat. B

NW DOG PROJECT

I like to shoot NW Dog Project a quick Venmo here and there, especially now. Since they rely on donations and most people are tightening their purse strings more and more, I've been giving money since I'm still employed and able to.

- Chelsea

BRANDED APPAREL BOUTIQUE

My sister's boutique. Pre-COVID-19, almost all of her sales came from in-store purchases. It's a struggle to convert from brick & mortar to only website sales. So I've been trying to do what I can to support her.

- Sheri

FIND THE MASKS

Here at Casa Beutler-Greene, we had a surplus of medical masks so earlier this week I donated 50 of them to a local clinic, located through: findthemasks.com

- Bill

Hurts Donut – They sent a truck to my neighborhood today.

They played music like an ice cream truck and stopped at each driveway to sell pre-packaged donuts with no-touch pay.

My mom and I bought 12 donuts, a fritter, and a cinnamon roll FOR THE CHILDREN, obviously.

– JENNY



A COUPLE MORE IDEAS:

Support your kids daycare while closed

Order food from a local CSA

Ordering takeout from one of your favorite restaurants each week.

Order from brick and mortar shops that have started offering online orders. (clothing, books, etc)

Alright. Let's wrap this up.



SUMMARY

THE NUMBERS

100%

IN THE FIRST 14 DAYS



Of BINKers are innovating and finding ways to
navigate this pandemic.

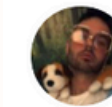
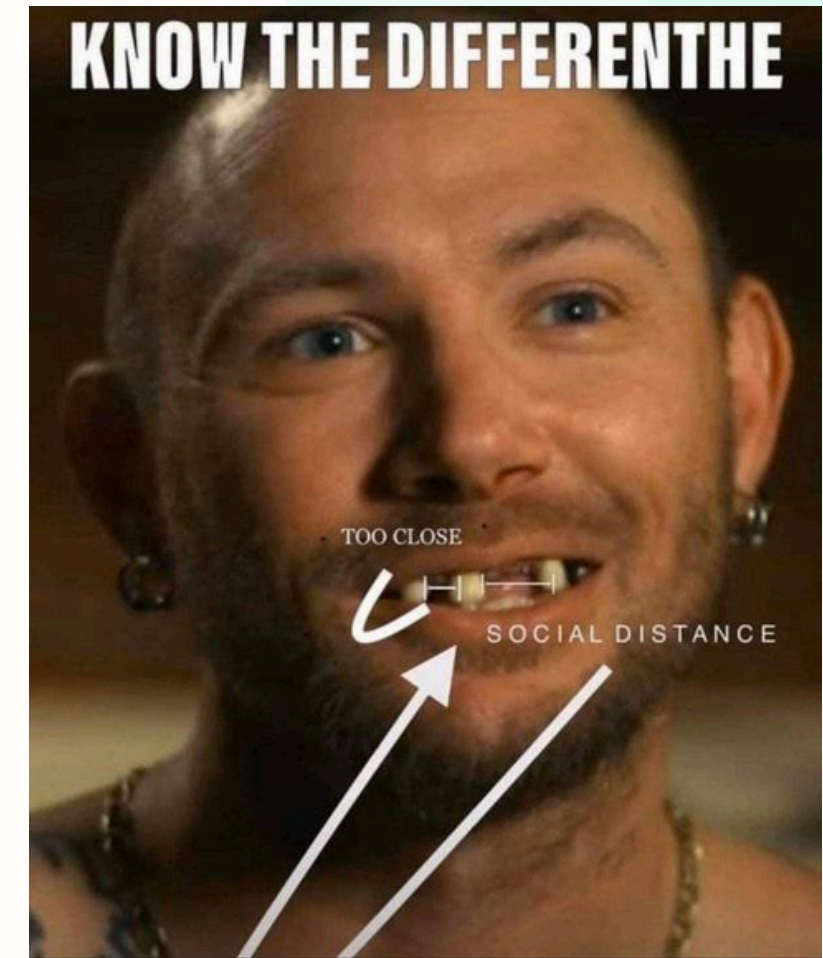
some clear winners in this pandemic are rising to the top...



Tiger King

Me: Running out of things to keep me entertained in quarantine.

Netflix:



Ramsey N. Closet
@ram_punzel

#TigerKing 🐅 was so insane that by the time this guy pulled up with a skeleton riding shotgun I didn't even blink and the show didn't feel the need to explain it



Jimmy Traina
@JimmyTraina

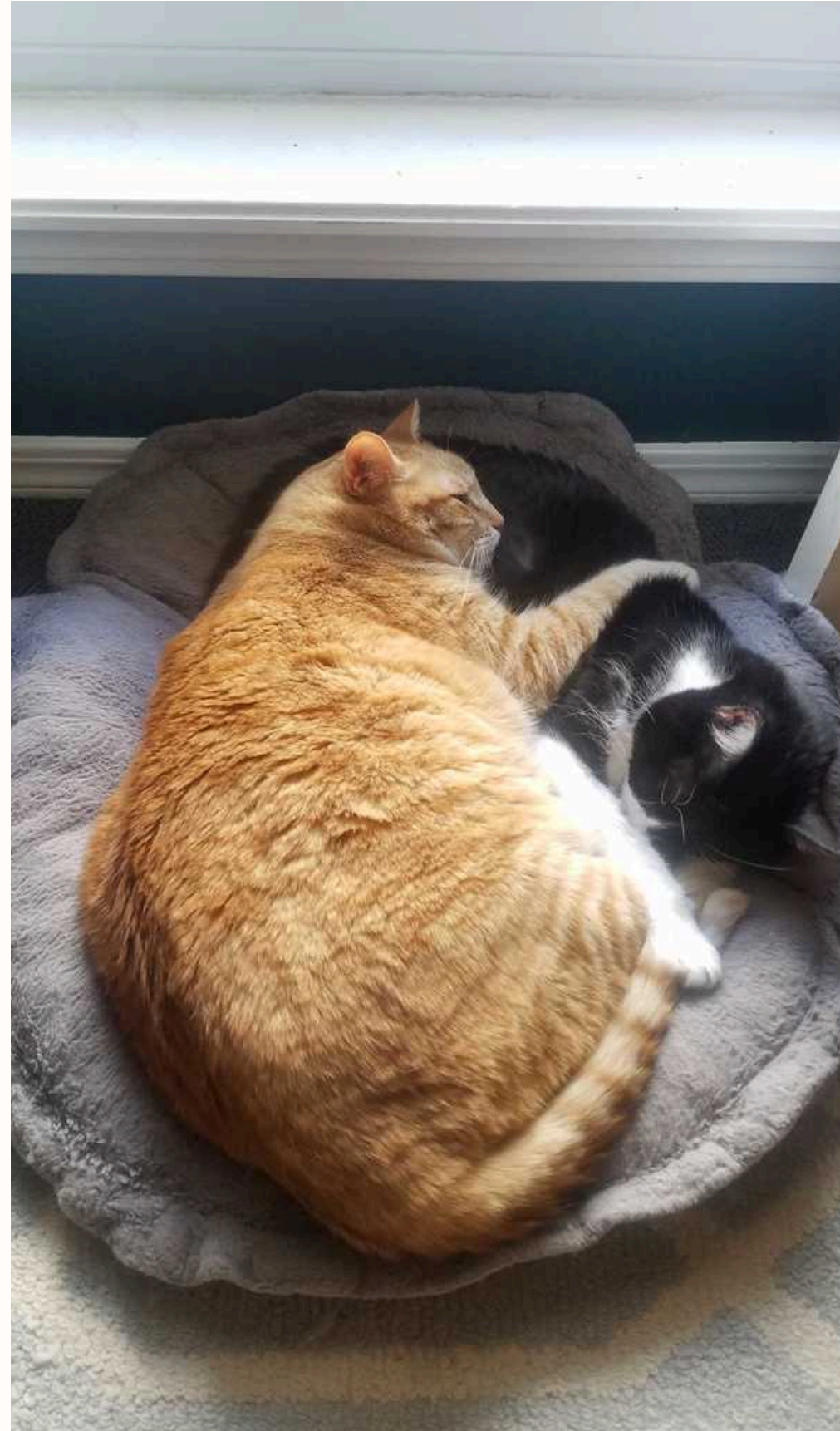
I love seeing tweets from people talking about how batshit "Tiger King" is when they're only on Episode 1 or 2. You guys haven't even rounded first base yet.

9:54 PM · Mar 24, 2020 · Twitter for iPhone

27 Retweets 283 Likes



BINK Pets are really thriving during quarantine as well.



Alright. But for real..



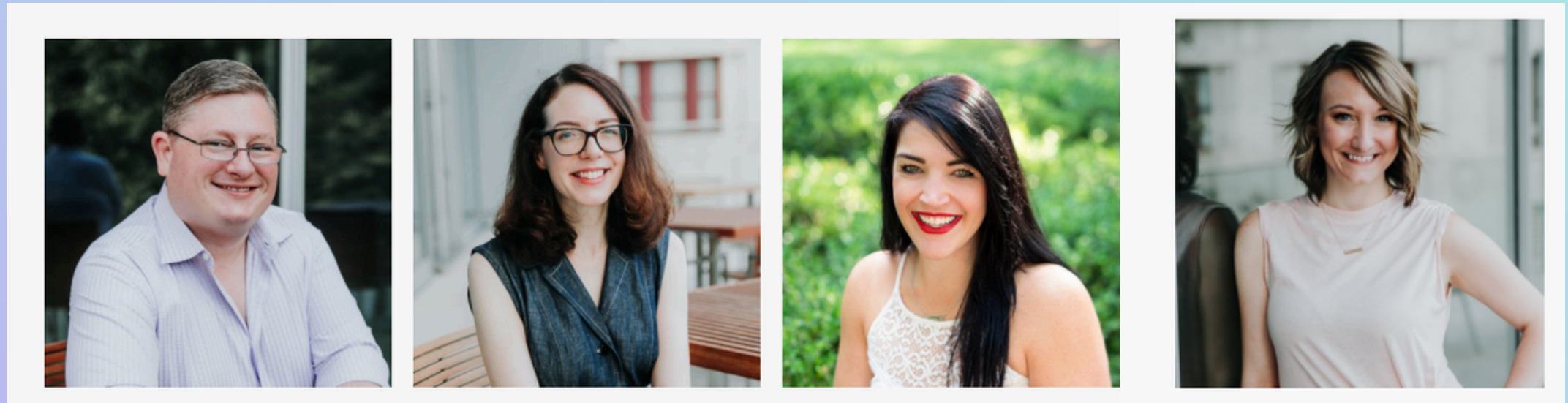
Thank you to the real heroes:

Parents, co-workers, health
care workers, grocery store
staff, delivery employees, etc.



**BINK
LEADERSHIP
TEAM**

Our own heroes



Thank you for the continued transparency, leadership,
and support for all of us in these times of uncertainty.

If the next 14 days are anything like the last, we are confident we will make it through together.

**This class has
now ended.**