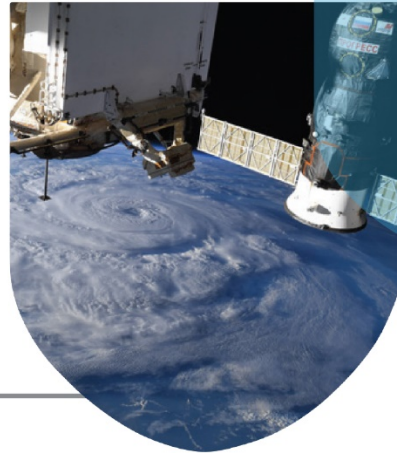




Menninger®

Hurricane LAURA UPDATE

Evening, August 26, 2020



LATEST EMERGENCY NEWS TO USE

1. **Current forecast** – Hurricane Laura on verge of Category 5 by landfall. [Learn more.](#)
2. The next Emergency Command Center meeting will take place at 9:15 am Thursday.
3. If high winds arrive during nightfall, please be careful if you go outdoors. Avoid traveling during the storm and be safe!
4. Keep our neighbors, family and friends to the east in the path of Hurricane Laura in your thoughts and prayers.

MennAlert Messages Planned for Early Thursday Morning

- To help ensure safe traveling, the weather and travel conditions at the campus will be provided on MennAlert emergency messages at approximately 6 am tomorrow to aid staff who plan to report for duty in the morning.



Is Laura Causing Anxiety?

- After Hurricane Harvey affected so many people in the Greater Houston area, it is natural if you and your friends and family may be feeling the stress of Category 4 Laura. Look out for your own signs that healthy self-regulation may be in order and check in on others who might be feeling stress as well.
- [SAMHSA offers some handy online resources](#). Also turn to your trusted self-care routine.

For Thursday Morning

- The Café will open Thursday morning at the regularly scheduled time.
- Breakfast hours are 7 to 8:30 am. Please remember to observe the usual safety precautions.