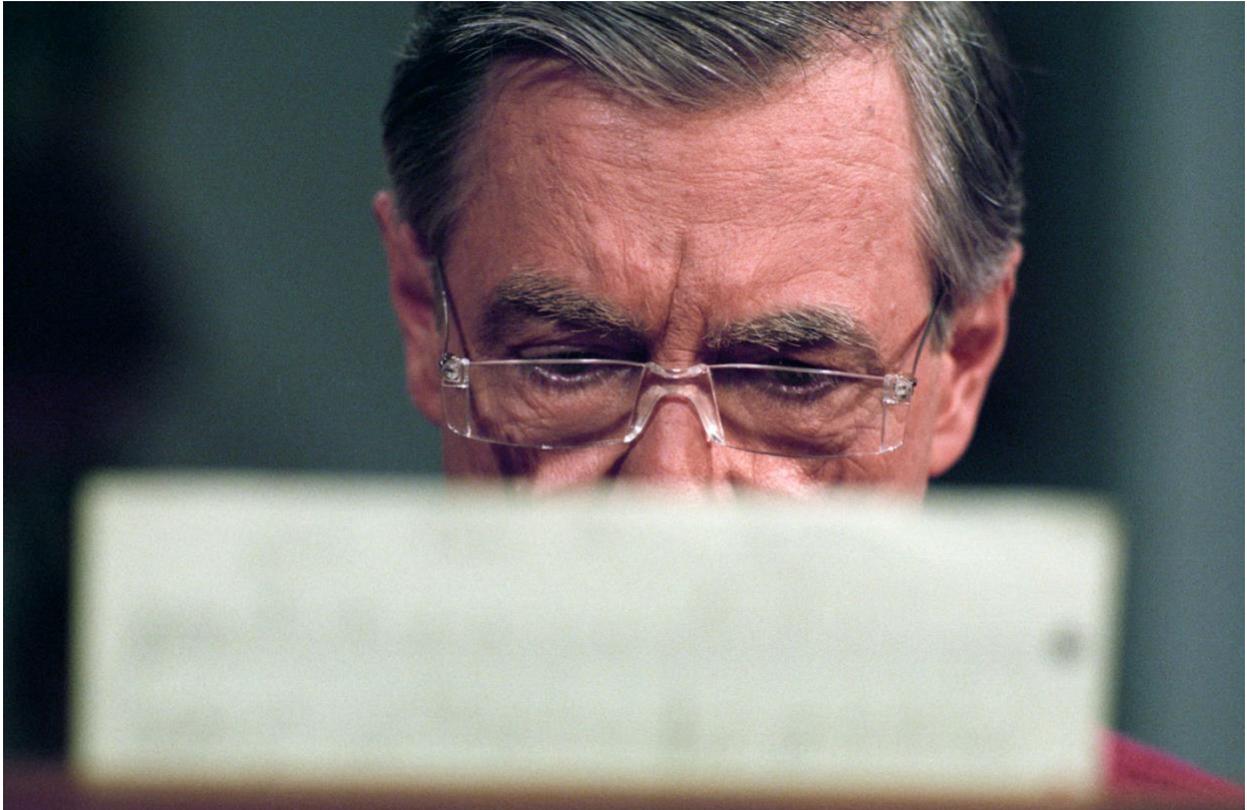


March 2021

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Staying Connected



FROM THE EXECUTIVE DIRECTOR

Dear Friends and Colleagues,

It is with great sadness that we mourn the death of Joanne Rogers, who passed away in January. She was an inspiration to us here at the Fred Rogers Center and she brought joy and laughter with her visits and her commitment to carrying forward the legacy of her loving husband, Fred Rogers. I've been enjoying re-reading pages in Maxwell King's book *The Good Neighbor: The Life and Work of*

Fred Rogers and can't help but chuckle at the stories of Fred and Joanne, the deep love that they shared, and the hopefulness that they inspired in others.

This issue of the newsletter is about perseverance...something that we have all worked to maintain in these difficult times. There have been so many losses this past year and yet one of the messages that Fred and Joanne always shared was that hope could help us carry on. I am reminded of the words of Erik Erikson: “**Hope** is both the earliest and the most indispensable virtue inherent in the state of being alive.” Without hope, it's hard to imagine being able to carry on when things get hard. As we continue to persevere through this pandemic, let's remember to keep alive the hope for things to come.

In her recent FRC newsletter, Hedda Sharapan wrote about the way that springtime reflects a sense of hope, new beginnings, and anticipation of new joys. We urge all of you to share our anticipation of this spring renewal, and a wish for great injections of hope along with our COVID-19 vaccinations.

We continue to offer support and gratitude to all of you who are helping children, families, and organizations beginning to rebuild relationships, communities, child care centers, schools, and other support services for families and society. We honor the work that you do and thank you for your hopeful, persistent commitment to those you serve.

With much gratitude,

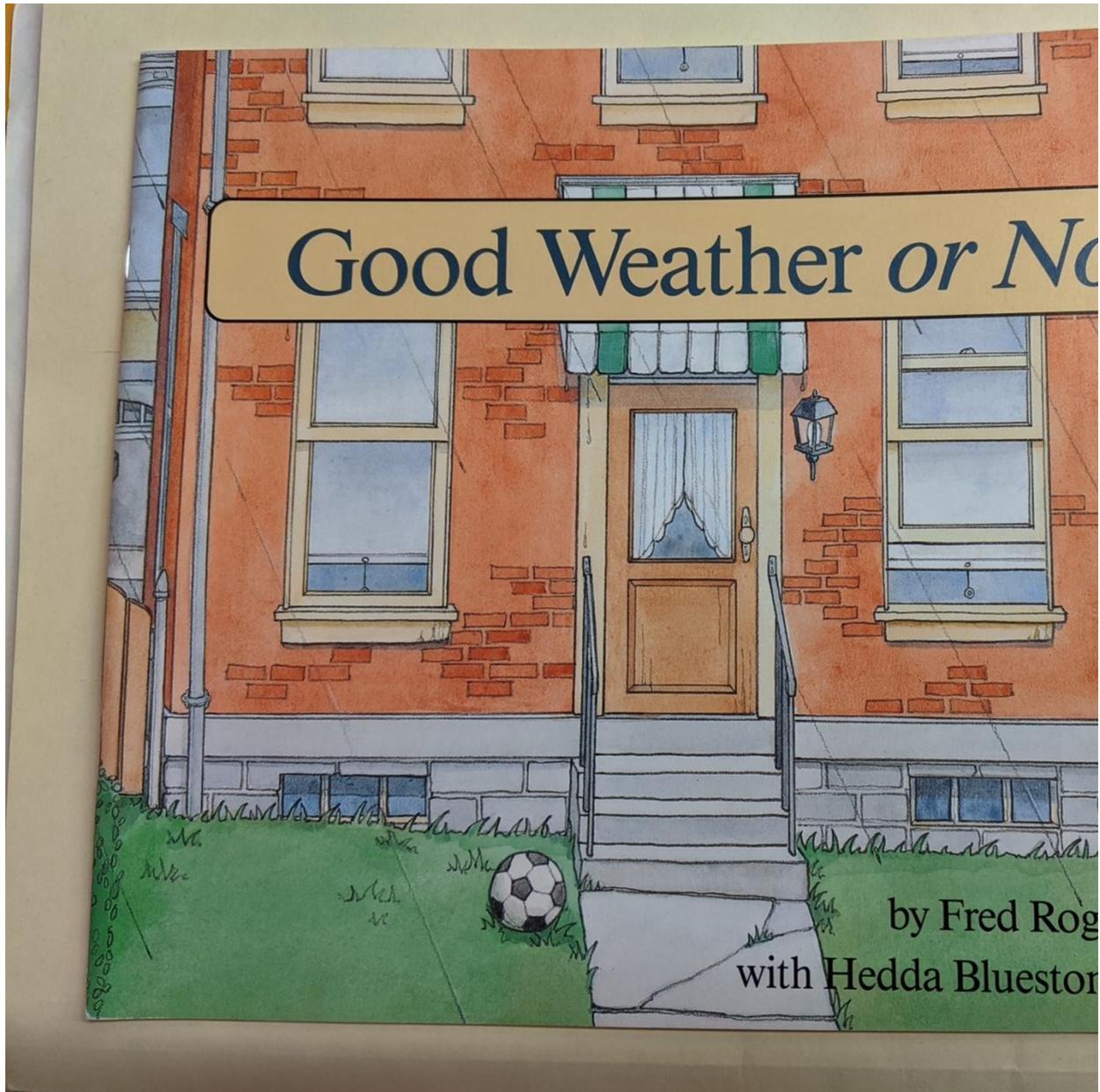
A handwritten signature in black ink that reads "Roberta L. Schomburg". The signature is written in a cursive, flowing style.

Roberta L. Schomburg, Ph.D., Executive Director, Fred Rogers Center

In the words of Fred Rogers:

"Thank you for whatever you do, wherever you are, to bring joy and light and hope and faith and pardon and love to your neighbor and to yourself." -Fred Rogers

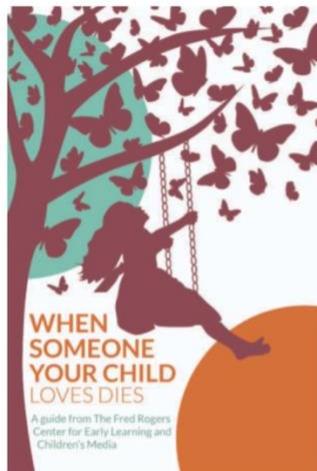
IN THE ARCHIVE



One of the books that Fred Rogers wrote for children is *Good Weather or Not*, a story focusing on mental health during sad times. It is a picture book about a boy who is feeling bad inside but does not want to talk about his negative feelings. Instead, he draws a picture of a rainy, stormy day and thinks about the

things that make him anxious and angry. A caring adult talks with him about his picture and helps him to realize that he can still have good feelings, even during hard times. The boy reflects, “I guess the sunshine is always somewhere, even when we can’t see it. And I can be ‘okay,’ in good weather or not.” Fred wrote this book in 1990 with his colleague, Hedda Sharapan, and in conjunction with Turtle Creek Valley MH/MR, Inc. in Homestead, PA.

FROM THE CENTER



“Anything that’s human is mentionable, and anything that is mentionable can be more manageable. When we talk about our feelings, they become less overwhelming, less upsetting, and less scary. The people we trust with that important talk can help us know we’re not alone.”

Over the last two years, the faculty, staff, and students of the Fred Rogers Center have been developing a series of resources available for adults who are helping children navigate hard experiences. Drawing from the wisdom of Fred Rogers and in collaboration with content experts, we have created guides to help children’s

helpers navigate Cancer, Addiction, Divorce & Separation, Grief, COVID-19, and Difficult Current Events. You can access these resources digitally below...

Click here for: [Child Wellness](#)

Click here for: [Coronavirus-Response](#)

Click here for: [Difficult Current Events](#)

Special thanks to the Jack Buncher Foundation for supporting this work.

WORDS OF WISDOM

"When I say, 'it's you I like,' I'm talking about that part of you that knows that life is far more than anything you can ever see or hear or touch... that deep part of you that allows you to stand for those things without which humankind cannot survive: love that conquers hate, peace that rises triumphant over war, and justice that proves more powerful than greed" - Fred Rogers

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