“To care for those who once cared for us is one of the highest honors.” — The Inspired Caregiver: Finding Joy While Caring for Those You Love (Tia Walker)

Promote Social Distance, Not Isolation.

TIPS ON HOW TO KEEP YOUR LOVED ONE SAFE and CONNECTED:

- **Keep it Clean** - Not just their hands, but encourage cleaning frequently touched surfaces such as mobility devices (phones, walkers, canes, wheelchairs).

- **Send Snail Mail and Call Daily** - Handwritten cards and letters are more special than ever; Hearing a familiar voice provides reassurance.

- **Go on a News Diet** - Limit news. Introduce a new movie or TV series; Share details with each other by phone.

- **Stock up on Meds** - Find out which pharmacy delivery services are available in your area. Gather at least a two weeks+ supply of medications at a time.

- **Stock up on Food** - If you must shop, use Senior-only hours, preferably in the AM when store surfaces should have been recently cleaned; Prepare casseroles to drop off.

- **Exercise** - Encourage daily movement in the house, down the sidewalk or even to the mailbox.

[Click here for a short informative video from the CDC](https://www.cdc.gov)