

6 Creative Ways to Communicate While Maintaining Social Distancing with Seniors



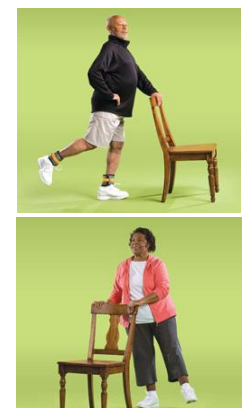
1. Phone and Video Calls-Call Seniors more often and take the opportunity to do a video chat with them. Facetime and Skype are great on a phone or computer
2. Send letters-An old fashioned hand written letter is very much appreciated
3. Book and Movie Groups-Book clubs and especially books on tape are great during this time
4. Virtual groups, meeting events or classes-Virtual groups for religious groups, exercise groups, senior centers are a great resource for enjoyment. Don't forget sometimes classes can be found on technology like how to use a cell phone that can be helpful
5. Have supplies delivered like food or hire an "Angel" to shop for them
6. Amazon Alexa or Visiting Angels constant companion to have a constant companion to keep your loved one from feeling isolated.



Lift Cans of food to gain



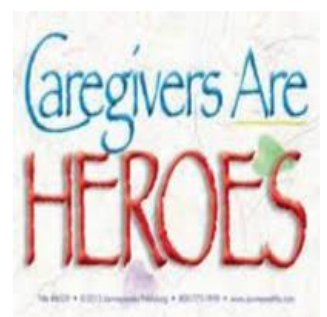
Leg Lifts using a chair



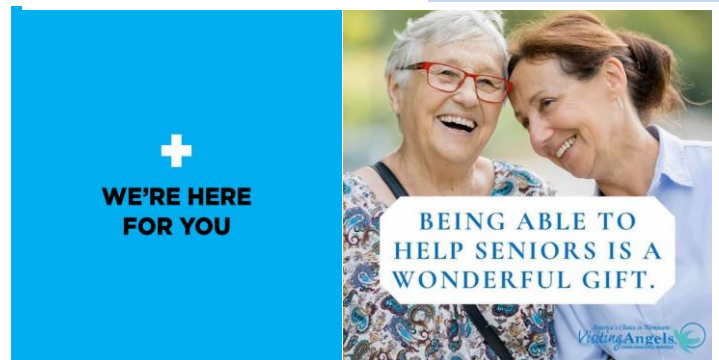
Protect Yourself

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.

Clean your hands often
 Avoid close contact-especially those who are sick
 Cover your mouth and nose with a cloth face cover when around others
 Cover coughs and sneezes
 Clean and disinfect-disinfect frequently touched services



418 W. 12th Street
 Pueblo, Co 81005
 719.543.4220



Birthdays for May

- Debbie May 1st
- Julianna May 9th
- Brian May 12th
- Gloria May 18th
- Mary May 20th
- Teddy May 25th

