



Hi everyone,

While the holidays can be an exciting and uplifting time for many of us, there are folks that struggle over the holidays each year. This year, courtesy of the pandemic, even more folks will find themselves disheartened, discouraged and just plain struggling.

So, if you are reading this, I am asking for your help with a few things:

- Please understand that older adults are disproportionately impacted by COVID-19, especially in terms of social isolation, seriousness of the illness, the need for medical care and hospitalization and most unfortunately exponentially higher death rates.
- Please follow the CDC and Department of Health guidelines that have been issued to mitigate the impact of COVID-19 and help protect folks in our community.
- Be someone's positivity, their light in the dark. Your actions, big or small, do make a difference. If you're someone that does acts of kindness as part of your holiday tradition, thank you and please consider doing an extra one this year. If it is not part of your tradition, please consider if this year might be the year to start. Your actions do not need to be big, expensive or elaborate to have a positive impact. Simply picking up the phone and calling an older friend or neighbor would be great. You may never know how much you may have helped.

Like most organizations and their staff, we are looking forward to getting back to normal in the not too distant future. In the meantime, if you are an older adult, or you know an older adult that is struggling, please contact us at 814-946-1235 so we can see what we might be able to do to help.

Remember, as some not so great things are happening, we have an opportunity. We have the opportunity to be someone's light..

Thanks for your help. Be safe and have a great holiday!



Steve Williamson, President

