

News Column for Use Week of 3/30/2020
Deanna Turner, Family & Consumer Sciences, Aging Programs Agent
River Valley Extension District
3/25/2020

Reach Out to Family, Friends & Neighbors

Can you not find toilet paper, hand sanitizer, bleach wipes, and eggs? Can you not travel out of town? Flip the script and think about the positive things you do have and things you can do during the COVID -19 crisis. Human connections promote wellness. Discover ways to reach out to family, friends, and neighbors who may be alone. Start by reaching out to those who are important to you and deepen your relationships.

Use or Learn New Technology:

- Most of us have the use of some technology. Utilize video chat such as Skype, Zoom, FaceTime, etc. as it is the next closest thing to being together in person.
- If technology is not your thing, or your loved one is not tech-savvy, a phone call is the next best thing.
- A quick text message or email is a great way to stay in touch between longer conversations.

Engage Family and Friends:

- Encourage members of your social groups (faith groups, organizations, and volunteer groups) to reach out to those who are socially isolated.
- Involve kids by having them create artwork that can be shared with grandparents, older family members, and other isolated individuals you may know.

Creatively Engage:

- Host a digital dinner with family and friends. Everyone joins online from their respective homes and eats together with family discussions.
- Join online communities such as exercise groups, book clubs, webinars, etc.
- Empower yourself to help other individuals and hopefully lift your spirits. Some examples include: calling those who are isolated or helping those who cannot get out.
- A parade of cars to celebrate birthdays and weddings have been fun to see online.
- Use your imagination to celebrate an occasion and keep the six feet of physical distancing.

Spread smiles instead of germs during this crisis. Giving a smile can do wonders to cheer up a person. Count your blessings instead of your worries. Make happiness a choice in these trying times. Look on the bright side of life. Have a positive attitude as you connect with family, friends and neighbors.

Contact the Social Security Office by phone only. All local Social Security offices are closed to the public for *in-person service* since the Coronavirus (COVID-19) pandemic. If you had an in-person appointment, the Social Security representative will call and talk to you over the phone. You will still be able to call the Social Security Office Monday through Friday from 9:00 a.m.-4:00 p.m. to get assistance. Call the Manhattan Social Security Office at 877-840-5741 or the Salina Office at 877-405-3494.

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