

News Column for Use Week of 11/16/2020  
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River Valley Extension District  
11/13 /2020

### **Reach Out During the Holiday Season**

The holiday season is quickly approaching in the River Valley Extension District. This time of year is often full of gatherings with friends and family. However, this year these gatherings may look a little different due to COVID-19. Although gatherings may look different this year, it is still important to reach out to our loved ones. Specifically, it is important to reach out to those family members or friends who may be homebound, in nursing homes, or in assisted living facilities. What are some ways you can still reach out to family and friends during this time if you cannot meet in-person?

One way to reach out could be to send them a seasonal or holiday card. You can send a card(s) you have purchased, or you can create your own. Along with a card you could draw or color a picture or send an updated family photo. Lastly, you can write a letter.

Another way to reach out to friends and family during this time is through technology. Make the time to call and check-in. You may want to utilize technology with video abilities such as Zoom, Skype, FaceTime, or another form to connect. This form of technology could also be a great way to host or share a meal during this holiday season.

It is important to stay connected and reach out to your loved ones during this time. Remember a few ways to reach out to friends and family are to send a card, letter, call, or chat utilizing technology with video capabilities. If you have any questions feel free to contact me, by phone at 785-325-2121 or by email at [jschuette@ksu.edu](mailto:jschuette@ksu.edu).

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