Reach Out During the Holiday Season

It is hard to believe, but the holiday season is quickly approaching in the River Valley Extension District. Often this time of the year is filled with gatherings of friends and family. No matter how you choose to celebrate the holidays, it is important to reach out to those friends and family we may not see. Specifically, to those family members or friends who may be homebound, in nursing homes, or in assisted living facilities. What are some ways you can reach out to family and friends during this holiday season who you may not be able to gather with 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 card(s) to send. Along with a card you could draw a picture, color a picture, or send an updated family photo. Lastly, you can send a letter to your family or friends.

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

It is important to stay connected and reach out to your friends and family 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.

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