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## *Making longer lives, better lives.*

Week of August 10, 2020

Dear Senior Center Friends – Curbside Meals Week Twenty-One:



### **THEME of the WEEK: HOPE Hold On Pain Ends**

These days of managing COVID are challenging and some days are harder to bear than others. Reach out to family and friends. Particularly, on your good days, call a friend, who may be having their hard day. Taking care of our mental well-being is more important than ever these days. We're not alone, we're in this together, so please reach out to help yourself and to help a friend.

Here are a few tips we have found to be helpful to those who have reached out to us as well as us personally.

- Limit how much time you are spending watching the news, and following social media. Repeatedly watching and listening to reports can be upsetting
- Take care of your body. In times of stress, our routines can be interrupted. A reminder to continue your daily routines of eating, exercising, sleeping, and connecting with friends and family over the phone, porch or driveway visits, e-mail, or online meetings like Zoom.
- Remember to do the things that bring joy into our life to combat the negativity and fear. Maybe for you it is cooking, crafting, taking walks, listening to the birds, etc.
- Try to find one positive thing you are grateful for each day. It could be as small as talking to a loved one, seeing the beauty of nature, someone saying some of the most important words (please, thank you, I love you, I forgive you). *~taken from Leelanau County Senior Services monthly bulletin*

### **Places to call for Help:**

**Michigan Department of Health and Human Services Peer Support Specialists for Mental Health:**  
1-888-733-7753

**Northern Lakes 24-hour Crisis Help Line 1:** (833) 295-0616

**Pine Rest Christian Mental Health Services:** (866)-852-4001

**Substance Abuse and Mental Health Services Administration National Helpline:** 1-800-662-4357

**Women Resource Center 24-Hour Crisis Hotline:** (800) 554-4972

### **NEXT WEEK'S THEME: Sports Edition**

Our thanks to Meals on Wheels for collaborating with us to prepare the Curbside Meal Services during COVID 19. If you are unable to get out or know someone who can't, please contact Meals on Wheels at 231-947-3780 to see about being put on the delivery route. Monthly, Meals on Wheels will send out statements indicating how many meals you picked up with instructions on how to make a **donation** to cover cost, if you are inclined to do so. Please understand there is absolutely **NO OBLIGATION** to pay for the meals. We understand this is a difficult time for everyone. We would be devastated to learn of anyone who wasn't taking meals due to cost.

*Lori Wells*

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