



HAPPY HOLIDAYS NEIGHBOR!

THE HOLIDAYS ARE HERE, AND IT IS MORE IMPORTANT THAN EVER FOR OLDER ADULTS TO STAY HEALTHY AND WELL WHILE MAINTAINING A CONNECTION TO THOSE THEY LOVE.

DOWNLOAD A "HAPPY HOLIDAYS NEIGHBOR!" POSTCARD ON OUR WEBSITE AND LET YOUR NEIGHBOR KNOW YOU ARE HERE TO HELP!



Offer to help with picking up groceries, prescriptions, or holiday shopping



Call and check on older adult friends and family members



Organize a holiday card drive to deliver notes and seasons greetings to older adults



Offer to hang exterior holiday decorations



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