

We are reaching out to all of you with concern about isolation during this time of crisis. Self quarantine means isolating ourselves from friends, family and social gatherings. Senior Pride wants to offer support and suggestions to interrupt isolation. It is crucial that we take care of our mental health as well as our physical health. **Those of us that live alone may need extra love and all of us will need to stay close to our support circles.**

- * **Make a deliberate plan** with friends, family, family of choice for telephone visits. If possible use Facetime. Skype will work too.
- * **Set-up a once daily check-in/wellness call** from someone, for yourself.
- * **Arrange an on-going plan** by setting up “phone dates.”
- * **E-mail and text are also ways to** visit, check-in, encourage, support and entertain each other. (Forward you-tube posts, interesting articles, music etc.)
- * **Avoid reading or watching reports about the corona virus all day long. Give yourself a limited time to get the latest update then choose to** read, watch a movie, garden, write, play games, sing a song, talk on the phone, meditate, listen to music, take a bath, be creative, use your imagination!
- * **We may not be going any place but remember** a walk or a drive to look at wildflowers or to let the desert calm you could be a good option.
- * **If you are getting too worried, anxious, depressed or hopeless** call someone who can give you hope, peace and care.

Senior Pride will also be there for you. Let us know if you want calls, emails, texts. Let us know if you need someone to shop for food or pick up meds and drop off items at your door (people at less risk have offered to help).

Call: 520-312-8923 or email: info@soazseniorpride.org and we will respond. Please include your phone number, e-mail, best time to reach you, and what you would like.

In addition, Equality Arizona and several Tucson community organizations have set up resources for LGBTQI+ people who are isolated and may need assistance.

A Facebook page has been created to help give information about where resources may be or to bring up questions.

https://www.facebook.com/groups/675801366293562/?notif_id=1584381043305661¬if_t=groups_invite_confirmed_feedback

There is also an email (gethelp@equalityarizona.org) and a phone number (for those who don't have access to the internet) 520-222-8017

I have not been through anything like this before. A global, infectious virus threat. Cities and states in the US shutting down. Countries are shutting down. Serious financial consequences. I find that my stress and anxiety are high and that I am struggling to keep my positive coping strategies in tact. I know that I am not alone in my distress. I am reaching out to my support community regularly.

You Are Not Alone. Please ask for support.

Peace, Lavina Tomer, Volunteer Executive Director