

COMMUNITY RESOURCES

Fill in your specific numbers and place list in a prominent place!

Emergency /Police: **911**

Helpline of NEPA: **211**

Lackawanna County Area Agency on Aging: **570-963-6707**

Your Physician's Office: _____

Your Pharmacy: _____

Your Water and Power Company: _____

Friends: _____

Family: _____

Spiritual Leader: _____

Tips for you during this challenging time:

If it is safe for you, go for a walk. Sit on your porch if the weather is good.

Stay connected!! Call a friend!

If you have access, use email, Facetime, Facebook or other social media to stay in touch with friends and family

The JCC has senior classes scheduled on Facetime live-check the JCC Facebook for schedule!

Do things that you enjoy such as reading, sewing, crossword or regular puzzles

Play music and sing along!

Eat nutritiously and get enough sleep

Listen to the news and updates on COVID-19 to keep informed ----->

THEN TURN THE TV OFF -OR-CHANGE THE CHANNEL to a program that you enjoy!

DON'T get stuck watching every bit of news all day.