



HAPPY HOLIDAYS NEIGHBOR!

As the holidays approach, it is more important than ever for seniors to stay healthy and well while maintaining a connection to those they love.

Visit our website to download a **"Happy Holidays Neighbor!" postcard** 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 elderly friends and family members



Organize a holiday card drive to deliver notes and seasons greetings to seniors



Offer to hang exterior holiday decorations



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