

**REACH OUT**

**you're not alone.**



United Way of Hall County

## MAJOR TAKEAWAYS

# You're Not Alone

Helpful community resources for those sheltering in place

Gainesville-Hall County continues to be recognized **nationally** as a great place for senior adults to live. It comes as no surprise that even in the face of COVID-19, organizations across the community continue to creatively **provide resources safely to senior adults during this time** of social distancing.

### Ideas for staying connected:

- **Zoom** ([zoom.com](https://zoom.us))

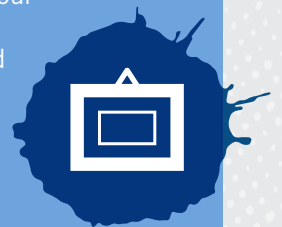
- Connect a group of people from multiple locations on a video call together
- Plan family trivia or your own Jeopardy game night
- Share a meal together
- Participate in religious and family traditions
- Host a book club



- **Digitized photos/frames**

- Share moments straight from your smartphone instantly on digital frames and apps like GrandPad ([www.grandpad.net/](http://www.grandpad.net/))

- **Good old-fashioned phone call**
- **Letters/notes of encouragement**



### Support Services for Seniors:

#### Legacy Link

[www.legacylink.org](http://www.legacylink.org)

- **Provide services for older adults**

- Community-based support programs
- Wellness Programs
- Programs for employment

#### Gainesville Senior Life Center

[www.gainesville.org/senior-life-center](http://www.gainesville.org/senior-life-center)

- **Center is open!** New center located at 434 Prior Street NE, Gainesville
  - All tables are socially distant
  - Employees are required to wear masks at all times
  - Hand Sanitizer available
- **For more information, call 770-503-3330**



#### Transportation

[www.gainesville.org/hall-area-transit](http://www.gainesville.org/hall-area-transit)

- **Gainesville Connection** - bus service
- **WeGo** - system you use through an app; make appointments for pickup and drop off
  - Coming: December 2020
- **For more information, call 770-503-3330**

#### Technology Resources to Help Keep Seniors Safer:

- **Apps - Virtual Assistance**
- **Emergency Response Services like Lifeline**  
[www.nghs.com/lifeline-emergency-response](http://www.nghs.com/lifeline-emergency-response)
- **Installation of cameras in homes like Arlo**  
[www.arlo.com/en-us/products/default.aspx](http://www.arlo.com/en-us/products/default.aspx)

#### Meals on Wheels

[www.gainesville.org/meals-on-wheels](http://www.gainesville.org/meals-on-wheels)

- **Hot lunch meal delivery for homebound seniors**
- **For more information, call 770-503-3330**



## Community Engagement for Seniors:

### Wisdom Keeper Projects [www.wisdomproject2030.org](http://www.wisdomproject2030.org)

- Offering projects to get senior adults out and about safely
- Opportunities for learning and leadership
- Volunteering
  - Cutting materials for masks
  - Filling hand sanitizer bottles for community
  - Delivering letters to seniors sheltering in place
  - And more
- To find out more information, email: [info@WisdomProject2030.org](mailto:info@WisdomProject2030.org)

### University of North Georgia Institute for Healthy Aging [www.ung.edu/healthy-aging](http://www.ung.edu/healthy-aging)

- Enrollment in academic programs
- Events/Virtual Town Halls
- Community Resource listing for senior adults
- Generation to Generation Program - collecting stories from senior adults
- For more information, email: [healthyaging@ung.edu](mailto:healthyaging@ung.edu)

### Hall County Library System [www.hallcountylibrary.org](http://www.hallcountylibrary.org)

- Programs at the Library
- Free Park Passes to enjoy the outdoors
- Book clubs

### The great outdoors - take advantage of our beautiful natural resources and parks

- Get outside for the health of your mind and body
- Short Walks
  - Walk around the mall if it is too cold outside
- Gardening can be done outdoors and even indoors



## Guest panelists:

**Pamela Efenbein, Ph.D.**, Director for the Institute for Healthy Aging, UNG

**Phillippa Lewis-Moss**, Community Service Center Director, City of Gainesville

**Carol Hanlon**, Current Board Member, Wisdom Project 2030

## To watch the full panel visit:

[www.unitedwayhallcounty.org/reachout/senioradultpanels/](http://www.unitedwayhallcounty.org/reachout/senioradultpanels/) or click the QR code below.

Point your smartphone camera here



United Way of Hall County

click on the link that appears on your screen.



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