



March 23, 2020

And so we continue in this new life of “shelter in place”, only essential services to work (you all are so much more than essential - you are my angels!), some restaurants open for carry out, others not, Senior facilities locked down and all of us wondering how long will this be. Borders closed, travel stopped, Americans trying to get home, exchange students being sent home and our medical services already being impacted. How can we help you ask? By being vigilant, wash your hands, avoid touching your face, stay hydrated, eat nutritious meals, get regular sleep and exercise and take care of yourself. How can we help if we don't take care of ourselves first?!

If you are a retired nurse or health care worker and you can volunteer, get involved. Volunteer to check on our seniors, deliver meals or call us.

We all need to find things that help us laugh, smile and show we care. Together we will get through this to the other side. We are At Home Nursing strong!