

The Adirondack Mountains Region in Upstate New York is home to stunning, natural beauty and some 130,000 people who work and do life together. Friends and neighbors have enjoyed the protection and benefits of these mountains for generations.

With the onset of COVID-19 in the spring of 2020, the security usually afforded the people of this naturally protected area is making vulnerable these once-impenetrable mountains. High Peaks Hospice serves the people of the Adirondacks with end-of-life care and ongoing grief support, even in times when a pandemic is griping the mind with fear.

What do we do when sorrow, fear, and isolation threaten our wellbeing?

- 1. Enjoy the physical beauty of our region.** With majestic mountain peaks overlooking verdant-laden valleys, lakes, and rivers, leaving home for nature allows nature to come home to you. Fresh air and sunlight are natural therapy for the socially isolated this spring. Trade-in your comfy slippers for a pair of hiking boots and feel the difference!
- 2. Turn the heart toward neighbors and friends.** While Adirondackers enjoy almost unlimited privacy, it is in our best interest to look around and see how others are faring during this imposed PAUSE in our routines. A quick phone call, a Facebook or text message, and even a few groceries will go a long way in helping everyone feel better. Diane Snyder is right: "Social distancing does not mean social disengagement."
- 3. Reach out for support.** I remember my childhood years when neighbors were more like family than friends. In times of need, we asked for help, and support was on its way. Resist the draw of isolation. If you, or someone you know, struggle with current reality, help them re-define it by reaching out for emotional and grief support. High Peaks Hospice is a community-supporting agency that provides digital support groups, one-on-one phone counseling, and helpful resources. We can help with some friendly guidance during the pandemic. We care about you and know that these are tough times for everyone.

All you need to do is reach out to 518-891-0606 or on our website at www.highpeakshospice.org. We're here to help you feel safe and well.

Dean Brown
Circle of Care Leader