

March 11, 2020

Dear Members and Friends:

As a community of older adults, we are at particular risk of infection due to the COVID-19 virus. Amid the daily reports and calls for social distancing, we have been trying to strike a balance between the need for protection and the need for human interaction. We had hoped to continue our in-person programs, however we learned today that the San Francisco Department of Disability and Aging Services is requesting that we suspend all group gatherings until the end of March. This includes neighborhood circles.

While doing our part to contain the spread of the virus, **our office will remain open** and we welcome your calls and requests for support. If you're feeling ill, please call your doctor first and then call us. We can make suggestions for:

- Home deliveries of groceries, dry goods, household supplies, etc.;
- Transportation to a medical appointment with Lyft Concierge (you don't need a smart phone – we can call a car on your behalf);
- Friendly visitors via telephone;
- Interactive classes via Covia Well Connected, an online and telephone support program for home-bound people.

Our mission is to connect members to the community, programming and expertise you need to navigate the transitions of aging and live lives of purpose and meaning. We will find new and different ways to remain true to our mission during this challenging time.

We're researching technology solutions that can serve to keep us connected, such as Zoom, an online virtual meeting space, along with telephone conference call options. Sarah Kent will keep you informed of programs that we're able to offer virtually. Be sure to RSVP so that we can send you links and call-in phone numbers.

If Zoom and online social networking are new to you, several members have volunteered to offer one-on-one training. Let us know if you need that or if you're willing to teach someone else.

Sometimes the silver lining of a crisis like this are the opportunities it presents: to strengthen ties; to reach out to those in greater need; to focus on what's most important; to ask for help if

needed. In spite of the fear and uncertainty that we're feeling, may we reaffirm our commitment to each other and this loving community we are creating together.

We will be sure to keep you updated and ask that you stay in touch with us, and each other.

Warm regards,

A handwritten signature in black ink that reads "Kate Hoepke". The signature is written in a cursive, flowing style.

Kate Hoepke

Executive Director