



"WE MAY BE TIRED OF COVID, BUT COVID IS NOT TIRED OF US"!

While this may not be a personal quote (I heard someone say it during one of the hundreds of television news stories aired recently), the word: **"TIRED"**, struck me as the most accurate description to sum up how we are all feeling. **TIRED** of the changes in our work routines; **TIRED** of the sacrifices in our personal schedules; **TIRED** of our family and friends (or ourselves) feeling ill; **TIRED** of worrying about when, or if, we will get back to a life we all miss. There is even a phrase to describe all this tiredness: **COVID FATIGUE**.

As I write this on the start of what has traditionally been the beginning of our Holiday Season, I realize how crucial staying the course these next few months will be to the health and wellbeing of our residents, our loved ones, and to each another.

Holidays usually bring opportunities for gatherings with family and friends. They include parties, sharing meals, laughter and enjoying getting together in groups with loved ones. And despite our need for emotional breaks from Covid Fatigue, the Covid virus thrives & grows and is most dangerous during these types of gatherings. We have all come too far to let our guard down now!

It may not be easy to change our traditional holiday plans, and this season may look somewhat different, but as positivity rates in Martin and adjoining counties continue to steadily increase, it is necessary for all of us to maintain caution. Some timely ideas include: limiting holiday celebrations to only with those living in our household; maintaining social distancing whenever we are in a group setting (even better would be to also wear face coverings and eye protection like goggles, shields, and glasses); limiting those small gatherings to a maximum of 10 outdoor guests; eliminating the tradition of contact greetings like hugging, kissing, shaking hands; and of course please wash hands often and use antibacterial gel whenever possible; lastly think about eliminating pot luck meals altogether.

Together we can encourage one another to **"DO THE RIGHT THING"**. **PLEASE BE SAFE & MAY GOD BLESS EACH AND EVERY ONE OF YOU. WE NEED YOU- #TOUGHTTEAMS LAST!**

Linda C. Winters, Administrator

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