



March 26, 2020

Greetings, Neighbors & Friends!

Just a quick note from the **Gemassist Brain Awareness Foundation** to wish blessings and good health to those around us. If you've been affected by COVID-19, we're sending prayers and healing thoughts to you. If you're well, we hope you stay that way! Our foundation's mission is to help TBI (traumatic brain injury) patients through rehabilitation through donations; but in these odd times of pandemic, we're simply reaching out to spread some happiness to whoever reads this.

In a digital age, quarantine doesn't have to equal solitude. Social distancing doesn't have to mean isolation. So, we've put together a fun list of things to do and ways to stay connected while this strange season of social restrictions persist. Enjoy!

Ways to Keep Community During the Coronavirus Pandemic:

1. Download the ZOOM app and host a virtual happy hour.
2. Take breakfast or morning coffee on the front porch and wave to others!
3. Go to YouTube and watch humor videos. Read the comments and laugh. Leave a comment of your own.
4. Search YouTube for worship services and either "attend" your church/synagogue or try out a new one! So many have uploaded their recent services, and there's a lot of searchable positivity and faith to go around.
5. Make a "THANK YOU" sign to all mail carriers and delivery drivers, and put it in your yard so they can see it as they drive by.
6. Take a moment (even if you hate writing) and write an old-fashioned letter to a friend or relative. Send it snail-mail.
7. Meditate. Pray. Breathe.
8. Plan your next gathering to celebrate when all of this is over!
9. Spring clean your Facebook, LinkedIn, Instagram, profile(s). Even if you're not a social media hound, it's nice to update things. Take a new profile picture. Write a witty tagline. Say hi to someone you haven't talked to in awhile.
10. Use this downtime to connect with *yourself*. Reflect on whether these circumstances bring opportunities for much needed change. If so, make a plan to implement whatever it is.

Last but not least, we invite you to get to know our organization! You can find us online at www.Gemassist.org. We're also there via Facebook.com/gemassistbrain and Instagram at @gemassistfoundation. Come find us and join our community or just say hello.

Health and long life to you,

Deborah Marie, Gemassist* Founder

**Gemassist Brain Awareness, Co. is a non-profit corporation organized under section 501(c)(3) of the Internal Revenue Code*

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