

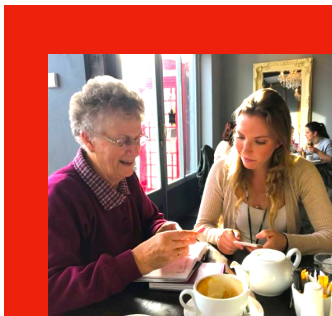


LIVE-IT
Taking The BIBLE out of the box

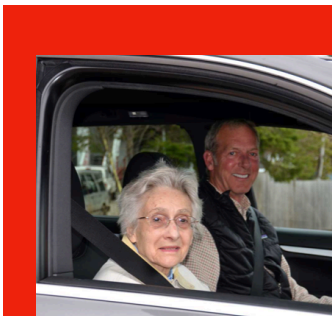
newsletter

February 2020

Looking for **love** this Valentine's Day?



She would **love** to have someone to talk to over a cup of coffee and share a story or two.



She would **love** to have someone take her to her doctors appointment.



He would **love** some advice from someone who has been there before.

"One of the most important things you can do on this earth is to let people know they are not alone."
— Shannon L. Alder



Ready to show some love? You can give or volunteer...

Online: liveit.care Call: 865-773-0715

To glorify God by loving people, LIVE-IT brings people together through community to meet the needs of those who are socially, physically, spiritually or emotionally isolated and alone.

Lonely? You're not alone.

Cigna Study Reveals Loneliness at Epidemic Levels in America

The survey of more than 20,000 U.S. adults ages 18 years and older revealed some alarming findings:

Nearly half of Americans report sometimes or always feeling alone (46 percent) or left out (47 percent).

One in four Americans (27 percent) rarely or never feel as though there are people who really understand them.

Two in five Americans sometimes or always feel that their relationships are not meaningful (43 percent) and that they are isolated from others (43 percent).

One in five people report they rarely or never feel close to people (20 percent) or feel like there are people they can talk to (18 percent).

Americans who live with others are less likely to be lonely (average loneliness score of 43.5) compared to those who live alone (46.4). However, this does not apply to single parents/guardians (average loneliness score of 48.2) – **even though they live with children, they are more likely to be lonely.**

Only around half of Americans (53 percent) have meaningful in-person social interactions, such as having an extended conversation with a friend or spending quality time with family, on a daily basis.

Generation Z (adults ages 18-22) is the loneliest generation and claims to be in worse health than older generations.

Social media use alone is not a predictor of loneliness; respondents defined as very heavy users of social media have a loneliness score (43.5) that is not markedly different from the score of those who never use social media (41.7).

3 ways to connect to combat loneliness and isolation:



Meeting needs through minor home repairs, home visitation and listening.



Driving 60 and older individuals to essential services such as doctors appointments and grocery stores.



A Coffee House designed for community connection. Here all ages are encouraged to connect share and thrive together.

LIVE-IT

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It just takes time to make a difference in someone's life

Start Here:

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