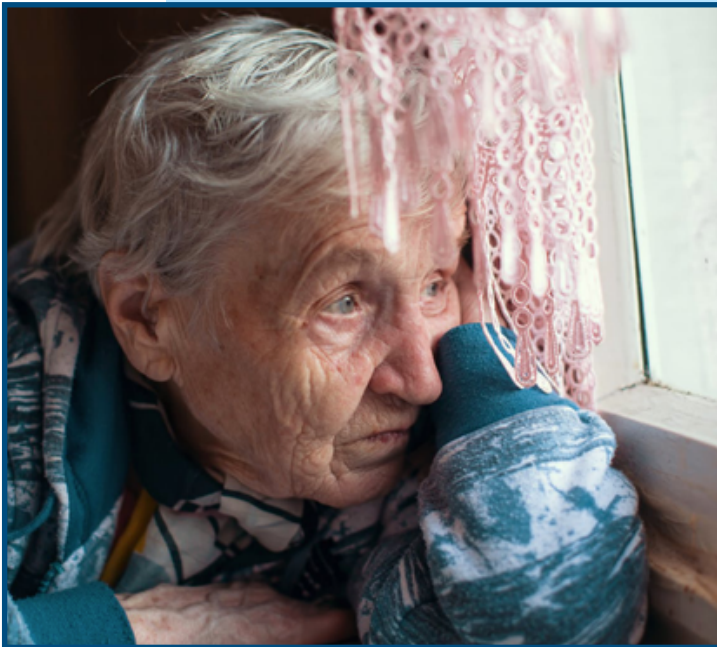


## How the Coronavirus Pandemic Fuels America's Loneliness Epidemic, and what you can do about it..

Before anyone knew about Coronavirus, many countries were already fighting a rapidly growing loneliness pandemic that affects 43% of elderly individuals.



The effects of “shelter at home” policies and increased fear of coming in contact with the COVID-19 virus if they leave their homes, have caused seniors to be at a greater risk of loneliness and isolation and their deadly effects.

Research has linked social isolation and loneliness to higher risk of:

- High blood pressure
- Heart disease
- Obesity
- Weakened immune system
- Anxiety
- Depression
- Cognitive decline
- Alzheimer's disease
- And even death



**Ready to make a difference in a seniors life?  
Keep reading to learn the 6 ways you can get involved.**

Here are **6 ways** to safely make this difficult time for seniors a little less lonely and isolated.

1. Volunteer to write a note or call a senior who is alone and talk for a few minutes.
2. Volunteer to make a hot meal for a homebound senior.
3. Volunteer to make and deliver a **We Care** package to a homebound senior.  
(Call LIVE-IT to at 865-773-0715 to get content list of package)
4. Volunteer to pick up groceries or prescriptions for a homebound senior.
5. Volunteer to drive seniors with no transportation to essential appointments.
6. Give to support LIVE-IT reaching more lonely and isolated seniors.

## Connecting People to Purpose

We have a growing list of seniors who need to know that people care about them and feel valued.

**Volunteer or give online at: [www.liveit.care](http://www.liveit.care) / For more info call: 865-773-0715**



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.

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.