

Mission: 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.

Solving the Senior Loneliness Problem

So what can you do if you think you or your loved one is struggling with isolation or loneliness? You can start by taking an Isolation Assessment at the link below from Connect2Affect, a program of the AARP Foundation. It can help identify key risk factors, and it offers suggestions for getting more connected.

Below are some simple, small steps you can take today to make more meaningful connections with others:

*Phone calls *Emails *Zoom *FaceTime

When friends or family live far away the above may be your only options, but it's important to have in-person interactions too. In fact, a 2015 study found that the mental health benefits of regular face-to-face social interactions - especially among older adults - reduce the risk of depression.



To take the Isolation Assessment go to: <https://connect2affect.org/assessment/isolation/>

How can YOU get involved in the fight against loneliness?



DRIVE seniors to important appointments

LIVE-IT's MyRide Sevier County program provides training and additional insurance for individuals 18 and older who would like to assist seniors in getting to these essential appointments. Volunteers drive their own vehicles and choose which rides they would like to give according to their personal schedule.



VISIT seniors in their homes

LIVE-IT's Army of One program vets needs of senior citizens in the community and connects them with trained volunteers who want to lend a listening ear or a helping hand



SIT and meet new friends

at one of our "Chit-Chat" tables at our coming BRIDGE Coffee House inside the LIVE-IT Thrift Store and chat for a while over a cup of joe with a senior or other individual in need of conversation.

LIVE-IT's mission is to bring people together through community to meet needs of those who are isolated and alone. If you are interested in learning more about getting involved with those in need in our community you can check out our website at www.liveit.care or call 865-773-0715.



TALENT-A-THON

LIVE-IT's VIRTUAL FUNDRAISER WITH YOUR REAL TALENT

Will be broadcasted on FaceBook Live

November 9, 2020

Send your demo video to ... talent@liveit.care

Welcome our New Store Manager



Corey Reymer - Store Manager

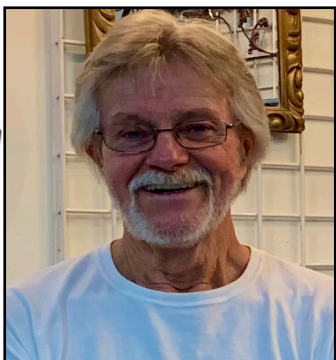
LIVE-IT Thrift Store

Supporting the programs of LIVE-IT Ministry

11935 Chapman Highway, Seymour
865-773-0714

Store Hours: Monday-Saturday 10 am - 5 pm; Closed Labor Day

We have expanded the shopping area to provide a greater selection and added the Corner Boutique with great finds. And remember, your purchases help connect those in need with those who can help in Sevier County. Thank you...Corey Reymer



VOLUNTEER SPOTLIGHT

From serving in the community to helping LIVE-IT get the new community coffee house ready to open... **Roger W.** has blessed many with his talents to do what needs to be done to help those in need. **Thank you Roger for your service!**

Volunteer or give online at: www.liveit.care.
For more info call: 865-773-0715.

LIVE-IT Ministry
P.O. Box 416
Seymour, TN 37865
865-773-0715
www.liveit.care

I want to support the work of LIVE-IT.

- ☐ Enclosed is my check for \$ _____
- ☐ Bill my credit card # _____
EXP: _____ CSV: _____
- ☐ I would like to make this a monthly gift

Name: _____
Address: _____
City: _____ State: _____ Zip: _____

Signature _____

Thank you for your support!