

Carlin Senior Center

City of Carlin

320 Chestnut Street 754-6465

April 2020

Well....this was unexpected.

2020 Brings Many New Challenges to the Center

It has been a while since I have put out a newsletter and many wonderful and joyful things have happened since then! Of course, many unexpected things have happened as well! But I always try to look for the silver lining of every situation and I hope you are all doing so as well.

With May comes spring and a rejuvenating season it is. So, let's shake off the dust and enjoy the sun!

However, let's remember that we still need to keep ourselves healthy both physically and mentally. COVID-19 outbreak has changed the world we live in and we need to continue to practice healthy habits that will keep us safe from harm.

Here are a few reminders:

1. Proper Handwashing – Please remember to continue to wash your hands in the right way. Count to 20 when

scrubbing and 10 when rinsing. Use a paper towel to turn off the water when you are done.

2. Take Care of Your Mind, Body, and Spirit – Remember to continue to eat healthy, keep up a routine, and if you feel lonely or socially isolated then reach out. We are here and don't mind visiting!

3. Social Distancing means not going out unless it is absolutely necessary. If you need to get some things from the store call us! We can get it for you.

We cannot wait to welcome you all back to the Senior Center and we will have some fun, new things planned to celebrate our new beginning!

Stay Healthy!



- Ella



Beware of Scams

The COVID-19 crisis has given dishonest people more opportunity to take advantage.

Do not respond to phone calls, emails, or social media messages that ask you for personal information or money.

Don't respond to people who contact you directly regarding vaccinations, medications, or treatments. Remember that scammers can make a call or message look like it is coming from a friend or family member. Hang up and call back the friend with the number you usually use.

