



COMMUNITY SERVICES DEPARTMENT

29694 Center Ridge Rd. Phone 440.899.3544
Westlake, OH 44145 Fax 440.899.3548

March 20, 2020

Dear Friend,

“Endure temporary hardship for the sake of the greater good”

That is what we are all being asked to do right now. The good news is that this is temporary. In the meantime, I want you to know that there are people out there who care about you and your wellbeing, starting with those of us at the Westlake Senior & Community Services Department. Although our building closed after March 13, we have been busily trying to reach out and CONNECT in ways that comply with physical distancing, hence this email.

We are currently available by phone or email to support you. Our number is 899-3544. My email address is lgadd@cityofwestlake.org. We have been doing some phone outreach as well as email outreach. Let us know if you know of a Westlake resident who should be added to our list!

In the meantime, don't forget to keep talking to people (on the phone or other physically distant mediums). You may want to create your own phone lists, and keep a list of goals for the day to keep a structure and schedule going. Also, step outside for walks (just not with a group of people). The fresh air is important, as is exercise and movement. As a matter of fact, since we cannot get up and go the way we used to, many of us may be more sedentary now than ever. Be mindful of this and add some movement to your routine. For example, you can set an alarm for 5 minutes of walking in place every hour during the day. Also, limit your “news” time and make sure you balance this with watching an uplifting show, movie, or reading an uplifting book. Keep a gratitude journal. These are some ideas that can keep your spirits up while enduring the temporary hardship.

Take good care of yourself. I imagine many of us will be finally getting around to cleaning out the closets!

I look forward to the day when I can see you here at our center again.

Sincerely,

Lydia Gadd
Director