

NEW BLOG

TO MY AGING FRIENDS WHO HAVE BEEN CAUTIOUS OR EVEN ISOLATED FOR SO LONG: WHAT DO WE DO NOW?



Monday, March 6

So, my dear friends, there is a challenge facing all of us, but most particularly those of us who are over 65, and/or have health conditions, aside from our age, that make it particularly dangerous to get COVID, RSV, flu, (or one of the other illnesses floating around).

But those of us who have been and will continue to remain "cautious or even isolated" face other potential dangers in withdrawing from the world: loneliness, isolation and depression, accompanied by the fact that no one knows when this series of health challenges will end.