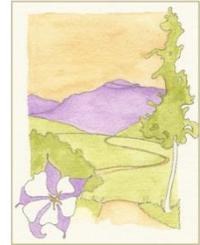


PRESS RELEASE

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Pagosa Springs, CO



NEWS FROM THE COMMUNITY CAFÉ

If you need help, ask for it – and if you can lend a hand, offer one

This story is about caregivers – which is not an us-and-them tale. Each of us sits on both sides of the caregiver/receiver coin at any given point in our lives. Even those who seem the most fortunate, hardworking, capable, and strong will need a hand at some point. Right now, we all fall in the need a hand category – everyone is seeking balance on some level.

At ASI, our focus is largely on robust nutrition and social engagement. Good nutrition makes everything else possible for all of us – across the socioeconomic spectrum. Social engagement lets us know we have a place in our community.

Yet 15 million more people in the U.S. this year will experience food insecurity than last year – for a total of 50 million – according to [Feeding America](#). The most recent [Census Household Pulse Survey from University of Chicago and University of Notre Dame](#) reports that:

- Our national poverty rate jumped to 11.7% in November, up from 9.3% in June – nearly double the largest annual increase since the 1960s.
- One in three adults are having a somewhat or very difficult time covering household expenses; and more than 27 million adults – almost 13% of all adults in the U.S. – are in households with sometimes or often not enough to eat.

All of this means little things matter more than ever. Remember that everyone around you is also trying to find time to take care of themselves while they keep up with the rest of daily life. Smile more, bark less. And if you have a hand to lend, offer it.

If you're a family caregiver to someone in your home or a professional caregiver in the community, you may want to take a look at a just released report on [Wellness Coaching](#) – <https://mlia.cmail19.com/t/r-l-judkcc-otdtldyfk-i/>.

You can learn more at: <http://www.psseniors.org/>.

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