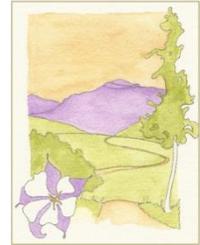


PRESS RELEASE  
November 30, 2020  
Pagosa Springs, CO



### **News from The Community Café, and So Much More....**

While ASI has been busily serving meals, we have also been quietly building programs for area residents and visitors that give them opportunities for learning and social activities as long as our Center is closed. We have leveraged alliances and technology so that folks can be more easily connected and simply have more fun and a richer day every day.

*“Recent research reveals that older populations are less consumed by pandemic depression than those that are younger. According to a recent study, some seniors have even expanded their social support networks during the lockdowns. And the researchers found that older adults tended to report lower levels of loneliness compared with middle-aged and younger adults. Ashwin Kotwal, at the University of California, San Francisco says that ‘They’ve been finding ways to adapt and cope. They’re finding creative ways to interact with family members through Zoom, taking dance classes online or joining virtual book clubs.’” (There’s No Stopping These Seniors; Even A Pandemic Can’t Bring Them Down. November 26, 2020. NPR. [The Coronavirus Crisis](#)).*

Our website now regularly provides seniors throughout Archuleta County with download printable resources, as well as a links to sign up to enjoy a bevy of virtual – both live and recorded – fun, educational, and social opportunities. You can learn more: <http://www.psseniors.org/>.

This shift in our programs is part of a larger philosophy and set of “60 and better” best practices that we have been working to adopt since before the pandemic began. Community services around the globe have found success in their region using this approach. This movement relegates the term “seniors” to another era, instead focusing on encouraging “senior” centers to become multi-generational resource centers, retaining their core of service for those “60 and better.”

We’ll be conducting short online surveys on our website throughout the winter and into next year to give a voice to our community members in the evolution of our programs. We’ll let you know in our weekly articles whenever we have a survey open.

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