

# Staying Connected During the COVID-19 Pandemic

**Subject: Resources from The Geriatric Services Conference**

Dear Geriatric Services Conference Alumni,

“We are in this together!”

### **We’ll Meet Again (video)**

We are thinking of you and hope that you and your families, colleagues and those you care for are staying well during the pandemic. Given the cancellation of the Geriatric Services Conference that was planned for March 27<sup>th</sup>, we will be reaching out to offer some resources in a series of messages over the coming weeks. As our way of expressing gratitude to you, we would like to share some key themes that we trust will be of professional value in the spirit of knowledge translation and reflective practice during this unusual time. We will provide some resources that we hope will help you to stay connected and refresh your energy in a small way until we can be together at a conference again. We are currently exploring what the Dialogue on Aging and the Leadership Program will look like in the months ahead.

*“Be kind, be calm, be safe.” (Dr. Bonnie Henry)*

For those of you who are looking for professional development and inspirational content for yourself and your teams, our website contains links to recordings from previous conferences that are still pertinent at this time as we consider how best to sustain quality of life during these unusual circumstances:

**<http://geriatricconference.providencehealthcare.org/past-conference-resources>.**

In particular, see **Mindfulness in Seniors’ Health Care: A New Tool** in the Toolbox by Dr. Elisabeth Drance and her **three minute breathing meditation**.

Please feel free to share these materials. We welcome feedback about your needs at this time. Best wishes for your safety and well-being.

May the road rise up to meet you,  
May the wind be always at your back,  
May the sun shine warm upon your face,  
And the rain fall soft upon your fields,  
And, until we meet again,  
May God hold you in the palm of His hand.

- Irish Blessing

On behalf of the Geriatric Services Conference Planning Team,

MaryLou

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**<http://geriatricconference.providencehealthcare.org/>**