

Dear Resident,

My name is Tom. I live in Park City, Utah. I'm 50 years old. My wife and I have been married for 19 years, and we have two girls 15 and 12 years old. I run a company that produces television shows. My wife is a full time mom to our girls. They are in school (online at the moment). They are studying to some day become a doctor and a physical therapist.

I wanted to write you a letter and let you know that myself and my family are thinking about you, and that you are not alone. We are with you in spirit. We can't imagine how you must be feeling right now, not even being able to have family visit or to be able to get together as a group at your facility. If we could, we would come give you a hug and tell you that we're all going to get though this rough time. But we can't. So consider these words an "official hug" from the outside! HUUUUG I know if your family could, they would also be there to hug you and talk with you and give you some kind of reassurance. But they also cannot right now. So, about the only thing we can do right now is write you this letter and attempt to share some feelings with you through words.

I know you can't go outside right now, and I'm sure you would probably like to do that more than anything. So let me ask you, where would you go? What would you do if you could go anywhere? Take a moment and really think about it and visualize where that would be. What would the colors be, how would the air smell, what food would

you eat. What would you drink? It's so amazing how powerful our mind can be to "take us" to a place we want to go. Try it!

I can also imagine that in your younger years you visited some amazing places in our country and perhaps the world? I know that my grandparents were excellent at recalling and talking with me about where they had visited, the things they had seen and all the details that made the experience memorable. I'm sure you have many of these. Do you think about them often. I would love to be there with you right now so you could tell me all about them.

This Covid 19 situation is something that myself and my family never thought would actually happen. I'm trying to explain it to my kids and have them understand the scope of this crisis. I would imagine that unlike many of the younger people, you may recall the time during World War II, or the great depression of the 30's that our country went through a similar time? That is to say that everyone banded together to fight one cause. I enjoy hearing stories about how we came through those times and the amazing sacrifices that people made back then for the larger good. I wonder what role you may have played in those times, or if you served in the military? I'm sure you were a part of the solution in some way shape or form, so thank you for all that you did.

This crisis is forcing so many of us to be isolated and at home and thus watching more TV. I'm sure you're doing the same. We try to only watch the news a little bit each

day, otherwise it can get to be TOO much to take in. I wonder how you feel about what's being covered, and how the situation is being handled? We are all hoping and praying that the virus runs its course and peaks as soon as possible. We all want our lives to return to normal, yet it's so hard to see what's happening in hospitals, major cities and facilities like yours. Again, I want you to know that you are NOT ALONE! We on the "outside" know you are in there. We know you are feeling the effects of this just like we are and we have you own our hearts, our prayers and our daily thoughts.

Kind wishes and warm thoughts to you and all your other residents to get through this difficult time. You have a hand holding yours right now. Feel it, embrace it, and hang on to it to help you smile and have a great day!

Sincerely,

Tom

**Hello there!**

**My name is Jayne and I wanted to wish you a Happy April! I live in California so it is sunny and warm here. I am going to tell you about my hobby. My favorite thing to do is scuba dive. Have you ever been in the ocean before? If not, let me tell you about what it is like to dive.**

**The first thing you do when you dive is don scuba gear. Scuba gear consists of called a "BCD" Buoyancy Control Device." This is basically a giant backpack that holds a tank of oxygen and a couple of hoses that inflate and deflate. You control whether you go up or down by inhaling and exhaling. If you inhale, your lungs or BCD fill up with oxygen and you go up, and when you blow out bubbles you either descend (go down) or stay put.**

**Here are a few photos of me diving: Belize.....**



## Diving with Caribbean Reef Sharks in the Bahamas.



**I love to see sharks, turtles, rays, and pretty coral but my favorite thing to see is all the pretty tropical fish. My favorite fish is called a trunkfish. Trunkfish are about the size of a small fist. They have diagonal edges and spots that end in kissable lips. My favorite place to see trunkfish is in the Caribbean Sea. Look how cute this little fella is!**



**Hope these fish brighten your day!**

**Jayne**