



## daily GOOD

Only through our connectedness to others can we really know and enhance self. And only through working on the self can we begin to enhance our connectedness to others. --Harriet Goldhor Lerner

### Connect & Find Joy While Social Distancing

"Social distancing recommendations will remain in place for months to come, and until there's a vaccine, limits on big gatherings will likely continue. For the elderly or those who live alone, the isolation can be particularly grueling. But, people are finding new ways to interact with each other, even under extraordinary circumstances." NPR offers some strategies to connect with others.

### Be The Change:

This week carve out time to connect with another in a new way.