

## Keep Calm. Carry On.

By David Davis, Santa Fe Memory Care Alliance

You may have seen the recent New York Times article regarding pandemic fatigue. <https://www.nytimes.com/2020/10/17/us/coronavirus-pandemic-fatigue.html> which looks at the growing trend of people becoming fed up with healthcare restrictions and desiring to socialize like normal again.

I must say the article hits the nail on the head. I myself admit to a few lapses in judgement that may have compromised my safety or the safety of others. We are, after all, only human, but nonetheless this coming winter is going to be a long, hard challenge for all of us.

I encourage each of you to commit to the following:

- Remain vigilant in your protocol of wearing a mask and practicing social distancing.
- Err on the side of caution at all times. For the safety of yourself. For the safety of those you love. For the safety of everyone in our community. If you don't feel safe or comfortable about getting out, even for groceries, then don't. There are volunteers in our community who will gladly help with whatever you need to ensure that you and your loved ones stay safe.
- Get your flu shot. Now. Today. Really!
- Continue to stay engaged in your community, even if it's online or on the telephone. We may have to isolate in the physical sense, but not in the mental, spiritual or emotional one. We are lucky to live in a time where we can continue to stay connected with each other and our community. Embrace the resources we have to stay connected with each other.
- Don't be afraid to ask for help. At some point in our lives we all need help. Again, we are lucky to live in a community that has so many resources to offer. Help is here. Whether it be a physical need such as food or assistance to keep the heat on this winter, or the need for education or support in caring for a loved one who has Alzheimer's or any other type of illness that requires on-going care, help can be provided.

- Learn something new. The opportunities to learn are enormous. Take advantage. Sign up online for a yoga or exercise class. There's cooking, gardening, creative writing, foreign language. And of course, if you are a caregiver or have an interest in learning more about Alzheimer's or any other dementia related illness, The Memory Care Alliance will continue to offer education programs as well as weekly support meetings online.
- Take the time to check on someone you care about. A neighbor. Someone in your social or religious community. There may be someone who you may be able to help, even if it's just to say hello and brighten their day.
- Lastly, continue to have hope. Don't give up. Stay positive. This pandemic will eventually end. A vaccine is on the way, but things may get worse before they get better. With careful decision making and thoughtful planning by all of us, we can get to the other side of this safely.

If you find yourself in need, contact The Memory Care Alliance at:

[info.memorycarealliance@gmail.com](mailto:info.memorycarealliance@gmail.com)

Take good care. Care for yourself. Care for those you love. Care for our community.

Remember we are all in this together.

David Davis

Executive Director, Memory Care Alliance  
President, Santa Fe Healthcare Network



**HELP IS HERE**

Education, Support, Planning Services and  
Resources for families living with Alzheimer's  
or a related illness.

[thememorycarealliance.org](http://thememorycarealliance.org)  
505.310.9752

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*for northern new mexico*