

'Outside connection:' Home Instead asks people to write letters to seniors during coronavirus pandemic

By [Aimee Chiavaroli](#)

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DARTMOUTH — For people who are quarantined at home and running out of things to do, how about writing a letter that will brighten a senior's day?

Lauren Langevin, co-owner of Home Instead Senior Care in North Dartmouth, knows how much that small gesture means to older adults who are even more isolated because of the coronavirus pandemic.

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"They carried them with them for months," Langevin said about cards made by New Bedford High students and children in the school's preschool daycare for a holiday program. She said they appreciate "Having that tangible thing to hold on to and feeling that connection."

New Bedford High School students also volunteered for this new program named "Adopt-a-Senior" where people are encouraged to write letters to seniors and email them (in order to reduce touch points), to then be distributed to Home Instead Senior Care clients via staff and other local organizations that help seniors.

It's a way for students to get creative, practice writing and give back to the community and show a senior that they're thinking of them.

The idea came from Langevin's daughter Marissa, 24, who has some senior family friends that she connects with by phone and FaceTime. She decided to write them notes, too, after hearing about how hard it is for them now that they're unable to see friends, family and neighbors due to the pandemic.

"They thought it was really sweet," Marissa said by phone. "Sometimes it's nice to get that personalized, handwritten note."

Marissa transcribes the shorter notes into a card and longer notes get printed out and put into a card with a short handwritten note.

"They really enjoy having that outside connection," said Langevin, who like many other people is waiting to get back to work. As a certified dementia practitioner, her job focuses on community outreach and giving presentations at centers like councils on aging.

The extra time led Langevin to tap into her quilting hobby to help people. She and Marissa made and donated cloth masks to Home Instead Senior Care, its clients and their families. They're sending about 50 masks to Bristol Elder Services on Monday, she said, at which point they'll have made close to 250 masks.

Langevin reported they've gotten about 35 letters so far, are waiting on more from schools and are accepting more to send out. Letters for seniors should be emailed to MarissaLangevin14@gmail.com.

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