

Visit the Sick



The ministry of Visiting the Sick has required those who are dedicated to this type of ministry to think outside the box during the COVID-19 pandemic. Not only have there been concerns about the health of those who are sick being further compromised by the virus, but many who were not homebound prior to the beginning of the pandemic have found themselves needing to remain isolated due to concerns related to underlying health concerns or age. While the isolation of the pandemic has been hard for everyone, it may be particularly hard to those living in nursing homes or other types of senior residences, those living at home alone, and those with underlying health concerns that put them at higher risk.

You can help by reaching out with special messages of love and hope. Start by identifying those who you could reach out to. This may be family members, neighbors, or others in your community. Consider contacting your parish office to see if there are members of your parish who may appreciate hearing from you. Sending cards can help people feel they are remembered and cared about while visits in person are not possible or limited.

Take out your craft supplies or simply some paper and a pen and spend some time today making cards with positive messages. If you are having trouble figuring out who to send them to, send them to us at the Works of Mercy Initiative and we will make sure they reach those who will appreciate them. You can send them to us at: Works of Mercy Initiative, c/o St. Luke's Roman Catholic Church, 1241 State Street, Schenectady NY 12304.

[Learn more about the impact of the pandemic on Mental Health](#)

Pray-breathe-be In case you missed it, Rev. Thomas E. Konopka, LCSW, of the diocesan Consultation Center offers helpful information about "Managing Stress and Anxiety during Difficult Times" in his Pray-breathe-be series. Visit: www.rcda.org/coronavirus/pray-breathe-be

CDC The Center for Disease Control and Prevention has an entire section dedicated to Coping with Stress related to the COVID-19 pandemic. Visit: www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html

National Institute of Mental Health Dedicated a page to Shareable Resources on Coping with COVID-19. Visit: www.nimh.nih.gov/health/education-awareness/shareable-resources-on-coping-with-covid-19.shtml