

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. It also, in some instances, kept family members and friends apart for extended periods of time. While some have been able to resume visitation, there are protocols and restrictions still in place that may pose barriers to in-person visitation in congregated living settings, hospitals, and for those who live at distances requiring significant travel.

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.

[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

NY Project Hope-Coping with COVID Connect, talk, cope, relax. Visit: https://nyprojecthope.org/?utm_medium=G1Search&utm_source=Google&utm_campaign=OMHProjectHOPERSPGrant