



# HERMAN MEYER & SON, INC.

## Funerals During 2020 Pandemic

As always, we wish you health and safety.

In case you require our assistance, our funeral home will continue to serve our community while adhering to the guidelines from the Center for Disease Control (CDC) and orders from state and local officials.



Bella Renco, this pretty lady won't tell her age. As a professional therapy canine, she enjoys coming to work, eating her "cookies" yet watches her figure, and spending time with her Grandma & Papa. Bella says "Woof" - translation

"HI Everyone"

## CONNECTING DURING COVID-19

Hello friends,

Have you counted the times you interact with people? A month ago, we didn't. Seeing a friend, associate or a smiling bank teller was common. Today, we may see those friendly faces, but some we haven't due to social distancing or health concerns. Social distancing doesn't have to be social isolation.

We are implementing this newsletter to bring you ideas, information and hopefully some humor during these uncertain times.

Be healthy and safe,

Sonny and Janet Meyer & their staff,

John Proffitt and Marci Joergens

## Stuck at Home? Now What?

**Spring is in the air, and we are social distancing. Here are ideas to stay connected.**

- ◇ Send a youngster a video of you making fresh lemonade. Or Facetime and watch as they make the recipe, or any other recipe with you.
- ◇ YouTube is an excellent resource, with many step-by-step instructional videos,
- ◇ Send a loved one snail mail, kids love receiving letters. Kids can send cards to Bella, and she will respond.
- ◇ Organize your collections
- ◇ Order take-out from a local favorite
- ◇ Free daily workouts are being offered online, but be safe

**The Y** <https://ymca360.org/>

**Planet Fitness** <https://www.youtube.com/user/planetfitnessnh>

**305 Fitness has Zumba!** <https://www.youtube.com/user/305Fitness/videos>