Seniors strive to rebuild support systems after pandemic isolation

BY ANGELA DOMINGUEZ-CHÁVEZ

The staff aimed to keep residents active and engaged, said Geri Sedo, executive director of the American House Villas at American House. They, too, had to close their doors to seniors due to COVID-19 fears. When the doors were opened again, Sedo and the staff welcomed senior visitors back into the building.

But residents missed the annual Senior Olympics, a tradition that the pandemic interrupted after just the first year. And though they missed it, the event is the main reason that seniors returned, Sedo said. They waited to see their friends and family, Sedo said. It was their lifeline.

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Getting back into the world

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