



Media Contact: Christina M. Ramos

Community Care Advocate

C.Ramos@TouchingHearts.com

Cell: (352) 283 – 0468

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TOUCHING HEARTS AT HOME CREATES PROGRAM “TOUCH A SENIOR’S HEART”
Children & Adults can create and mail home-made greeting cards for seniors in our community for a chance to win prizes

GAINESVILLE, FLA. – Touching Hearts at Home, a family owned and operated in-home health care company creates program to “Touch a Senior’s Heart” for members of the community to submit homemade greeting cards for seniors.

Touching Hearts at Home owners, Ruben & Rose Ramos believe that supporting seniors in Alachua county is party of their responsibility especially during these very trying times. “It is an honor and privilege to serve seniors and adults with disabilities in this community. We know that seniors are more susceptible to this terrible virus and as a result many are in isolation at their assisted living communities and even at home to stay safe,” said Ruben Ramos. “We wanted to create a program to make our seniors realize they are not alone, and that everyone in this community cares and supports them. This is such an easy way to do that and it will have such a big impact. If we can brighten just one senior’s day, then it’s all worth it!”

All greetings will be distributed to various seniors within the community and at assisted living communities.

Touching Hearts at Home will award prizes to the most creative, heart-felt, and touching greetings. All winners will be announced on May 1, 2020. First place will receive an Amazon gift card and local Gainesville restaurant gift card. Second place will receive an activity package with books, puzzles, and art supplies. Third place will receive an at-home movie snack package. All prizes will be shipped directly to each winner’s preferred address. Be sure to include contact’s name and phone number as winners will be notified by telephone.

The Health Resource & Services Administration reports that loneliness and social isolation can be as damaging to health as smoking 15 cigarettes a day, researchers warned....and the problem is particularly acute among seniors.

The Health Resource & Services Administration also reports that 43% of seniors feel lonely on a regular basis. This being during normal circumstances let alone during a crisis where a lockdown and self-quarantine is required.

Anyone who wishes to create a special greeting to a senior should mail their message or artwork to Touching Hearts at Home at 4051 NW 43rd St #37, Gainesville, FL 32606. Please remember to include your name and phone number with your special greeting.

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Interviews are available by request. Please contact Christina Ramos, Community Care Coordinator at (352) 283-0468 or C.Ramos@TouchingHearts.com to coordinate.

About Touching Hearts at Home

Touching Hearts at Home provides in-home care and personal care services for seniors and adults with medical conditions and/or disabilities. Touching Hearts at Home's team of compassionate caregivers are background checked, drug tested, trained, insured, bonded and specialize in Alzheimer's/Dementia care, Parkinson's care, respite care, hospice care, assisted living community care and fall precautions. This family-owned and operated company has been a part of the Gainesville community for over nine years, and provide exceptional care for seniors and adults in Alachua County and 11 surrounding counties including Columbia, Bradford, Citrus, Gilchrist, Lafayette, Levy, Marion, Putnam, Sumter, Suwannee, and Union. Visit [HTTP://TouchingHearts.com/Gainesville](http://TouchingHearts.com/Gainesville) for more information.