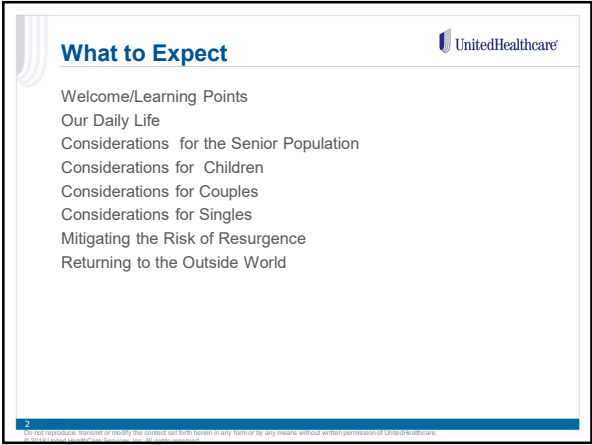
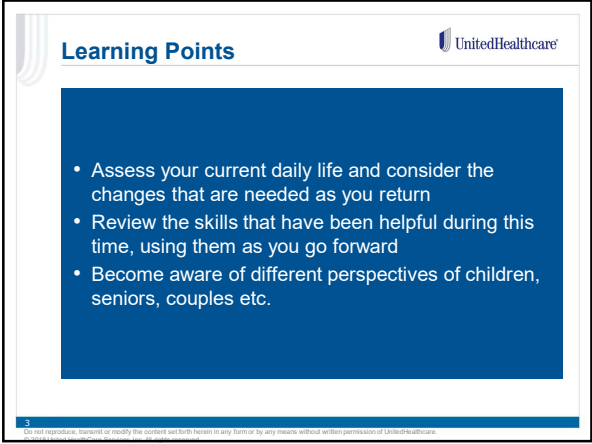


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Our Daily Life

- Changes will be made
- Family decisions will have to be discussed and made
- Previous functions may or may not be rescheduled
- Living with this "new reality"
- Caution when making plans for the future
- Have patience for the process
- Practical things to carry with you: Mask, sanitizer, mini-soap

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Considerations for the Senior Population

- Potentially has lost more friends than the rest of the population
- Could have brought more fears of the reality of end of life than prior to the pandemic
- May have the most difficulty of overcoming the fear of socializing again
- May have missed seeing their families

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Considerations for Children

- Children tend to be the most resilient
- Will bounce back quickly and move on
- Parents need to let them have their feelings and discuss their emotions
- Most will not need to discuss the pandemic in any detail

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Considerations for Couples

- A major change as they were used to be together 24/7
- Allow some time to breathe
- Get used to the "new" routine
- Communicate, communicate, communicate


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Considerations for Single

- How to return to the dating world?
- How did the quarantine affect you as a single person?
- What were the learning take-a-ways?
- What changes in your social life can you (should you) make?

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Mitigating the Risk of Resurgence


We may still need to practice social distancing:

- To shake hands or not?
- To hug or not?
- To kiss hello or not?
- Hesitation to go into crowds
- Keep focus on managing risks
- When to visit higher risk people

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Returning to the Outside World

- Be mindful of over shopping
- Be mindful of overspending
- Return to the world of investing
- Allow yourself the time to re-enter slowly
- Return with an increased focus on safety
 - How to catch/avoid the virus
 - Traveling (via air, subway, train, bus etc.)
 - Navigating crowds




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Thanks for attending today's presentation.

The New Normal: Life After COVID-19



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