

## **Let's Get Livable over Lunch: Facebook Live Interview Series**

Join us for an exclusive 8-week virtual series featuring AARP NC and community partners to learn how we can all play a key role in creating a sustainable, healthy community during the current COVID-19 pandemic.

All events will be live on the **AARP NC Facebook** Page.

**May 18<sup>th</sup>, 12PM: Streets: A Track for Staying Active** Join the Facebook event [here](#). We have roads to everywhere but nowhere to go. How can streets and sidewalks be re-tooled to work with us to promote active transportation at times when driving is discouraged and practicing physical distancing is vital? Join a conversation with Mike Sule, Executive Director of Asheville on Bikes, to discuss how community members can physically distance and stay healthy while engaging in projects that can result in safer streets for pedestrians, cyclists, and people of all ages. Join the Facebook event [here](#).

**May 26th, 12pm: Older Adult Workforce Webinar:** The Congressional Budget Office estimates that 8 million workers will be unemployed by the end of the summer. The 50+ population not only stand to be impacted by COVID-19, but also unfairly marginalized from the workforce. Heather Tinsley-Fix, Sr. Advisor for Employer Engagement at AARP, and Ginny Brzezinski, Author of Comeback Careers, team up with the Mathison Inclusive Leader Series to discuss hiring and supporting older and experienced workers. [Register](#) for the free webinar.

**May is National Stroke Awareness Month.** Use these resources and toolkit at <https://www.stroke.org/en/about-the-american-stroke-association/american-stroke-month/community-resources-english> to educate others on the benefits of protecting and improving brain function, managing risk factors like high blood pressure, and knowing how to spot the warning signs of stroke F.A.S.T. — all of which are key to achieving a healthier, stroke-free community. Even during the COVID-19 pandemic, calling 911 immediately is still the best chance of surviving or saving a life.

**May is Mental Health month**, and also a month that typically sees the highest rate of suicides. This seemed especially important as mental health acuity is on the rise nationally; you can read one article about this [here](#).

Some of us are on the front lines and at risk of significant experiences of trauma, anxiety and depression. Locally, Care for Corona has been established, which provides free short-term counseling to healthcare professionals (and mental health *IS* healthcare!). Please see [here](#).

Older adults are especially vulnerable right now to both COVID and anxiety and depression from needing to isolate. The American Foundation for Suicide Prevention has a great list of how to connect during this time at the bottom of this [article](#), including a link from AARP on activities.

- **211 has a comprehensive list of Suicide Prevention resources:**
- **RHA Mobile Crisis: for any local mental health emergency.**  
**1-888-573-1006**
- **Disaster Distress Hotline (SAMHSA): 1-800-985-5990**
- **National Suicide Prevention Hotline: 1-800-273-8255. Call for yourself or someone you care about; available 24/7. Online at**  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- **National Organization for People of Color Against Suicide:**  
**1-800-273-TALK (8255)**
- **Crisis Text Line: Text HOME to 741741 for 24/7 support**
- **Veterans Crisis Line: 1-800-273-8255 or text 838255**
- **Trans Lifeline 1-877-565-8860**