



# Pressure makes diamonds

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The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The central area is white, providing a clean space for the text.

WHAT A YEAR!

Are you ok?

# Signs



**DEPRESSION**



**APATHY**



**ANXIETY.**







# PUT A FINGER DOWN IF YOU DID THIS

- ▶ GROCERY DELIVERY
- ▶ CURBSIDE PICKUP
- ▶ FOOD DELIVERY
- ▶ GETTING TOGETHER WITH PEOPLE ON ZOOM
- ▶ ACTIVITIES OR PERFORMANCES ONLINE
- ▶ WORKING FROM HOME
- ▶ FINDING A REMOTE JOB
- ▶ DOCTOR'S APPOINTMENT VIA TELEHEALTH
- ▶ COUNSELING FROM TELEHEALTH
- ▶ DIDN'T GET THE FLU THIS YEAR DUE TO INCREASED MASK WEARING

# ANYBODY FIND THAT THEY REEVALUATED THEIR LIFE?

- ▶ QUIT YOUR JOB
- ▶ KEPT IN BETTER TOUCH WITH FAMILY
- ▶ FOUND A NEW HOBBY
- ▶ RETHOUGHT YOUR PRIORITIES
- ▶ DEMANDED BETTER WORK/LIFE BALANCE



# THE WORLD IS CHANGED FOREVER, AND IMPROVED FOR PEOPLE WITH DISABILITIES

WORK will forever be more flexible, more accessible, more in reach for people with disabilities.

Social justice causes challenge people to think outside their point of view. This opens the door to take a moment and be more open to the world view of people with disabilities. It is safer than ever to say, “I have needs and they are important too!”





Renaissance





Dear Friend

These are some challenging times for all, in the pandemic. Disrupts our lives in many ways. But what we need is staying as close as we can to each other. You are not alone.



Franklin Senior Center  
Franklin Co. Area on Aging  
600 Norland Ave., Suite 411  
Chambersburg, VA 17201

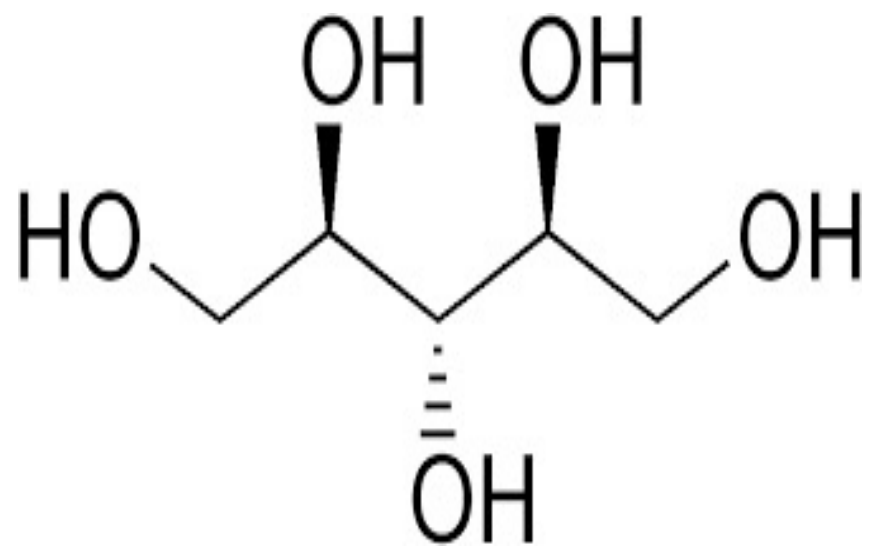
Dear [Name],  
Send to the world's wind!  
We have souls & spirit  
How you find common ground  
with us changed forms  
from ribbon murders

Dear [Name],  
I understand  
how difficult  
this is for you  
I hope, other  
people  
will  
help











ENOUGH.

THANK YOU!  
MELISSA GROVE

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- ▶ RESOURCES - SUPER SOCIAL SUPPORT GROUP 2<sup>ND</sup> SUNDAY
- ▶ FACEBOOK
  - ▶ LGMD2I
  - ▶ BREATHE WITH MD
  - ▶ WOMEN AND MD
  - ▶ LGMD AWARENESS FOUNDATION
  - ▶ MUSCULAR DYSTROPHY COALITION
  - ▶ LIMB GIRDLE MUSCULAR DYSTROPHY (BEYOND LABELS & LIMITATIONS)
  - ▶ WEIGHT WATCHERS FOR THOSE WITH MUSCULAR DYSTROPHY