



# AGEWELL/HEALTHY AGING PROGRAM AT ETHOS

## CLIENT TESTIMONIALS

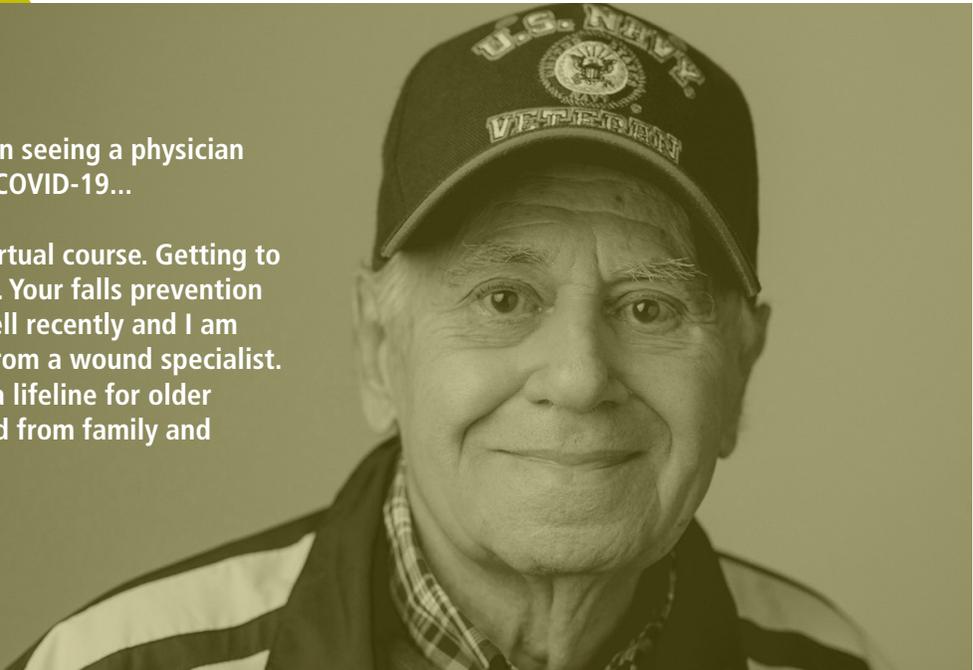


Surgery is not an option for me, and even seeing a physician presents many challenges in the age of COVID-19...

I share my deep appreciation for your virtual course. Getting to Ethos was always too challenging for us. Your falls prevention course was recommended. My mother fell recently and I am caring for her wound with virtual help from a wound specialist. Virtual help and courses like Ethos' are a lifeline for older adults, especially when we are separated from family and friends because of COVID.

Thank you again for all you do.

-Eddie\*



Thank you all for a terrific Matter of Balance Class these past several weeks. I feel that I learned a great deal and also enjoyed the company during this time of isolation.

I enjoy the Zoom experience better than the in person and large class settings. When we used to go to the in-person classes Harry, my husband, attended as well, it was good for him to have these social connections as he has moderate dementia; however, I always feel a bit distracted since I needed to keep an eye on him as he can't always follow along or needs help following directions. He hides his limitations very well! Now, I can attend the online class alone, as the class coincides with his rest time.

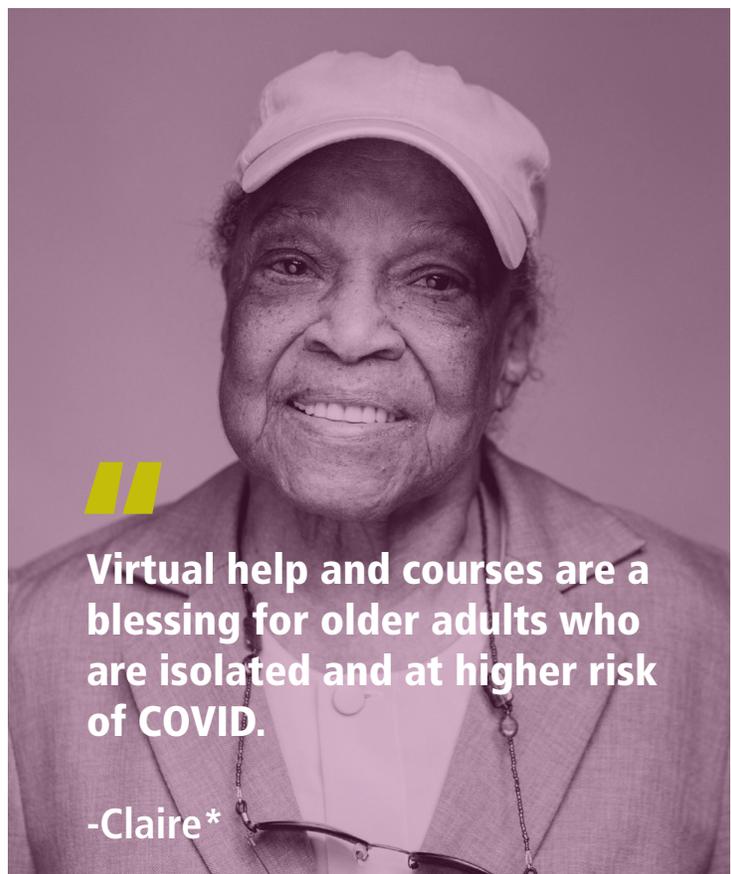
Many thanks to you and all the Ethos staff, seen and unseen. Ethos always takes very good care of us!

-Connie\*



Virtual help and courses are a blessing for older adults who are isolated and at higher risk of COVID.

-Claire\*



*\*Names have been changed to protect privacy*

For more information on how to refer, volunteer, or donate, visit [www.ethocare.org](http://www.ethocare.org) or call 617.522.6700  
ETHOS | 555 AMORY STREET, JAMAICA PLAIN, MA 02130 | T: 617.522.6700 | [WWW.ETHOCARE.ORG](http://WWW.ETHOCARE.ORG)