

Keeping Faith During Times of Uncertainty



DAILY REMINDERS

- Don't let fear or a sense of panic take over, but it can be helpful in motivating us to be more wise (especially to wash our hands and not touch our face!)
- Limit your time watching the news, but when you do—look for the helpers.
- Get some exercise.
- Talk to someone you trust. Pastors, those at Immanuel and throughout our communities, are here for you.

KEEPING FAITH

- Many worship services can still be viewed on television and various online choices such as Zoom, YouTube and church websites.
- Read scripture in times of uncertainty and times of celebration.
- Look for Godwinks.
- Call the Immanuel Hope Hotline. Created for our frontline workers, but useful for everyone, we're providing daily messages of hope. Simply call 402.933.6442. New messages updated by 10 a.m. each day.

God walks with us and we will get through this. Keep faith and keep hope!

At Immanuel, our not-for-profit mission guides us to provide Christ-centered service to seniors, each other and the community. Since our founding in 1887, our priorities have always been to serve those in need, especially in troubling times. We're proud of our teams in their support of preventative precautions to keep senior residents, participants and employees safe and well. If you are supporting an aging loved one or are worried about what's next—we're here for you.

For more details on Immanuel's response to COVID-19, and other trusted resources, check our updates page. <https://www.immanuel.com/important/covid19updates>