COVID-19 is infecting thousands of Americans especially our older adults ages 60 and up. There are real concerns about exposing this vulnerable group. Tips for caring for our older loved ones: Revisit your contingency plan and identify those who can help older loved ones get groceries, medications, etc. Find other ways of communicating like social media and video chatting. If possible, reschedule wellness appointments or try using a telephone or video based system with their doctor. And you’ve heard it over and over, wash your hands.