

6 FEET APART

A COVID-19 Wellbeing Guide from your AIA, Alera Group team



Life looks different for all of us today, whether we're adapting to the challenges of working from home or we're out in the community performing vital roles to keep others healthy and safe. Here are some resources we've found that may help you navigate life today, wherever you are. We'll be sharing new tips each week as we continue to work through this together.

Welcome to Summer!

Memorial Day marks the unofficial start of summertime, and more importantly, it's the day we take time to recognize the sacrifice of military personnel who died in service to our country. Whatever your plans for this holiday, we hope you enjoy the weekend!

Entertainment

Keep away the cabin fever

Watch the [National Memorial Day Concert](#) on Sunday at 8 PM on PBS, featuring the National Symphony Orchestra, our military bands, and a full lineup of performers.

Family Time

Learn about why we celebrate Memorial Day with some family activities.

Listen to stories from veterans to get the perspective of someone who has served in the military on [Storycorps](#) and the [Military Voices Initiative](#).

Red poppies are worn as a sign of remembrance, and today is National Poppy Day. [Learn the history](#) behind this symbol, then check out some instructions to [make your own poppy pins](#)

[A Million Thanks](#) is an organization that collects and distributes letters of thanks and support to members of the military - take a few minutes to write a letter as a family.

Please Be Well

Get outside!

Enjoy the weather -before it gets too hot!

State parks are opening more services, including camping options at some locations throughout Pennsylvania. Pack up your gear and head out to get some fresh air - [check here](#) before you go to make sure your favorite park is open.

Cook out time!!

Get grilling with the fam with these suggestions!

Fire up the grill with [these recipes](#) for everyone from carnivores to vegans!

Don't forget the sides - they're the best part. Salads, slaw, and plenty of veggies [right this way!](#)

Wrap up with some sweet treats from [Country Living](#).

Have you missed an issue of 6 Feet Apart? You can [view our previous editions here!!](#)