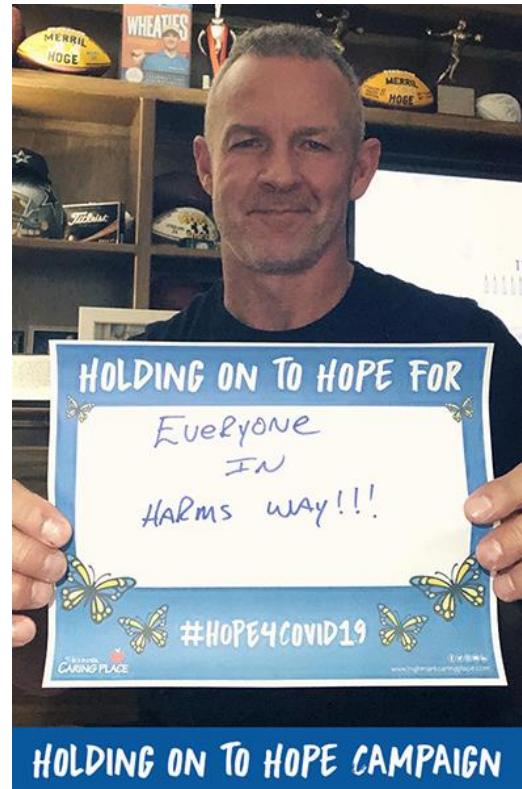


## Holding On To HOPE — #hope4COVID19

We know that our world looks very different these days. The COVID-19 pandemic has left us feeling anxious, scared and isolated. At the Highmark Caring Place, we believe that even in the darkest times, finding HOPE is always possible. Across the world, the butterfly is recognized as a symbol of transformation, endurance and HOPE. Using the butterfly as our basis, we have created a [social media campaign](#) called **Holding On To HOPE**. This is an opportunity for all of us to come together and Hold On To HOPE for everyone affected by the COVID-19 pandemic.

We NEED YOU, and anyone you know who is willing to participate, to help us SPREAD HOPE in **one or more** of these ways:

- Print one of our [Holding On To Hope signs](#) or the [Holding On To Hope coloring sheet](#). Then take a picture or video with one of the signs and **SHARE** it on your social media using the hashtag - **#hope4COVID19**. In your message, let us know who you are Holding On To HOPE for (ex: the doctors, the nurses, my family). Don't have a printer? No problem! Any butterfly will do. Get creative, draw your own butterfly and be sure to use the hashtag **#hope4COVID19**.
- Place a Holding On To HOPE sign or butterfly in your home's windows to bring HOPE to your neighborhood.
- If you are on Facebook, you can change your Facebook Profile Picture Frame to the [Holding On To HOPE Facebook Profile Picture Frame](#).
- If you use Facebook Stories, please make a story using the [Holding On To HOPE Facebook Stories Picture Frame](#).
- If your message is for a healthcare professional and you don't know a particular person or place to send it to, you can email a copy to [AutumnMoss.Corcoran@ahn.org](mailto:AutumnMoss.Corcoran@ahn.org) and she will distribute it to hospital staff at AHN hospitals to show them your appreciation.



**And remember, "I am here for you. You are here for me. We are here for each other."**