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# Press Release

**For immediate release: May 19, 2022 – 7:00 AM**

SYNERGY HomeCare, Yuma's customizable home care agency & founder of the Yuma County Hero Award, is launching a community outreach movement called the SYNERGY HomeCare Bears.

SYNERGY HomeCare is distributing HomeCare Bears to Yuma County first responders for when a child is present at a traumatic event and to local organizations who serve children or anyone else who might find themselves in need of comfort in a vulnerable, stressful situation.

Holding a teddy bear during times of uncertainty or tragedy has been proven to help ease anxiety & bring a sense of peace & comfort. When holding it against your chest, it draws the same physical response as getting a hug which can help the heart rate to decrease, breathing to slow down, & gives the body an overall feeling of calm & peace.

HomeCare Bear donations will be supplied to, but will not be limited to: Yuma County first responders, school nurses, hospice care, libraries, nursing homes, memory care units, shelters & any organization that helps children or vulnerable adults.

*"When I was a little girl, I always had my teddy bear & I still do! Mr. Buckles is a little worn out, but he has stayed with me through the years & now it's our turn to give a new friend to those that can use a new friend."* -Melissa Dunn, SYNERGY HomeCare Executive Director



This program is available throughout all of Yuma County & delivery schedules will begin Tuesday May 31, 2022.

For more information or if you know of an organization that would benefit from having SYNERGY HomeCare Bears provided to the individuals they serve, please contact please contact Melissa Dunn at (928) 871-7172 or email [yuma@synergyhomecare.com](mailto:yuma@synergyhomecare.com).

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