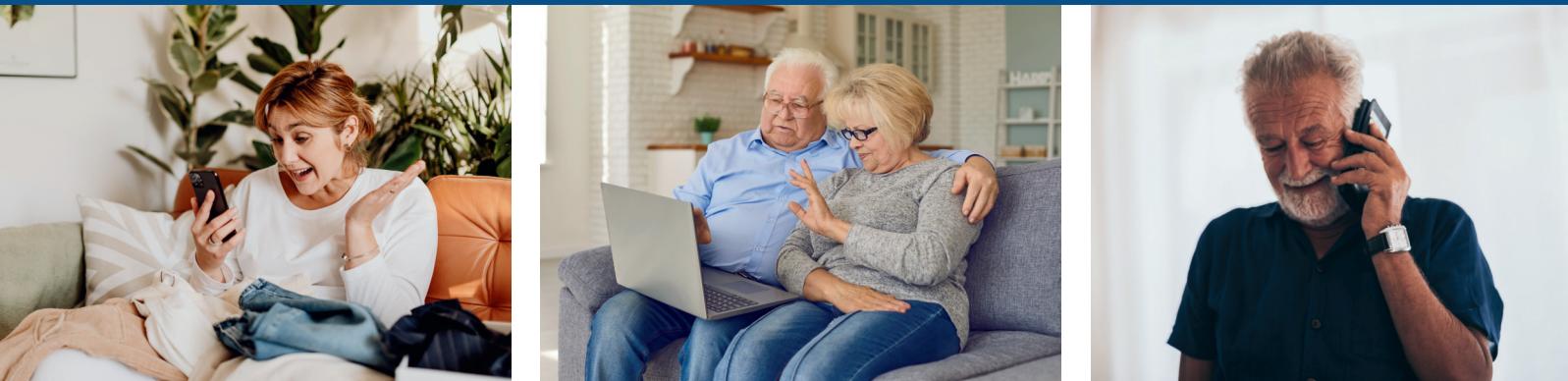


CONNECT VIRTUALLY THIS WINTER



Older adults are at an increased risk of isolation, according to the Centers for Disease Control and Prevention. Nearly one-fourth of adults aged 65 and older experience social isolation. The additional threat of illness during cold and flu season often keeps older adults from connecting in person with friends and family. Thankfully technology allows us to connect virtually, reducing the problem of social isolation.

Below are some ideas on how to connect virtually with friends and loved ones.

- **Social Media:** Platforms like Facebook, Instagram and X are useful tools for keeping people in touch with their loved ones. Also, there are many groups on the internet where you can meet new friends with common interests.
- **Zoom/Virtual Meeting Rooms:** Missing your family cookouts? Why not host a virtual game night or happy hour?
- **Virtual Face To Face Calls:** When you want to connect one-on-one, try video chatting instead of phone calls. Being able to see the other person's expressions will make you feel less lonely.

While we wait for cold and flu season to pass, it is important we continue to stay connected.

If you feel like you are at risk for the winter blues or depression, speak to your provider, or a member of our team.

WE CAN HELP.

Our program is designed to meet the unique needs of older adults experiencing depression and/or anxiety related to life changes that are often associated with aging. Anyone can make a referral to our program, including self-referrals, provider referrals, or community referrals.

Call us today at