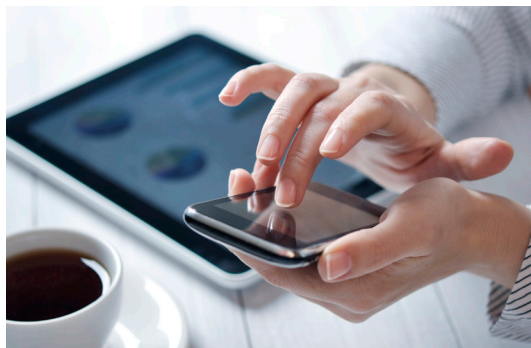


Virtual Connection



HOW TO SUPPORT SENIORS DURING COVID-19

Social distancing has become a new normal with the onset of COVID-19, especially for seniors who are at high-risk. Pre-COVID-19, 43 percent of seniors said they feel lonely on a regular basis. In light of current events, that number can only skyrocket, leading to widespread health issues for older adults like depression and heart disease.* For seniors, especially those living alone, social connection has never been more important.

FOUR TIPS TO STAY CONNECTED

- 1. Check in...often.** Regular, even daily phone calls will help you stay connected with your loved one's health and well-being while providing invaluable social connection. Create a schedule to call. Add it to your calendar and divide up the calls with other family members. Be sure to check in on any symptoms, emotional wellness and any supplies they may need.
- 2. Virtually visit.** Window visits offer safe, face-to-face connection. Remember to use phones to better hear each other through the window.
- 3. Share an activity.** Arrange to watch a show, movie or read a book, then set up a time to talk about it. Try an online course and virtually learn something new together.
- 4. Send a care package.** Mail or drop off much needed supplies but also much needed entertainment like books, magazines, puzzles. Don't forget supportive cards or drawings from the kids.

TECHNOLOGY FOR SENIORS

Video chats through FaceTime, Messenger, Zoom or Skype offer invaluable ways to connect with seniors. Help your loved ones set up accounts and drop off an old laptop or tablet with a video chat app pre-loaded for easy access. Retirement community staff can also help your loved ones connect through video.

If video chatting will be challenging, consider setting up a private YouTube or Vimeo channel and uploading supportive greetings and videos. Simply send them a link to view.



At Immanuel, our not-for-profit mission guides us to provide Christ-centered service to seniors, each other and the community. Since our founding in 1887, our priorities have always been to serve those in need, especially in troubling times. We're proud of our teams in their support of preventative precautions to keep senior residents, participants and employees safe and well. If you are supporting an aging loved one or are worried about what's next—we're here for you.

For more details on Immanuel's response to COVID-19, and other trusted resources, check our updates page. <https://www.immanuel.com/important/covid19updates>

And to virtually connect with seniors at Immanuel, send messages, cards, children's drawings and letters to virtuallyconnected@Immanuel.com

*<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>,
<https://www.hrsa.gov/enews/past-issues/2019/january-17/loneliness-epidemic>