



Regional Geriatric Program  
of Eastern Ontario



# STAYING CONNECTED

during the COVID-19 pandemic

**Loss of human connection may be one of the most difficult aspects of the COVID-19 pandemic.**

**It is important to socialize for our wellbeing; it helps our mood and our outlook.**

**Here are few things you can do to stay connected with friends and family:**

- **Schedule** telephone calls with family and friends
- **Participate** in a televised religious gathering for prayer or spiritual connection
- **Look** for community-support or faith-based groups who are offering volunteer phone calls
- **Write** letters or send cards to loved ones and friends
- If they are not sick, ask a loved one to **stand** outside your window (at least 2 metres or 6 feet from the house if the window is open) and call you on their cell phone so that you can see each other when you talk.

**If you have access and are familiar with technology for communication, you can:**

- **Use** technology for video chatting (e.g. FaceTime, Skype or Zoom)
- **Send** text messages and emails to check in
- **Use** social media to keep up to date and connect with loved ones
- **Join** virtual religious gatherings for prayer and spiritual connection
- **Learn** a new language or hobby through online lessons
- **Play** games online with others such as scrabble, chess or crosswords
- **Participate** in an online exercise class or book club