



**YOU** could be the reason someone feels **seen, heard, and respected** today.



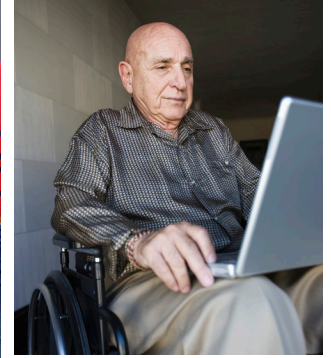
## RESOURCE 2

they could benefit from more social interaction. Through regular phone calls and meaningful conversations, connections can develop and feelings of loneliness and isolation may be reduced. To learn more about this program, please contact Red Cross Friendly Calls at 306-721-1635 or by email at [friendlyvisitingsask@redcross.ca](mailto:friendlyvisitingsask@redcross.ca) To hear & see more about this program, click on: <https://www.instagram.com/p/CWY4s0aFblq/>

7. Many older adults are familiar with technology and enjoy surfing the web and connecting by video chat or social media. Connecting by video chat enables each person to observe how the other seems to be doing. With a tablet or cell-phone, an isolated person can also take photos that could clarify a problem they're having, such as a sore on their arm or challenging thermostat controls.

However, not all have digital capability. Ponder who in your community has not had access or has resisted learning about cell phones or tablets or computers? Might this be the winter to encourage them to give it a try with help? Who is the best match to coach this person? Is it you? an enthusiastic student? or a peer of their own age who can understand their fears about learning something new?

**For those that are new to digital technology, many organizations including local libraries throughout Saskatchewan offer courses to help out.**



The Saskatoon Council on Aging (SCOA) offers technology support through the programs linked here:

- Programs to Learn Technology — Saskatoon Council on Aging <https://www.scoa.ca/programs-to-learn-technology>
- The Seniors University Group in Regina sometimes offers classes about technology. Their website is <https://www.seniorsuniversitygroup.ca/>

**Think about how you can make a genuine connection when reaching out to someone who is isolated.**

Access the 5 **LET NO ONE BE ALONE** resources: