

[View this email in your browser](#)



Dear Readers:

Looking back to March 2020, you can imagine my surprise as I saw every activity and program for older adults in communities, senior centers, and every other network that provided engaging programs get stopped in their tracks by Covid. Who would have known? Who could have even conceived that we would witness older adults (already in peril of social isolation) now, more alone and becoming more isolated than ever?

CircleTalk™ is ready to meet these new demands. We have been working diligently to meet this moment where innovation and patience are both essential. To my colleagues; let's innovate to bring people together To those who are alone and waiting for people connection again: We hear you and we see you!

In Peace and Health, Deb

Be in touch, and [let us know](#) if there are **other ways we can support the excellent work that you are doing.**

May we all find sources of peace, health and love each day.



Wait, Wait, Don't Tell Me ...

Dial back even farther to September 1, 2016. William Chopnik, PhD, published an almost clairvoyant scholarly article titled [“The Benefits of Social Technology Use Among Older Adults Are Mediated by Reduced Loneliness”](#). He declared that technology, for social purposes, has the ability to enhance and enrich the lives of older adults by facilitating better interpersonal relationships. Social technology was also associated with:

- better self-rated health.

 - fewer chronic illnesses.

 - higher subjective well-being.

 - fewer depressive symptoms.

 - reduced loneliness.
-

Results from recent polls of family members (OnePoll.com) showed that, due to the pandemic, more people are willing to try new things online and improve their digital skills. While the momentum is growing for older adults to acquire the technological skills to re-connect with their world, we need to be advocating for and helping source affordable devices and internet connectivity as well as systems to safely provision and support people in their homes. Let's all "body on" to address these barriers and make technology an actual friend rather than a perceived threat.

Despite the pandemic, CircleTalk™ is reaching older adults in their living rooms with our conversation-based programs by meeting people where they are. Only have a landline or cell phone? We have a perfect phone conferencing option that calls *you* and immediately joins everyone to the rest of the group! Have internet and a tablet? We will remotely connect you to your small group through a Zoom video option.

3 Ways CircleTalk™ Can Happen

Video Conferencing





Face to Face



Phone Circles



3 Ways CircleTalk™ Can Happen



Copyright © 2020 CircleTalk™, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).