Stay Connected During Covid-19

During the recent summer months, life, since the arrival of the coronavirus pandemic, has started to feel more normal. We’ve learned to maintain proper social distancing protocols while still feeling connected and engaged.

Safety First: Online safety is a big concern for seniors. Seniors are attractive targets to scammers because they often have large sums of money saved, are trusting in nature, and are less likely to report fraud. As they become more comfortable online, ask your loved one to take certain precautions. These would include creating secure passwords, refraining from sharing personal information on websites that do not seem legitimate, and reporting suspected fraud to the authorities.

Get Social: For seniors, using social media is an excellent way to stay connected and share photos with loved ones. It can also help bridge the intergenerational gap with grand- and great-grandchildren. Seniors can use social networking sites as an easy way to connect with others that share similar hobbies and interests.

Video Chatting: While FaceTime, Skype, and Zoom have become popular options for video chatting during quarantine, they may be confusing for some seniors. If your loved one struggles to become tech-savvy, consider a video-based communication device that is more senior-friendly. The GrandPad, ViewClix, Konneckt Videophone, and the Amazon Echo Show are all great options.

Consider a Cellphone: If a good-old-fashioned phone call is more their speed, consider getting a cellphone designed specifically for seniors. From smartphones to flip phones, there are many great options.

Modern-day technology has, in many ways, made navigating this pandemic a bit easier. Whether they’re near or far, your loved one will appreciate being able to stay connected with family, friends, and the world around them during this time of uncertainty.
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<th>Sunday</th>
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<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<th>Saturday</th>
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<tbody>
<tr>
<td>10:00</td>
<td>Mass on TV</td>
<td>10:00</td>
<td>Ted Talks/Discussion Groups</td>
<td>10:00</td>
<td>Finish the Lyrics</td>
<td>3 Happy Birthday Lee H.</td>
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<td>11:00</td>
<td>Sit and Be Fit</td>
<td>11:00</td>
<td>Moving and Grooving</td>
<td>11:00</td>
<td>Chit Chat and Coffee</td>
<td>Happy Birthday, Lee!</td>
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<td>1:15</td>
<td>Walking Group</td>
<td>1:15</td>
<td>Afternoon Stroll</td>
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<td>Dance with Ashley</td>
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<td>1:45</td>
<td>Bingo</td>
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<td>Movie Matinee</td>
<td>3:00</td>
<td>Happy Hour</td>
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<td>3:00</td>
<td>Happy Hour</td>
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<td>Volunteering’s Name That Tune</td>
<td>4:15</td>
<td>Walking Group</td>
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<td>October in History</td>
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**Events are subject to change.**

-- AN LCB SENIOR LIVING COMMUNITY --

**Reminders:**

- Dr. Appointments
- Tuesday and Thursday’s
- Hairdresser on Wednesday’s by appointment only
- Front desk: 508-841-5735

**PROGRAM**

- Cognitive
- Emotional
- Physical
- Social

**LCB Senior Living strengthens its programming through collaborations with notable health care leaders, including McLean Hospital, Harvard Medical School, and Brigham and Women’s Hospital.**