

Social Isolation

Most of us have experienced some degree of social isolation and some may have not been able to maintain good physical and mental health. Communication with others has become more important than ever before. Telephones, smart phones and computer programs such as zoom have become important means of communication. Telephone land lines are something that all of us are familiar with. Many seniors have smart phones and computers but may not be as familiar with these devices and how to get the best use out of them. For those of you who have these devices and are having problems or are wondering how best to use them, may I recommend the following web site: techserveto.com. It was established by volunteers in April 2020 as the pandemic hit to help seniors manage or better use the smart phones and computers that they own. May I also remind members of the Seniors Helpline, 416-217-2077 and the Seniors Safety Line, 1-866-299-1011.