

# Staying in Touch Through Technology

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While there's no doubt that modern times have made it difficult to meet in person, modern technology has made it easier than ever to stay connected in ways that are just as meaningful. Whether it's Facetime, Skype, Snapchat, or Zoom, there are no shortage of ways to keep in touch with loved ones through the conveniences of today.

## The Benefit of Video Chats

As we all continue to practice social distancing, it can be easy to begin experiencing feelings of loneliness and isolation. Thankfully, video chat applications such as Facetime and Zoom allow for us to practice safe socialization from the comfort of our own homes. Even without being present physically, we can feel the presence of our loved ones as we discuss graduations, birthdays, movies, current events, or any other conversation piece through the safety of our screens.

## Tips for a Successful Video Chat

When preparing for a video chat with a loved one, it can be helpful to get yourself ready for the call before you dial in. Make sure that your area is well lit and free of visual clutter so that your loved one can clearly see your face. You may not be able to see each other in person, but just seeing you will mean just as much to them. Once the call has begun, adjust your volume and settings accordingly to ensure that your friend or relative can hear and see you at your best.

Now that the call has started, engage with your loved one as much as possible. We're all living through extraordinary times, which means we all have a lot to say! Your loved one will appreciate your full undivided attention, and will be more than happy to hear what you think about the topic at hand.

When it comes time to go your separate ways, make plans for when you can talk next. Not only will this be convenient for you as you make future plans, but it will also give you both something to look forward to.

## Staying Connected Through LifeShare

In addition to these conveniences, each of our residents also have access to LifeShare technology, which allows them to send messages to their loved ones through their preferred electronic device. Using this technology, our residents are encouraged to send texts, share pictures, and keep in contact with those that matter most through a simple, easy-to-navigate platform.

As we continue to adjust to our new normal, remember that while we may be apart, it's never been easier to stay close to those that we love. For more information about keeping in touch with your loved ones, or for more information about our LifeShare technology, contact a member of our campus team today. We would love to hear from you!

