**Staying Connected at a Distance**

**Skype-** video chat for free, can be downloaded on any device (computers, laptops, tablets, smart phones) google search Skype or look for it in the App store

**Facebook Messenger video chat-** send and receive instant messages and video chats for free for anyone that has a Facebook account on a mobile device (smartphone, tablet) or computer with microphone and webcam capabilities

**Facetime-** video chat for free on iphones and ipads, most of these devices come with Facetime already installed, if not, search for it in the App store

**Google Duo**- (previously called Google Hangout)- video chat or leave video messages for free on any mobile device with internet capabilities (smart phones and tablets) can get Google Duo, search for it in the App store

**Snapchat-** send pictures, videos or video chat through snapchat. You can also create a channel so you can add multiple family members in the group

**Voxer**- push to talk Walkie-Talkie

**ooVoo**- an app that lets you send free video calls, voice calls and text messages. With ooVoo, you can video chat with 12 people at a time

**Write/ journal** in a notebook all the things you’re going to share when you do see each other, send letters and postcards

**Create a blog** for your family. You can use platforms like wordpress or blogspot. Schedule posts once a week for each family member until the year is done. When it’s your turn, write about what is going on in your life, add pictures, or even videos.

**Start a newsletter**. MailChimp and Constant Contact are two of the most popular types of newsletter.

**Create a Hello Package**- send out three things: a postcard with a hello message, a small item that means something to them, and an item that means something to the person they’re sending the package to.

**Create your own autobiography** to share together- [The Book of Myself](https://www.amazon.com/Book-Myself-Do-Yourself-Autobiography/dp/0316534498/ref%3Dsr_1_1?keywords=book+of+myself&qid=1583783421&s=books&sr=1-1) ,[What I Love About You by Me](https://www.amazon.com/Knock-What-Love-About-Journal/dp/1601064934) both books are available on Amazon

**Other-** Call, text, email,post pictures and messages on Facebook, Twitter, Pinterest or Instagram. If someone doesn’t have text messaging but would like to sent texts, apps like WhatsApp and Line can be used. For senior-friendly video chat solutions try software like Oscar Senior or GrandPad.