

Connection Checklist

Simple steps to reconnect — one day at a time

TODAY	THIS WEEK	THIS MONTH
<input type="checkbox"/> Call someone (voice, not text)	<input type="checkbox"/> Schedule a video call with someone you miss	<input type="checkbox"/> Look into one community program (Eldercare Locator: 800-677-1116)
<input type="checkbox"/> Go somewhere familiar (grocery, library, post office)	<input type="checkbox"/> Attend one group activity (church, senior center, exercise class)	<input type="checkbox"/> Consider a pet or pet therapy visit
<input type="checkbox"/> Make eye contact and say hello to a stranger	<input type="checkbox"/> Ask for a visit — say "I'd really like some company"	<input type="checkbox"/> Volunteer — even one hour connects you to others
<input type="checkbox"/> Accept one invitation (even if you don't feel like it)	<input type="checkbox"/> Write a letter or card to someone	<input type="checkbox"/> Talk to your doctor about how you're feeling

Connection is not a luxury — it is medicine. Every small step counts.