

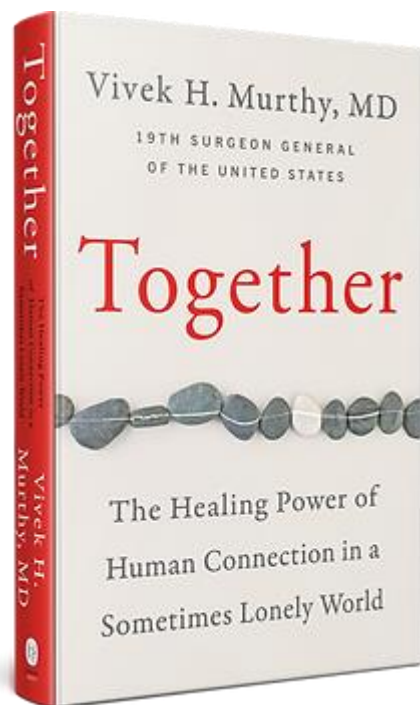
Introducing Virtual Pen Pals “Never Feel Lonely Again”

Senior Planet Community
Aging with Attitude™ Group

Community Organizer: Milt Haynes



Together: The Healing Power of Human Connection



Together: The Healing Power of Human Connection in a Sometimes Lonely World
<https://www.vivekmurthy.com/together-book>

Surgeon General Vivek Murthy released an advisory illuminating the dangers of loneliness. It is associated with a greater risk of cardiovascular disease, dementia, stroke, depression, anxiety, and premature death.

[Connect2effect.org](https://connect2effect.org)

Social Isolation Is More Than Feeling Lonely

How connected are you?

Social isolation has reached epidemic proportions and has a negative impact on our emotional and physical health.

Are you or a loved one at risk for social isolation? Take this assessment to find out if you are at risk.

[TAKE THE ASSESSMENT](#)



17%

of adults age 65 and older are isolated



26%

increased risk of early death due to subjective feeling of loneliness



46%

of women age 75 and older live alone

[Connect2effect.org](https://connect2effect.org)

-
- <https://connect2effect.org/build-social-connections/>
 - How to Make New Friends
 - <https://connect2effect.org/how-to-make-new-friends/>



CONNECT
2 TOOLS TO OVERCOME
SOCIAL ISOLATION

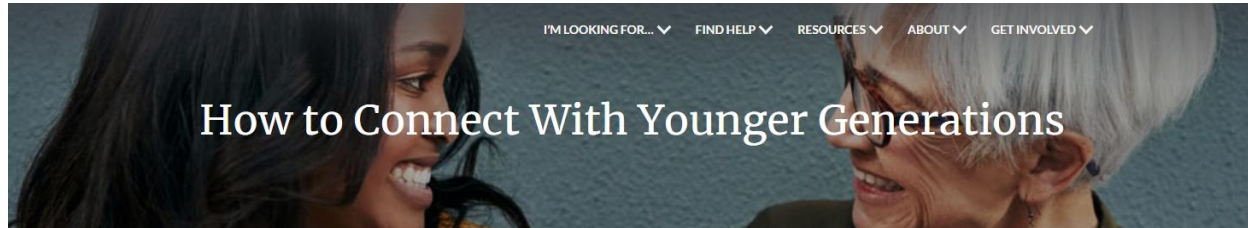
Next

Connect2effect.org



How to Spot Scams When Connecting Online

<https://connect2affect.org/how-to-spot-scams-when-connecting-online/>



How to Connect With Younger Generations

<https://connect2affect.org/how-to-connect-with-younger-generations/>

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I'M LOOKING FOR... ▾ FIND HELP ▾ RESOURCES ▾ ABOUT ▾ GET INVOLVED ▾

Resources for Individuals

Resources for Individuals

<https://connect2affect.org/resource-category/individuals/>

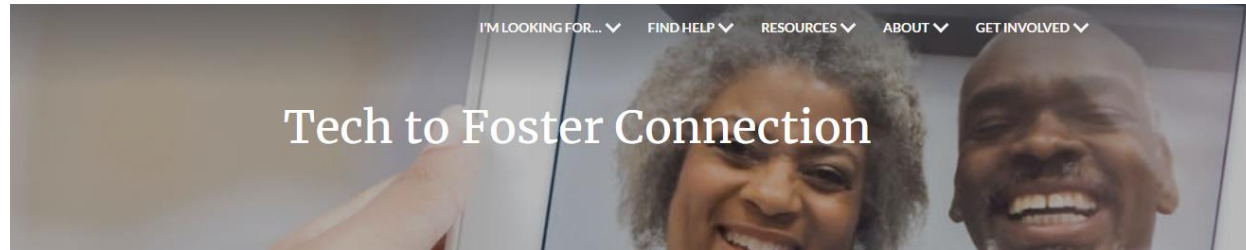


Senior Planet Classes

You can find our complete schedule at

<http://seniorplanet.org/classes>

Connect2effect.org



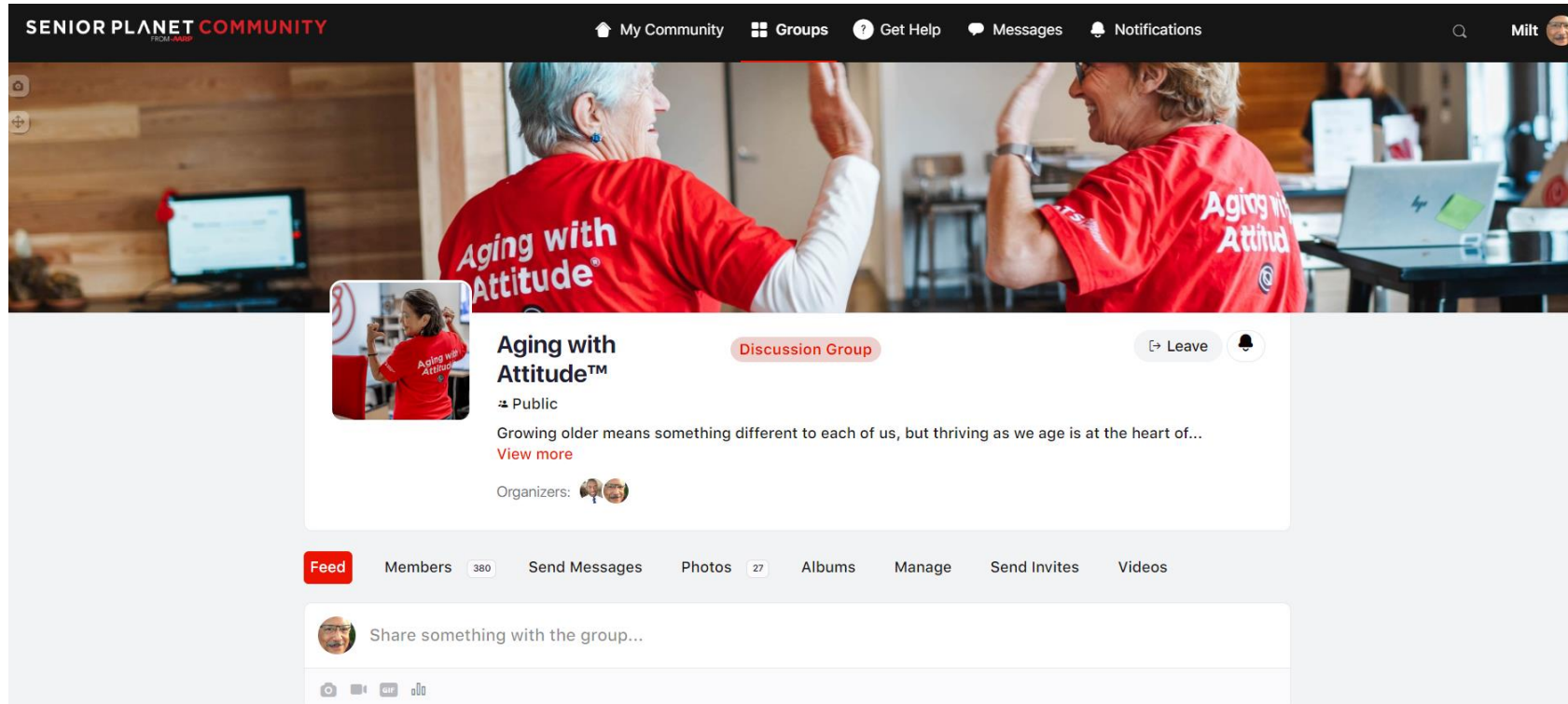
Tech to Foster Connection [Stitch.net is mentioned on this page]
<https://connect2affect.org/tech-to-foster-connection/>

What is the goal of a Virtual Pen Pal Community?

- **Expand Worldview:** Broaden perspectives and deepen understanding of global issues by exchanging thoughts, ideas, and experiences with individuals from different parts of the world.
- **Cultivate Empathy and Understanding:** Promote empathy, tolerance, and cross-cultural understanding by fostering friendships and connections across geographical, cultural, and linguistic boundaries.
- **Provide Emotional Support:** Offer a platform for individuals to share their thoughts, feelings, and experiences, providing emotional support and companionship through written correspondence.

Overall, the goal of the Virtual Pen Pal community is to create a safe place for meaningful connections, cultural exchange, and personal growth through the exchange of messages between participants.

How to Find a Pen Pal – Aging with Attitude™



<https://community.seniorplanet.org/groups/aging-with-attitude/>

After joining the group, send out a message introducing yourself and request a pen pal. People looking for pen pals will connect with you. Also feel free to reach out via private message to anyone in the group who you would like to pen pal with. And feel free to private message Milt, the community champion, for help finding a pen pal.

Come join the Senior Planet Community!

Milt Haynes, Aging with Attitude™ Community Organizer

<https://community.seniorplanet.org/groups/aging-with-attitude/>

- Growing older means something different to each of us, but thriving as we age is at the heart of all things Senior Planet.
- This group is for everyone on the journey of aging. It is a place to share your honest thoughts, ask for advice, and engage in meaningful discussions that support your ideas of growing older.



Call for Support

Call Senior Planet's National Technology Hotline, **Monday – Friday from 9 am – 5 pm EST**, to speak with a technology expert. If you are calling outside of operational hours, please leave a voicemail and we will respond as soon as possible.

[Call \(888\) 713-3495](tel:8887133495)