



– February 2023 Newsletter –

C2R 2022 Talk-a-thon Wrap-up

Conversations to Remember held its second annual Talk-a-thon in December 2022. By all measures it was a success. Volunteers, senior citizens, seniors' family members and donors not affiliated with C2R were able to raise more than \$20,000 in support of the organization.

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Volunteer Spotlight: Sofia

Sophia is a second-year at Sacred Heart University, who has volunteered with Conversations to Remember for about a year. She has made numerous friends with the volunteers and seniors on the four calls that she has participated in.

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Senior Spotlight: Sue

Sue, a senior citizen in the weekly call program, has been with Conversations to Remember for more than two years. Now, she participates in four weekly visits with volunteers, and finds joy in their conversations.

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How Technology Can Help Seniors Experiencing Loneliness and Social Isolation

Loneliness and isolation become increasingly important concerns as we age, because of how they can impact our health. In today's digital age, however, technology can help relieve feelings of social isolation and loneliness.

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