What does it mean to stay connected?
During this critical time in history, isolation is not encouraged but necessary. Technology and social media gives us the opportunity to communicate with the outside world from the comfort of our own home. Fortunately, COVID-19 has arrived during a time where communicating has never been easier. There are many ways to virtually interact, but it is all about finding what is right for you.

It is extremely important to our mental health to maintain normal/routine social skills. Although there are many ways to stay in-touch with one another, face-to-face conversation is always ideal. With the help of today's modern technology, face-to-face interaction with your friends and loved ones can still be possible even in quarantine. Below is a step-by-step guide on which application is best for you, how to download that application to your device, and how to use that application.

Benefits of staying connected
Staying engaged during the pandemic is important for our mental and emotional health. Without outside contact, we'd probably go a little stir crazy in our isolated bubble! Social media comes with many other benefits besides the cure for boredom. According to a 2014 UK study, social media improves cognitive capacity, social skills, self-competence, personal identity, as well as both mental *and* physical health. They found a strong connection between social interaction and self-improvement in those over the age of 65! Social media users of this age group were more likely to exercise, eat well, and maintain personal hygiene. Researchers were unable to conclude if it was because users wanted others to perceive them as being their best self, or because other users were doing it too. Their best finding was that users had a more positive outlook on their life.

Oftentimes, technological studies are associated with younger generations of people. If something is easily accessible and gives an opportunity to learn and grow without leaving your home, why has it taken us until an epidemic to offer technological help to elderly? Facetime and Zoom allows for face-to-face contact while eliminating the risks of leaving your home. It is preferred over text messaging because it adds a sense of intimacy and is preferred over phone calling because the receiver is audibly visible- meaning you can read their lips as they speak. Being able to see your grandchildren, your children, your significant other, your neighbor, even your family friend was a normal part of your day-to-day routine before this pandemic, but it still can be with the use of technology.

Devices

Most devices being produced within the past ten years give you the ability to interact face-to-face. The difference between a phone call and a virtual face-to-face interaction is the use of the screen. When using applications such as Facetime or Zoom, you are able to physically see the personal speaking on your screen. During a phone call, you can only hear the caller's voice.

When checking to see if you can have a video interaction with someone, you'll need to check your device for a couple of things.

Device options: cell phone, tablet, laptop, or a computer

Devices require: a camera, a microphone(often times you can't tell they are there, but they come standard in most devices)

Ways to stay connected

Facetime is an application that is available on all Apple devices. All you need is a phone number or email address in order to use it.

Zoom is available for download on any laptop, computer, cell phone, or tablet. You only need an email address to sign up. Press here to download->
https://zoom.us/download

How to Facetime

1. Tap on the FaceTime app icon on the screen, then tap the **Contacts** button in the bottom-right corner. A list of contacts will appear.

2. You will be automatically directed to facetime history. Press the + icon in the top right corner of the screen to start a new facetime call.

3. Enter the name of the person you would like to call or the phone number of the person you would like to call.
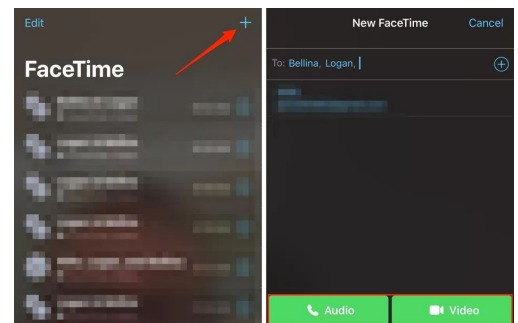
4. Press the icon on the bottom right of the screen that says "video"

5. When the contact accepts the call, a large window will show the contact's video, and a smaller will display your own video. Talk for as long as you like! When it's time to hang up, click the **End** button.

How to Zoom

Hosting

Hosting a Zoom meeting means you are the person starting the call.

1. Open your Zoom app on your desktop and click Sign In if you already have a username and password. If not, press "sign up" on the lower left side to get started.

2. Enter your email address, first name, last name, and agree to the terms and conditions. An email will be sent to your email account. Open it and press "activate account". Create a secure password.

3. Log in using the E-mail and password that you have created, or any other login credentials.

4. Click the downward arrow and select Start with video, then click "New Meeting" to start an instant meeting. Send the user ID and password to listeners. The caller ID and password are located in the middle, top of the screen.
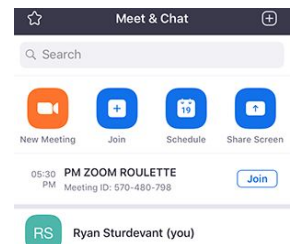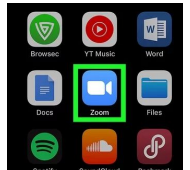
Joining a Zoom Meeting

The Zoom website not only writes out how to join a meeting, but made a video! Press this link to view the video at the top of the screen->https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting

Works Cited

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