Use these sample newsletter and social media templates to connect consumers to social engagement opportunities within your organization!

**engAGED Newsletter Article Template Draft**

Staying Active and Connected: Resources for Community Members!

Did you know that remaining socially engaged and connected can improve your quality of life? It’s also associated with better mental and physical health. According to psychologist Julianne Holt-Lunstad of Brigham Young University, “being connected to others socially is widely considered a fundamental human need—crucial to both well-being and survival.”

As we get older we can expect to experience significant changes such as retirement, moving to a new area, changes in health status or mobility or the loss of a loved one that can impact our ability to stay connected. These events can result in a loss of connection which can cause you to become isolated or feel lonely, or both—and a lack of connection can also impact caregivers. The COVID-19 pandemic intensified feelings of loneliness and isolation for us all, further demonstrating the importance of staying connected to others and our communities. Participating in activities such as volunteering, arts programs, lifelong learning, intergenerational activities or technology projects are just a few of the ways to stay connected and active in our communities.

If you are interested in learning more about social engagement opportunities in your community, contact (*two options for people to decide which is the best fit to include*):

[Space for local organization to add contact information and blurb on programs/resources]

[the Eldercare Locator, a nationwide public service administered by USAging and funded by the Administration for Community Living. Contact the Eldercare Locator at 1-800-677-1116 or visit eldercare.acl.gov to get connected to local programs and services, including social engagement opportunities.]

**engAGED Social Media Template Language**

Facebook:

* Did you know that remaining socially engaged and connected can improve your quality of life? By participating in activities such as volunteering, arts programs, lifelong learning, intergenerational activities or technology projects, you can stay connected and active which can also improve your mental and physical health. Contact us to learn more about our social engagement activities that are available for older adults, people with disabilities and caregivers!
* Have you been feeling more isolated or lonely? Increasing your social connections can help. [ORGANIZATION NAME] offers a variety of social engagement opportunities where you can connect with others within our community. Contact us at [URL and PHONE NUMBER]!
* According to psychologist Julianne Holt-Lunstad of Brigham Young University, “being connected to others socially is widely considered a fundamental human need—crucial to both well-being and survival.” We offer a variety of social engagement activities to help older adults, people with disabilities and caregivers stay active and engaged within our community. Contact us today to learn more!

Twitter:

* Did you know remaining socially engaged can improve your quality of life? Contact us to learn more about the social engagement activities we offer that can help you stay active and connected. [URL and PHONE #]
* We offer a variety of social engagement activities such as arts programs, lifelong learning and volunteering to help older adults, people with disabilities and caregivers remain engaged. Contact us to learn more [URL and PHONE #]
* The last couple of years have shown us how important it is to stay connected to each other. That’s why we offer different opportunities for you to engage with others within our community. Contact us to learn more [URL and PHONE #]

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