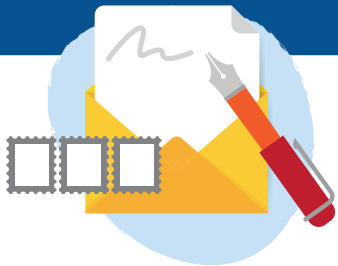


The Gift of Connection

Connecting with others is essential to our health and well-being. There are many ways we can connect, even if we're physically apart. Whether you're looking for the perfect present, or simply want to brighten someone's day, you can't go wrong with the gift of connection.



COMMIT TO
Connect



Send a Letter-Writing Kit

Gift a kit so you can keep in touch with someone you care about. Buy a ready-made kit or make one yourself. Include stationery and envelopes, postage stamps, and a pen. Make it even more personal with a list of monthly themes for your letters.



Share a Recipe

Make a batch of your favorite cookies or bake a pie using a family recipe. Send through contactless delivery with a copy of the recipe so they can recreate it.



Make a Keepsake

Share memories and celebrate special connections with a scrapbook, photo album, or keepsake box. Include cherished mementos, pictures, and news clippings.



Create a Video

Pass on memories, wisdom, and values through a video recording. Find websites and templates that can help, or just record and send on your phone.

Make Connecting Easier

- Improve someone's virtual experience by gifting accessories like a phone stand, webcam, or headphones.
- Check out free or low-cost conference call options that friends and family can use anytime.
- Connect with friends and family online through photo-sharing sites, private chat rooms, and social media groups.



Show You Care in Real Time

Simply reaching out can be a gift. Count down to a special event like a graduation or birthday with a series of calls, emails, or texts. Or gift a digital photo frame you can update from a distance, or pairs of lamps that light up in one location when touched in another.

Visit [ACL.gov/CommitToConnect](https://www.acl.gov/CommitToConnect) for more on how to stay connected.