

Using Technology to Connect with Your Loved Ones

Technology is an easy way to stay connected with your loved ones. Social distancing does not mean social isolation. Now, more than ever, we need to find smart ways to stay connected. All sorts of online options exist to make it easy and convenient to stay in touch with loved ones.

While no technology can take the place of in-person human interaction, video chat services like Skype, or Internet-based communication channels such as e-mail and social media, can facilitate social interactions when visits with friends and family are limited, or not possible.

Technologies to Stay Connected

Phones

Calling loved ones is a great way to keep in touch, and with cell phone plans with nationwide minutes, families can connect across the globe.

Skype

Skype has revolutionized the ways that families stay in touch, making it easy to make free video calls from anywhere in the world with an Internet connection. Skype can be downloaded on a phone, laptop or tablet.

Google Duo

Google Duo is another option to Skype that can be easily downloaded on a laptop, phone or a tablet. The Google Duo is the highest quality video calling application that is simple and reliable to use.

Facebook

Let your loved ones know how you are doing with a quick update or message during the day.

Facebook Messenger

At this time, when most people are on Facebook, they also have access to Messenger. Messenger has convenient features like texting, video and voice messaging that can be used free Wi-Fi.

Apple Face-Time

Iphones have the convenience of using Face-Time as a way to connect face to face at any time from any place. Face-Time functionality is already built in and can be used at a touch of a button.

E-Mail

E-Mails are not as personal as a face-to-face conversation or hearing someone's voice on the phone, but it is an easy way to stay in touch if you don't have time to talk. A quick e-mail can help pass the time and make everyone feel connected.

Texting

Texting is a great way to check-in and lets your loved ones know you are thinking of them at a moment's notice. Sending a quick hello is an easy way to make someone's day.

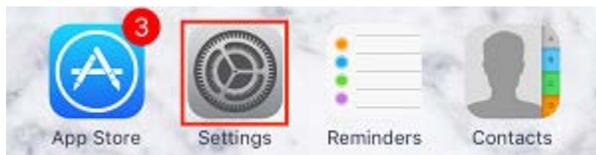
Instructions on how to Download - Video Messaging through Skype, Apple FaceTime and Google Duo

Apple IOS:

To install Facetime Video Calling on iPhone, iPad, or Mac, please use the following directions:

1. Open the settings on your device.

Tap the **silver gear** icon on your home screen to access your settings.



2. Scroll down, and tap FaceTime.

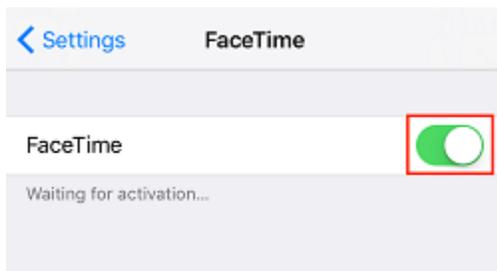
Slide your finger upwards across the screen to scroll down. When you see the **FaceTime** category appear, tap on it.

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3. Move the toggle over to enable FaceTime on your device.

Slide the **toggle** to the right to turn it on. When the slider turns green, it has been enabled.



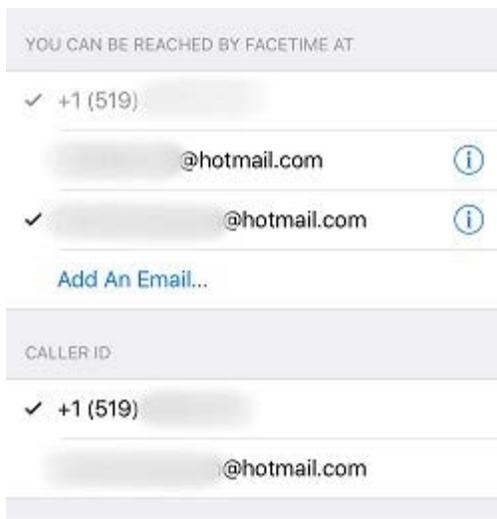
4. Tap Use Your Apple ID for FaceTime, and sign in to your Apple account.

Log in to your Apple ID account using your e-mail address and password.



5. Select which e-mail address(es) associated with your Apple ID you want to use for FaceTime.

Select which address you want people to be able to call you at, and which one you'd like to show up as your caller ID when you call someone. When a check mark appears beside an address or phone number, you've selected it. Tap on an already-checked address to deselect it.



To use FaceTime to make calls:

1. Make sure you have FaceTime properly set up on your device.

Apple devices should come with this app installed, but you may need to make sure it is enabled first before using it.

2. Open the FaceTime app.

Tap the **FaceTime** icon on your home screen to launch the app.



3. Type in the name, e-mail address, or phone number of one of your contacts.

If you already have them saved in your phone, you can simply type their name and tap the suggestion when it appears. For anyone else, type their full e-mail address or phone number.



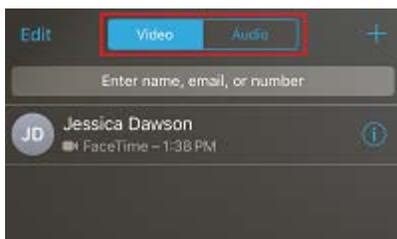
4. Tap the Video Camera to make a video call, or the phone to make a voice call.

By tapping the **video camera** button, the person you're calling will be able to see you, and whatever you point your device's camera at. By tapping the **phone** button, they will only be able to hear you – not see you – just like a regular phone call.



5. At the top of your screen, select Video or Audio to see your call history.

Tap either **Audio** or **Video** to see a list of calls you've made of each type. You can tap someone's name in your call history to call them again.



You can also make a FaceTime call through your device's address book.

Skype:

How do I get Skype?

1. Go to the [Download Skype page](#) to get our latest version of Skype.
2. Select your device and start the download.
3. You can launch Skype after it is installed.

To get the latest version of Skype for Windows 10 (version 14), please go to the [Microsoft store](#).

How do I sign in to Skype?

You can sign in to Skype with a Skype name, e-mail or phone.

If you already have a Skype or Microsoft account:

1. Open Skype and click or tap **Skype name, e-mail or phone**.
2. Enter your Skype name, e-mail or phone and select **Sign in**.
3. Enter your password and select the arrow to continue. You're now signed in to Skype.

Note: Once you've signed in, Skype will remember your sign in information when you close Skype or sign out and choose to remember your account settings.

If you don't have a Skype or Microsoft account:

1. Start Skype and click or tap **Create new account**.
2. Microsoft will take you through the process to create your new account for Skype.

Google Duo:

How to set up Google Duo?

- Download Google Duo from [Google Play](#). iOS users can download it from [App Store](#).
- Open Duo.
- Click on 'I Agree' to agree with Google's Terms and Conditions.