

The More the Merrier!



**Dine
with
others.**



**Stay up to
date with
hearing and
vision tests.**



**Talk about
loss with
friends,
family or
professionals.**



**Take
advantage of
transportation.**



**Attend
worship
services
if you are
religious.**



**Give
affection.**

**Take care
of something
—even a
plant or
fish.**



**Make use
of adaptive
technologies.**

**Remember
your sense
of purpose.**

