



## Synchronized Time Sharing (STS) during Social Distancing

Home alone involves “physical” distancing but not necessarily “social” distancing

*Plan to synchronize a time, a space, or an experience to share with others...*

*Create reasons to look forward to a time of day*

*Create times to comb your hair or to put on some make-up (or not)*

*Create a reason – now that you have time - to explore some new technology*

*Create new (and re-create old) connections – You are not alone!*

- Phone chat at a specific time and day with a friend
- Video call to share lunchtime, afternoon tea, cocktails or pizza with a group of friends
- Continue (or join) a [book club](#), spiritual or discussion group with technology that has both an audio and video option (to include those without computer camera or other video access)
- Expand weekly video with out of town family members to include local family members
- Join [daily check-in service](#) by a certain time each day to feel secure and connected
- Set time each day to speak with someone who is alone or you haven't spoken with in ages
- Enjoy video games to regenerate brain cells ([WHO](#)) & share time with millions
- Complete your [2020 Census](#) form to be counted with your 250,000+ age 60+ neighbors
- **Watch for NJV invitation to new Synchronized Time Sharing experiences.**

**ABOUT NORTH JERSEY VILLAGES, INC. (NJV): Member Village-to-Village Network ( [www.vtvnetwork.org](http://www.vtvnetwork.org) )**

NJV is a one-stop call center for resources and developing networks of neighbors maintaining vibrant lifestyles and helping each other to age in place. Learn about the NJV HUB Village at [www.northjerseyvillages.org](http://www.northjerseyvillages.org) .

NJV is a 2020 US Census Complete Count Committee (CCC). Join us in raising awareness about job opportunities, importance of completing Census form, and providing assistance completing the form.