

## Caring Connections

When distance separates you from your friends and family, the importance of staying connected doesn't change but the ease of doing so does. Imagine being able to see and talk with a loved one living miles away as if they were sitting in the same room with you. How great would it be to share good times or offer a caring smile and sympathetic ear in times of need? Through our unique and exciting new pilot program, "Caring Connections," you can use the latest webcam and Internet technology and do just that! There is nothing more important to us than the quality of life of our residents, and there is nothing more important to them than staying connected with their loved ones. Peregrine Health Management Company has made it as easy as the click of your mouse to connect and share your day with your special person.

In each of our communities, we have installed a webcam on a centrally located computer with a high-speed internet connection. Here our residents can sit privately and enjoy communicating visually and verbally with their loved ones as long as they have a webcam on their home computers. To maximize the number of our residents able to use Caring Connections, we are collaborating with [Logitech](#) of California, who has donated an initial supply of webcams to this pilot program. Our residents' families who desire to participate need only a home PC that meets the minimum system requirements established by Logitech for an optimum video conversation experience.

The minimum system requirements are:

1. High-speed Internet connection
2. Windows 98 or higher (Windows XP recommended)
3. Pentium III processor
4. Available USB port
5. 256 MB RAM
6. 200 MB free hard drive space
7. 16-bit color display adapter
8. Windows®-compatible sound card
9. MSN Messenger downloaded (available for no charge at <http://messenger.msn.com>)

These cameras will be distributed on a first come first serve basis to those families whose computers qualify.

If a home computer system doesn't meet these minimal requirements, families can still participate in our Caring Connections program but will need to obtain a webcam of their own. (For more information regarding webcams and to obtain technical assistance contact the webcam section of the [Logitech](#) website).

Once set up with a webcam and MSN Messenger at home, residents and their loved ones can engage in live video conversations on a regularly scheduled basis. The scheduling will take place thru the Activities Director. Our Community's staff will be present at all times during these Caring Connections sessions to offer assistance and answer questions. We will also evaluate the program regularly, and with your input, determine how it can be improved.

Our goal is to provide our residents with an additional connection through which the comfort and healing power that comes from the love of family and friends can flow. Even though there is nothing that can replace the healing power of a hug, the potential benefits of this online connection with our loved ones are worth exploring. You can give them your sympathetic ear and caring smile through our Caring Connections and bring in the hug when you visit.

For more information or to schedule an appointment to determine if your home system meets the requirements for a camera and to get started with Caring Connections, please contact the Administrator at your Community.