



## **Tips for brightening a senior's day with a surprise phone call.. or letter**

**Put aside  
guilt  
and advice**

**Accept  
different  
viewpoints**

**Share  
positive  
experiences**

**Reminisce  
about  
each other's  
childhoods**

**Discuss the  
changing  
world**

**Validate  
each other's  
feelings**

**Prevent loneliness**

**Visit [loneliness.org.nz](https://loneliness.org.nz)**

