



– November 2022 Newsletter –

C2R 2022 Talk-a-thon Update

Conversations to Remember's Talk-a-thon is underway. Our launch this month was successful, and as we approach December, participants are preparing to reach out to seniors in their communities to show them how much they care. We will be raising funds through the end of December. Thank you to our donors and thank you to all the volunteers who are raising funds and raising awareness.



[Click here to make a donation...](#)



Combating Senior Loneliness in 2022

After over a year of adhering to COVID-19 safety regulations, amidst a pandemic that continues to exacerbate feelings of isolation, loneliness and its impact on health is a rising concern. This is especially true in the case of senior citizens, who are inherently more prone to being isolated due to their living conditions.

[Read more...](#)

C2R on College Campuses

Conversations to Remember's college volunteers are establishing campus chapters where members can meet up in person to learn and engage in various activities together. This is the first time C2R has helped host physical gatherings, and volunteers are reaching out to their college communities to expand the organization and further its mission.

[Read more...](#)

How Loneliness Impacts our Bodies

Loneliness has been shown to most frequently impact younger adults and senior citizens. Its affects can be both psychological and physiological.

[Read more...](#)

