

# Meet Paulina

## A story of resilience

Paulina was in her early 70s when she lost her husband, leaving her to navigate the heavy waves of grief and loneliness. Although she had friends, the COVID-19 pandemic had distanced her from them, and she found solace in the safety of her home.

### Finding the Right Support

Seeking connection and support, Paulina reached out to the Community Connectors. With their assistance, she learned how to use Zoom, a crucial skill that enabled her to see her family's faces and hear their voices without having to leave the house when she wasn't feeling up to it. This newfound ability brought her a sense of closeness and comfort during a difficult time.

### Taking Action

Equipped with these digital skills, Paulina was able to join Let's Connect's Virtual Friday Group. She quickly became an active member of this online community, finding joy and camaraderie in shared interests. One particular passion that brought her closer to the group was Creative Writing, which resonated with several other members. Together, they began discussing ways to further explore and share this interest, with plans to collaborate on writing projects in the future.

### The Impact

While Paulina remains hesitant to venture outside often, her participation in the Virtual Friday Group has provided her with a strong sense of belonging and community. She cherishes her new online friends and the regular video calls with her family, which have significantly mitigated her feelings of isolation.

Paulina's journey illustrates the profound impact of digital literacy and virtual communities in combating loneliness and fostering meaningful connections. Her story is a testament to the resilience of the human spirit and the importance of adaptability in maintaining social bonds.

