



Free Phones



Difficulty using the Phone?

Specialized **T**elecommunications **A**ssistance **P**rogram

Funded by the State of Texas



Requirements:

1. Texas resident- Please bring 1 (ONE) form of I.D.
 - a. Voter Tx. License of ID or
 - b. Utility or phone bill or
 - c. Voter Registration card
2. Trouble hearing, seeing, speaking, thinking, walking or getting to the phone?



Sign up Today!

Tell them the Pinnacle sent you!

Assistive Technology Unlimited

13831 Northwest Freeway, #300

Houston, Texas 77040

832-940-2020 409-499-5160

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See Every Word

Your calls captioned. Whenever. Wherever.



Your calls captioned at **NO COST*** to you.

- Fast-dial contacts and favorites
- Adjust font size and color
- Industry leading near real-time captioning
- Answering machine with captioned messages

*No cost to qualified users through a federally-funded program.

FEDERAL LAW PROHIBITS ANYONE BUT REGISTERED USERS WITH HEARING LOSS FROM USING INTERNET PROTOCOL (IP) CAPTIONED TELEPHONES WITH THE CAPTIONS TURNED ON.

IP Captioned Telephone Service may use a live operator. The operator generates captions of what the other party to the call says.

These captions are then sent to your phone. There is a cost for each minute of captions generated, paid from a federally administered fund.

REQUIREMENTS:

- **Hearing loss**
- **Home phone service**
- **High-speed internet**
For home phone
- **iPhone® 5s or newer**
For mobile app

Contact me today!
Austin Zindler
832-427-2042

clearcaptions.com

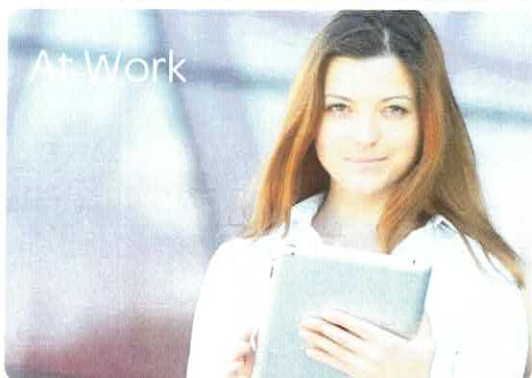
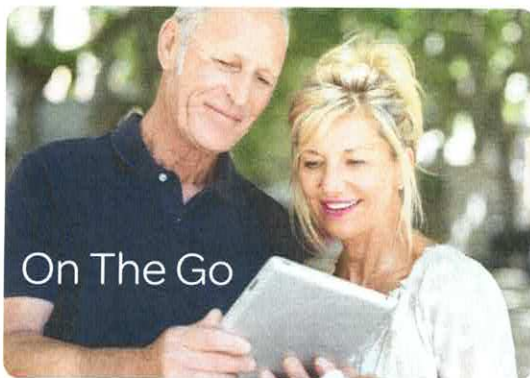
Available to present to groups!



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CaptionCall is excited to announce our new iPad app—CaptionCall Mobile. CaptionCall Mobile enables people with hearing loss to make and receive captioned telephone calls from their iPad—so you understand every word of every call, everywhere.



The CaptionCall Mobile app is available in the Apple App Store now.

Contact us at **1-877-557-2227** or **support@captioncall.com** to sign up today.



CaptionCall

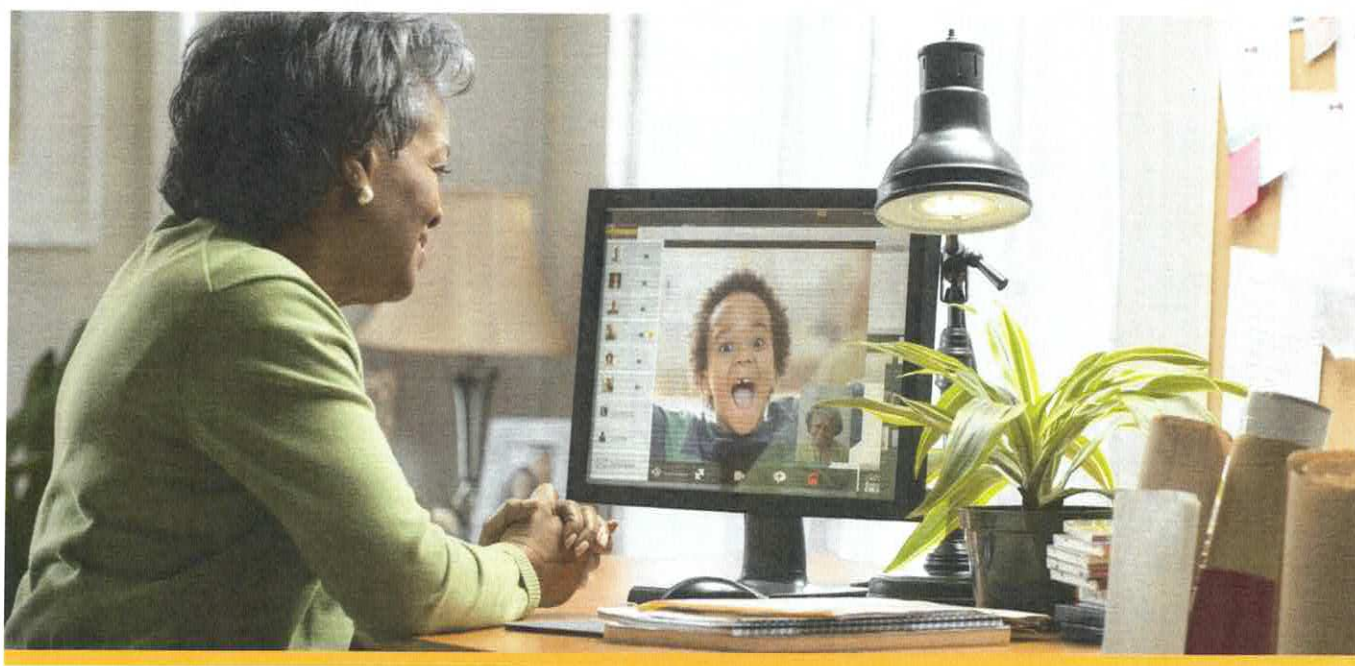
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NCOA Blog

Healthy Living

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By Susan Stiles, PhD | 3.18.2020

Staying Connected While Staying Home

The COVID-19 outbreak requires us to change our daily habits, stay indoors unless absolutely necessary, and—if we have to go outside—maintain significant physical distance from other people. These restrictions may exacerbate an already growing problem for older adults: social isolation. Social isolation can (but does not have to) lead to loneliness and studies have shown that both isolation and loneliness can put older adults at higher risk for heart disease, dementia, mental health issues, and stroke.

But limiting physical interaction does not have to mean stopping social interaction altogether. Doing a variety of activities online can help you remain connected with, and even expand, your social circles.

We've gathered tips—some high-tech, some low-tech—from our Aging Mastery Program® to help you stay active and involved:

- **E-mail a friend** with whom you haven't been in touch in a while and rekindle your friendship.
- **Read a book** to a grandchild or family friend over the phone or via video chat.
- **Share memories** (and clean out a closet at the same time). Take out that box of photos that you've been meaning to sort through. Then, get in touch via e-mail or phone with the people in the photographs and reminisce about your shared experiences.
- **Do an online workout.** Choose from one of the thousands of fitness routines available on YouTube and work out together, but in separate locations, with your exercise buddy.
- **Volunteer online.** This is a great way to do good for others right from your home. Options include supporting projects at the United Nations, assisting the Smithsonian Institution, or helping people in need at the Crisis Text Line.

- **Host a virtual get-together.** If you can't meet your friends in person for coffee or lunch, move the gathering online via a group video chat.
- **Teach others your skills.** If you've been waiting to show the world your special talents, now's your chance. Use your phone to create short teaching videos and post these online.

Remember that despite the potential negative effects of social isolation, the COVID-19 outbreak demands we all practice it to protect our health and well-being. Try out some of our tips or come up with creative ideas of your own to use technology to help you stay connected to your social circles.

Tags: social isolation, healthy living, COVID-19, coronavirus

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