

Studies confirm that meaningful relationships produce many health benefits. These benefits include:

- ◆ increased longevity
- ◆ improved emotional and physical health
- ◆ better cognition
- ◆ increased sense of meaning and purpose

Senior Corps RSVP of Lehigh, Northampton & Carbon Counties and ShareCare Faith in Action, with support from Lehigh County Aging and Adult Services, are offering **Senior CHAT** to bring people together.

Participants can share their stories and experiences, reminisce, laugh and understand that life is better when it is shared with a friend.



To become a Senior CHAT volunteer caller you must:

- ◆ Care about others
- ◆ Be at least 18 years old
- ◆ Complete a volunteer application which includes a criminal background check
- ◆ Be a good listener
- ◆ Complete volunteer orientation
- ◆ Be willing and able to make at least a six-month commitment
- ◆ Engage in a 20 – 30 minute phone call each week with the client(s) to which you are matched

This volunteer opportunity is flexible and can be done without leaving your home.

If you are interested in becoming a volunteer, please get in touch with us today!



A friendly phone call can make a world of difference for someone who is lonely.



To begin receiving or making weekly calls contact

Senior CHAT

610-880-3095

SeniorCHATg1v@hotmail.com

www.RSVPofLNC.org/SeniorCHAT

Nearly one out of three older adults live alone. But you don't have to be alone to feel lonely.

Loneliness is the perception of being alone and isolated and having a feeling of disconnectedness.

Over 43% of seniors reported that they feel lonely on a regular basis.

Prolonged isolation can have very negative effects on a person's health.

The Covid-19 pandemic has also made isolation worse for many more seniors who have been staying home to stay safe.

You may know (or be) one of the millions of older adults who feel 'disconnected' almost every day.

To address this isolation & loneliness we are providing a companionship program called **Senior CHAT**.



Senior CHAT is a no-cost phone program for older adults.

It is designed to provide new social connections through regularly scheduled telephone conversations once each week.

Being able to connect with others is vitally important to our health and well-being.

Participating in the **Senior CHAT** program is a way to build new connections without leaving home.

Friendly volunteer callers will be matched with seniors who would like to receive a weekly phone call.

Volunteer callers are screened, receive an orientation, and are carefully matched with clients.

To qualify for this no-cost service, you must:

- ◆ Be age 60 or older and live in Lehigh, Northampton or Carbon Counties
- ◆ Complete an application
- ◆ Be willing and able to have a volunteer call you
- ◆ Provide the name and contact information of a family member, friend or neighbor who has agreed to be contacted in the event you cannot be reached
- ◆ Agree to take part in occasional surveys



If you would like to receive weekly calls and have friendly conversations with a volunteer.

Call: 610-880-3095

or Email:

SeniorCHATgiv@hotmail.com