



# CONTACT

Community Services

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For Immediate Release:

## New “Check-In and Chat” program for South Simcoe Seniors

CONTACT Community Services is launching a new program to support seniors living in South Simcoe who are feeling isolated due to the COVID-19 outbreak. Seniors can sign up for a “Check in and Chat” once or twice a week and will be paired with a volunteer who will call them at a designated time to see how they are doing. The volunteers will also help navigate challenges the seniors may be having due to social distancing measures, such as getting groceries or medications.

“We recognize that many seniors have lost the ability to socialize with neighbours, friends and family and that they may have questions and concerns about what is happening due to Covid-19. Our volunteers will be there to listen, answer questions as best as possible and help connect seniors to services they need. Our volunteers will also have tips for seniors to help deal with the isolation. I think one of the most important things we can offer is a friendly voice and the knowledge that someone is there to talk to,” says Emily McIntosh, Executive Director of CONTACT Community Services.

CONTACT is also looking for more volunteers to help with the program. Volunteers will go through screening, training, and will be provided support and supervision online and by phone.

The telephone calls are available to all seniors age 65+ living in South Simcoe - Bradford West Gwillimbury, Innisfil, New Tecumseth, Adjala-Tosorontio, and Essa.

To sign-up for the “Check in and Chat”, or if you would like to volunteer for the program, please call Jaclyn, Resource and Information Specialist at CONTACT Community Services at (705) 435-4900 ext 215 and leave a message.

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**Everyone deserves a HOME, EMPLOYMENT and a FUTURE!**

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