YOLO HEALTHY AGING ALLIANCE

YHAA PHONE FRIENDS

Staying at home more during COVID-19 has many of us feeling lonely and bored, and maybe even in need of food, medications, and other services and supports we can't easily get right now. We invite you to participate in a program we've created especially for older adults. It's called YHAA Phone Friends.

If you are interested in some regular friendly contact by phone, we have a Phone Friend for you! Here's how it works:

You:

- Sign up on our website (it's a brief registration form):
  www.yolohealthyaging.org/phone-friend-forms
  Or call YHAA to sign up by phone: (530) 757-5583
- Receive a regular social check-in call from your Phone Friend – to visit, talk about how you're doing, help you if/when you need assistance

We (YHAA):

- Match you with one of our volunteers in your community
- Help resolve challenges you may have

Your Phone Friend:

- Calls you at a mutually agreed upon schedule
- Stays connected
- Becomes a friend with information about resources in your community

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The YHAA Phone Friends for Seniors program is confidential, free, and designed to help you remain safe during these difficult times.
For more information, call (530) 757-5583