

# Let's Connect With Each Other One Phone Call at a Time



For many of our area seniors, the need to stay safe at home due to the COVID-19 pandemic has increased their feelings of 'disconnectedness' and loneliness.

Additionally, during this pandemic, there are so many people who want to do something to help others. Countless people are looking for ways to volunteer safely from home.

So now, more than ever, we can come together as a community, make connections and help each other - one phone call at a time.

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



## What is Senior CHAT?

**Senior CHAT** is a program to match volunteer callers with older adults living in Lehigh, Northampton or Carbon Counties. Matches connect for friendly phone conversations once each week.



## How Do I Get Involved?



### Become a Volunteer Caller!

Signing up to be a Senior CHAT caller is a fun and rewarding way to give back and support the older adults in our community. Callers must be at least 18 years of age and commit to calling their match once a week for at least 6 months. You can do this safely right in your home!



### Sign up to receive a weekly call!

Engage with a community volunteer in weekly phone calls. Share your stories, reminisce, chat about shared interests and experiences, laugh and enjoy each other's company. Connect and enjoy conversations with someone who cares!

For more information or to join Senior CHAT: [www.RSVPofLNC.org/SeniorCHAT](http://www.RSVPofLNC.org/SeniorCHAT)

Call: 610-880-3095

Email: SeniorCHATglv@hotmail.com