



## Caring Connections. Everyone Has a Story. Share Yours.

The Caring Connections program was created during the pandemic to help older adults who feel lonely or isolated. Friendly volunteers are matched with seniors who chat via a weekly phone call. This no-cost program is an opportunity to meet someone new, discover common interests, and feel more connected to the community.



### WANT TO VOLUNTEER FOR CARING CONNECTIONS?

Call (541) 678-5483, email [volunteer@councilonaging.org](mailto:volunteer@councilonaging.org) or visit [CouncilOnAging.org/Volunteer](https://CouncilOnAging.org/Volunteer)

### VOLUNTEER REQUIREMENTS

- Must be 18 or over with a valid email address.
- Call your phone friend at least once a week.
- Commit to six months of phone calls.
- Attend training sessions.
- Pass a background check.

### DID YOU KNOW?

Lacking social relationships can:

- Significantly increase a person's risk of premature death
- Increase risk of heart disease and stroke.
- Lead to a decline in cognitive abilities and increased risks of dementia, depression, and anxiety.
- Result in poorer sleep quality.

**1,233 CALLS WERE MADE BY 55 CARING CONNECTIONS VOLUNTEERS BETWEEN JULY 2021 – JUNE 2022**

### WHO QUALIFIES?

- Adults 60 and over.
- Live in Deschutes, Crook, Jefferson, or North Klamath County.

Information and statistics are from the Centers for Disease Control, National Academies Press, Healthline News, and the NCBI.

### HAVE QUESTIONS ABOUT CARING CONNECTIONS?

Contact Jamie Lacore, Caring Connections Manager, at **541-797-9138** or [caringconnections@councilonaging.org](mailto:caringconnections@councilonaging.org).