



People Inc

Where your world opens up.



People Inc. Senior Companion "Phone Connection"

Now Accepting Recipients • Enrolling is FREE and Easy

Are you feeling lonely, bored or isolated at home and want to talk with others?
Then the People Inc. Senior Companion "Phone Connection" Program may be for you!

Requirements: • 55 or older and Erie County resident

The COVID-19 pandemic has caused increased feelings of loneliness, isolation and disconnection for older adults. Our program may be of help: Senior Companion volunteers, who are also seniors, will call program recipients once a week (or more if desired). This is not meant to be a "wellness check," but more of an opportunity to talk and share freely.

Possible phone discussions include:

- Sharing family stories
- Reminiscing about the past
- Reading or discussing books or news articles
- Sharing of hobbies or talking about favorite television shows
- Getting connected to possible resources, as needed

Socialization, peace of mind
and a friendly voice are all
part of the experience.
There is **NO cost** to
recipients for this service.



To enroll or for more information, contact
Alissa Yax at ayax@people-inc.org or call
716.768.2381.