About the Senior Connections Program

The Senior Connections Program is designed to provide socialization to individuals, aged fifty-five and older.

The program is meant for seniors who could benefit from having a friendly visitor. Seniors that can benefit from the program will be paired with a volunteer.

Volunteers are there to interact through conversations, games, and other activities. They are NOT caregivers or homemakers.

Programs:

Senior Services
Youth Mentoring
Center for Counseling
Children’s Advocacy Center

Family Service Agency
14 Health Services Dr.
DeKalb, IL 60115
Ph: 815-758-8616
Fx: 815-758-7569
Website: www.fsadekalbcounty.org

Volunteers Needed!

Contact Stephanie Severing, Community Programs Coordinator, at 815-758-8616
Eligibility and Requirements for Volunteers

A volunteer can be anyone 18 and older who have a desire to improve the lives of seniors in DeKalb County. Volunteers must be compassionate, good listeners, and caring.

What is required of a volunteer?

• Fill out an application
• Initial training
• On-going training
• Enjoy being with others!

“One of the best things about friendship is that age doesn’t matter.”
- Anonymous

Benefits for YOU

• Make a difference
• Spend quality time with seniors who need a companion
• Gain a sense of fulfillment
• And more!

Benefits for SENIORS

• Experience joy and happiness
• Improve self-esteem
• Friendly conversations
• Increased physical activity
• And more!

DID YOU KNOW...

In Illinois, **29.14%** of Seniors live alone. 19.21% are men and 36.34% are women. (Source: 2010 U.S. Census)

Older adults are at risk for isolation. Studies show that being socially isolated can negatively impact both your physical and mental health.

HOW CAN YOU HELP?

Become a volunteer TODAY to be a friend to a senior in need.

Things you can do with a Senior...

• Play games
• Cook/Bake
• Reminisce
• Attend local events
• Visit a museum
• Do a craft
• And more!