

## 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](http://www.fsadekalbcounty.org)

# Senior Connections Program

A volunteer program that strives to provide socialization to individuals, aged fifty-five and older.



## 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)

and

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!

