



*Volunteers
Caring
For Our
Community*

TELEPHONE REASSURANCE PROGRAM

A daily phone call to say hello and ensure your safety and well-being

This free program is for isolated or homebound seniors who would like a safety check, a social chat, and information on available services. Calls are made Monday through Friday from 8:30 AM to 11:30 AM by trained senior volunteers.

- ✓ Safety Check
- ✓ Chat with Friendly Seniors
- ✓ Referrals to Other Services
- ✓ Peace of Mind
- ✓ Free Service
- ✓ Emotional Support

**For more information or to enroll, please call Debbie Mercer at:
RSVP Suffolk 631-979-9490 x121**

RSVP Suffolk is a grantee of AmeriCorps Seniors and is proudly funded by Suffolk County Office for the Aging.



**Volunteers
Caring
For Our
Community**

PROGRAMS and SERVICES



**AmeriCorps
Seniors**

**RSVP
SUFFOLK**

The primary mission of **RSVP Suffolk** is to provide a wide variety and rewarding volunteer opportunities for people 55 and older who would like to remain active, share their unique talents and make a difference in their communities. We match volunteers on the basis of interests and abilities, community needs, geographic convenience, and experience.

TELEPHONE REASSURANCE – Daily phone calls by senior volunteers to seniors living in the community to socialize and monitor their well-being. An emergency back-up procedure for each recipient saves lives.

LIVING HEALTHY WITH BETTER CHOICES – A series of four programs related to senior health concerns, each providing an informative series of workshops which include information, instruction and exercise to enable participants to improve their health and well-being. These programs include:

- The Chronic Disease Self-Management Program (CDSMP)
- The Diabetes Self-Management Program (DSMP)
- Tai Chi for Arthritis
- A Matter of Balance

COMMUNITY COMPUTER CONNECTIONS PROGRAM – Donated computers are refurbished under a Microsoft license by tech-savvy seniors and installed in the homes of financially-challenged seniors, families and individuals who cannot afford this essential technology.

HIICAP (HEALTH INSURANCE INFORMATION COUNSELING ASSISTANCE PROGRAM) – Trained volunteers provide guidance in local libraries, by appointment, to those with questions involving Medicare and Medicaid and on an Information Line (631-979-9490 x118). Counselors return calls in a timely manner.

SPEAKERS' BUREAU – Trained volunteers present topics of interest at senior sites and libraries throughout Suffolk County.

ALL RSVP PROGRAMS & SERVICES ARE FREE.

**For more information, please call RSVP at 631-979-9490
or visit our website at www.rsvpsuffolk.org**

RSVP is a grantee of AmeriCorps Seniors
and is proudly funded by Suffolk County Office For the Aging