

**For some seniors, it's the only conversation they'll have in a day.**

## Telephone Reassurance

Socializing, security and the comfort of hearing a friendly voice are all part of Eskaton's Telephone Reassurance Program, where trained volunteers make phone calls to isolated and homebound seniors. The calls serve to keep older adults engaged with the community while providing an opportunity to socialize with someone who cares.

Loneliness and isolation are leading causes of both mental and physical decline in the elderly.

Eskaton, committed to serving seniors in the greater Sacramento region, recognizes the impact of loneliness and the importance of connection by offering this service free of charge.

### Home Visits

For isolated seniors having a home visit makes all the difference in the world. Caring volunteers are partnered with older adults to provide visitation two to four times a month. All home visitors are background checked.

### Volunteer

For nearly 25 years, individuals from all walks of life share their time and talents to enrich the lives of older adults. Volunteers call homebound seniors just to check up on them. For many, the telephone call they receive is the only voice they hear all week.

*"I'm lonely with my wife gone – now for four years. A telephone call each day gives me something to look forward to and it lifts my spirit."  
– Telephone Reassurance Participant*



**To learn more about this program or to volunteer, contact:**

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