



VOLUNTEERS ARE NEEDED!

Did you know: You don't have to be alone to feel lonely?

Loneliness is the *perception* of being alone and feeling isolated, and/or having a feeling of disconnectedness. You may know (or be) one of the 42.6 million older adults in the U.S. who experience these feelings every day.

Valley Area Agency on Aging (VAAA) is addressing senior isolation and loneliness by providing a companionship program called **Chatting Helps Aging Adults Thrive (CHAAT)**. CHAAT is a no-cost telephone companionship program that involves a volunteer who provides a friendly call at least once per week. These calls may help alleviate the loneliness and isolation that some of our local seniors are experiencing.

Best of all ... these calls can be made from the comfort of your own home! (After Orientation)

If you or someone you know is interested in making CHAAT calls, please contact us at:
(810) 249-0820
or email **RSVP@valleyaaa.org**

