



While sit-down meals at Contra Costa Cafes and other group activities are being cancelled to prevent the spread of COVID-19, alternative programs can provide connection if you are alone or feeling isolated. Below are free ways to learn something new or have a comforting chat with a trained volunteer.

Covia - Well Connected Program

Available to any older adults who are limiting their in-person interactions for safety reasons, but still want to be connected to others.

Activities for older adults in Spanish and English are available from HOME via phone or computer.

Well Connected Español

Website: <https://covia.org/services/well-connected/bien-conectado/>

Current Catalog: https://covia.org/wp-content/uploads/2019/12/WC-Espanol-Winter2020_FINAL-1.pdf

Spanish WCE Facebook:
<https://www.facebook.com/CoviaWellConnectedEspanol>

Well Connected in English

Website: <https://covia.org/services/well-connected/>

Current Catalog: <https://covia.org/wp-content/uploads/2019/12/Well-Connected-Winter2020-FINAL.pdf>

English WC Facebook: <https://www.facebook.com/CoviaWellConnected/>

Assistance League of Diablo Valley - TeleCare

TeleCare provides a daily reassurance call to housebound people, for the health and welfare of the client, as well as for a friendly chat and exchange of ideas. Trained volunteers call clients Monday through Friday mornings, beginning at 9 a.m.

Call (925) 934-0901

<https://www.assistanceleague.org/diablo-valley/philanthropic-programs/telecare/>

More resources on back

Meals on Wheels Diablo Region (MOWDR) - Telephone Reassurance

A growing number of seniors are isolated and can't visit their friends and family as much as they used to, especially those who don't drive. If you or a family member would enjoy some company, sign up for the Telephone Reassurance Program. They match older adults with a volunteer who will call to provide contact and safety checks to support older individuals.

Call (925) 937-8311 or email
info@mowdr.org



Institute on Aging - Friendship Line

The Friendship Line can be a much-needed support service to aging adults at this time to those who need a connection or a listening ear. They provide calls in English, Mandarin, Cantonese and Spanish.

Friendship Line number is 800-971-0016

**Call the Contra Costa County Information and Assistance Line
at 800-510-2020 or visit www.ehsd.org.**