

HOW THE COMMUNITY CHECK-IN PROGRAM WORKS:

- Seniors participate in a short interview.
- Seniors are then matched to volunteers that are fully screened, trained and knowledgeable about their community.
- Together volunteers and seniors determine a time and frequency for regular phone calls.

☎ CHECK-IN CONVERSATIONS CAN INCLUDE:

- Topics of interest to the senior.
- Information on community events, activities and resources.

THE COMMUNITY CHECK-IN PROGRAM PROVIDES:

- Regular social interaction.
- Increased community connections.



THE COMMUNITY CHECK-IN PROGRAM IS:

FREE to all New Brunswick seniors.

✓ Private and confidential.

FOR MORE INFORMATION:

- 📧 community-check-in@redcross.ca
- ☎ 1.888.337.7688
- 🌐 www.redcross.ca/check-in



**COMMUNITY
CHECK-IN**
Keeping Seniors
Connected



ARE YOU A SENIOR LIVING IN NEW BRUNSWICK?

- Would you like to feel more connected to your community?
- Would you enjoy having someone to share your story with?
- Do you ever feel lonely?

DO YOU KNOW – OR CARE FOR – A SENIOR LIVING IN NEW BRUNSWICK?

- Would they benefit from regular social interaction?
- Would they enjoy knowing more about events and activities in their community?
- Are you concerned they might be lonely?

