

**A simple  
phone call  
can make  
someone's  
day!**



Help reduce  
the burden  
of loneliness.



Connect with a  
socially isolated  
older adult from the  
comfort of your home.

## CONNECT

Mounting evidence suggests that older adults are disproportionately impacted by loneliness. We seek to alleviate chronic loneliness through fun, social phone calls.

## BE THE ONE

We need you. Regular interactions have been proven to foster a sense of well-being and even improve physical health. You have the power to help.

## MAKE THE CALL

A friendly call from you can make all the difference in someone's day or week. We will teach you how to share your experiences with participants and listen to someone talk about theirs.

We believe simple actions can make a huge difference.

Volunteer today or refer someone who may be in need.  
Call 562-570-3548 | Email [dbheartofida@gmail.com](mailto:dbheartofida@gmail.com)

Would you  
enjoy getting  
calls from  
someone who  
shares your  
interests?



Join our fun, friendly telephone connection program!



## CONNECT

When you sign up, you will receive regular social calls. This is a great opportunity to get to know someone in your community, share stories, and enjoy a friendly chat.



## THRIVE

Social connections make us stronger.



The Heart of Ida

We hope you'll join us!

For more information, call 562-570-3548  
or email [dbheartofida@gmail.com](mailto:dbheartofida@gmail.com)