

SOCIAL CONNECTION AND HEALTH

The COVID-19 outbreak is continuing to evolve globally and in Manitoba. This outbreak may cause significant changes in people's regular social activities.

Maintaining various safe forms of social connection in the face of COVID-19 is important.

Things you can do:

- Check in regularly with your network via telephone, text, social media, skype, etc.
- Check in with people you know who **live alone**
- You can boost your social contact from home by taking part in FREE social activities offered to all Manitobans aged 55+ via telephone through Senior Centre Without Walls (see box)
- Keep up to date with evolving public health recommendations. MB Health: www.gov.mb.ca/health/coronavirus/



A&O

Support Services for Older Adults

A & O: Support Services for Older Adults

SENIOR CENTRE WITHOUT WALLS

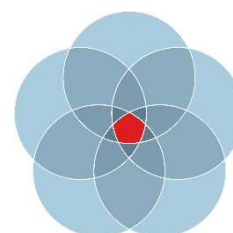
Telephone-Based Programs

Download program guide here:

www.aosupportservices.ca/our-three-pillars/social-engagement/senior-centre-without-walls/

OR call 204-956-6440 or

Toll-free: 1-888-333-3121 to find out more and register



Older
Winnipeggers
Social
Engagement
Project

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Support Services for Older Adults

Senior Centre Without Walls (SCWW) **Offering a NEW Daily Hello Program!**

Offering safe social connections in the face of COVID-19.

Please see the attached Daily Hello program calendar.

What is a Daily Hello? The Daily Hello is a friendly check-in to see how participants are doing. Participants may be referred to agency Social Workers as required.

*SISS – Senior Immigrant Settlement Services

HOW TO CALL IN:

Step 1 – Call (204) 515-1147

Step 2 – When prompted enter access code 457 990 919

Long distance callers please email mwilford@aosupportservices.ca or call (204) 956-6440 to be called in.

JUNE 2020

Mon	Tue	Wed	Thu	Fri
1 Daily Hello 11:30—11:45 AM	2	3 Daily Hello 11:30—11:45 AM	4	5 Daily Hello 11:30—11:45 AM
8 Daily Hello 11:30—11:45 AM	9	10 Daily Hello 11:30—11:45 AM	11	12 Daily Hello 11:30—11:45 AM
15 Daily Hello 11:30—11:45 AM	16	17 Daily Hello 11:30—11:45 AM	18	19 Daily Hello (Cancelled due to AGM)
22 Daily Hello 11:30—11:45 AM	23	24 Daily Hello 11:30—11:45 AM	25	26 Daily Hello 11:30—11:45 AM