

# 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/](http://www.gov.mb.ca/health/coronavirus/)



**A&O**

Support Services for Older Adults

**A & O: Support Services for Older Adults**

**SENIOR CENTRE WITHOUT WALLS**

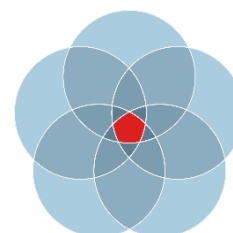
Telephone-Based Programs

Download program guide here:

[www.aosupportservices.ca/our-three-pillars/social-engagement/senior-centre-without-walls/](http://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 Weekly Hello Program!**

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

Please see the attached Weekly Hello program calendars.

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

### **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](mailto:mwilford@aosupportservices.ca) or call (204) 956-6440 to be called in.

# JULY 2020

Mon	Tue	Wed	Thu	Fri
29	30  Weekly Hello 3:15—3:30 PM	1	2	3
6	7  Weekly Hello 3:15—3:30 PM	8	9	10
13	14  Weekly Hello 3:15—3:30 PM	15	16	17
20	21  Weekly Hello 3:15—3:30 PM	22	23	24
27	28  Weekly Hello 3:15—3:30 PM	29	30	31