

Help For Lonely Seniors

Celebrate Seniority offers two **free** programs that can assist seniors who are feeling isolated and lonely.

The **Senior Friend Program** promotes social engagement of older adults in Pierce County by pairing volunteers with older adults aged 60+ who are homebound and socially isolated. (*In partnership with Lutheran Community Services Northwest.*)

Participants may receive:

- Companionship, Transportation, Activities

Volunteers Needed!

- Must be 21+, have had a flu vaccine, and agree to weekly contact

The **Care Pairs Program** offers tools, guidance, and encouragement. Unpaid caregivers will receive weekly check-ins from staff and help with:

- Resources
- Safety tips
- A listening ear

It is free to participate in both programs.

To qualify for both programs you must be:

- 60 years+ for Senior Friends
- Care Pairs Caregiver needs to be 60+
- Lonely or Isolated
- Willing to participate in regular visits



- A Pierce County resident (not in assisted living or SNF)

Contact Wendy at 253-697-3005 or wendy.morris2@multicare.org for more information or to complete an intake form.

