

# LET'S CONNECT

**valley**  
CAREGIVER  
RESOURCE CENTER

Our Care Companions at Valley Caregiver Resource Center want to provide your senior residents an opportunity to stay connected during this time. We will reach out to them by phone on a weekly basis.

Our phone calls will promote:

- **SOCIALIZATION**
- **COMMUNITY CONNECTION**
- **COMPANIONSHIP**
- **ENHANCED PHYSICAL & COGNITIVE HEALTH**
- **POSITIVITY & SELF-ESTEEM**
- **STAYING ACTIVE IN THEIR UNIQUE SETTING**

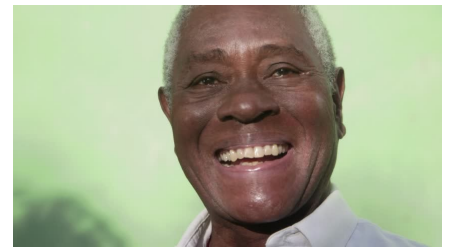
All it takes is an authorized referral for us to begin our conversation.

#### FOR MORE INFORMATION:

Please call or email Kristina Corona at 559-224-9121

kcorona@valleycrc.org

**ENGAGE  
STAY HOME.  
SAVE LIVES.  
CHECK IN. ✓**



## CONVERSATION TOPICS TO INCLUDE:

- \* **Health & Wellness**
- \* **Safety**
- \* **Reminiscing**
- \* **Community Involvement**
- \* **Staying Connected with Technology**
- \* **How to Stay Active**
- \* **Virtual Gathering**



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