

# LET'S CONNECT



Our Care Companions at Valley Caregiver Resource Center want to provide the seniors in our community an opportunity to stay connected and supported during this time. We will reach out to you by phone on a weekly basis.

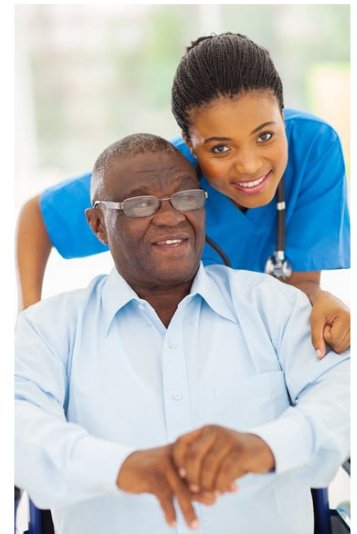
We will keep in touch with calls that will provide:

- EMOTIONAL SUPPORT
- COMPANIONSHIP
- SELF-CARE TOOLS
- LINKS TO COMMUNITY RESOURCES
- TIPS FOR STAYING HEALTHY
- WAYS TO KEEP A BALANCED LIFESTYLE

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

**FOR MORE INFORMATION**  
Call Kristina Corona  
559-224-9121  
kcorona@valleycrc.org

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



## CONVERSATION TOPICS TO INCLUDE:

- \* Health & Wellness
- \* Self-Care
- \* Creative Ideas
- \* Overcoming Challenges
- \* Support Groups
- \* Community Resources



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