



While sit-down meals at Contra Costa Cafes and other group activities are being cancelled to prevent the spread of COVID-19, alternative programs can provide connection if you are alone or feeling isolated. Below are free ways to learn something new or have a comforting chat with a trained volunteer.

### **Covia - Well Connected Program**

Available to any older adults who are limiting their in-person interactions for safety reasons, but still want to be connected to others.

Activities for older adults in Spanish and English are available from HOME via phone or computer.

#### **Well Connected Español**

**Website:** <https://covia.org/services/well-connected/bien-conectado/>

**Current Catalog:** [https://covia.org/wp-content/uploads/2019/12/WC-Espanol-Winter2020\\_FINAL-1.pdf](https://covia.org/wp-content/uploads/2019/12/WC-Espanol-Winter2020_FINAL-1.pdf)

**Spanish WCE Facebook:**  
<https://www.facebook.com/CoviaWellConnectedEspanol>

#### **Well Connected in English**

**Website:** <https://covia.org/services/well-connected/>

**Current Catalog:** <https://covia.org/wp-content/uploads/2019/12/Well-Connected-Winter2020-FINAL.pdf>

**English WC Facebook:** <https://www.facebook.com/CoviaWellConnected/>

### **Assistance League of Diablo Valley - TeleCare**

TeleCare provides a daily reassurance call to housebound people, for the health and welfare of the client, as well as for a friendly chat and exchange of ideas. Trained volunteers call clients Monday through Friday mornings, beginning at 9 a.m.

**Call (925) 934-0901**

<https://www.assistanceleague.org/diablo-valley/philanthropic-programs/telecare/>

*More resources on back*

## Meals on Wheels Diablo Region (MOWDR) - Telephone Reassurance

A growing number of seniors are isolated and can't visit their friends and family as much as they used to, especially those who don't drive. If you or a family member would enjoy some company, sign up for the Telephone Reassurance Program. They match older adults with a volunteer who will call to provide contact and safety checks to support older individuals.

**Call (925) 937-8311 or email**  
[info@mowdr.org](mailto:info@mowdr.org)



## Institute on Aging - Friendship Line

The Friendship Line can be a much-needed support service to aging adults at this time to those who need a connection or a listening ear. They provide calls in English, Mandarin, Cantonese and Spanish.

**Friendship Line number is 800-971-0016**

**Call the Contra Costa County Information and Assistance Line  
at 800-510-2020 or visit [www.ehsd.org](http://www.ehsd.org).**