

## **Sunshine Phone Calls Program by County**

### **DuPage County**

Tri-Town YMCA Sunshine Seniors Phone Call Program connects volunteers with older adults who wish to receive a daily check-in call and want someone to say hello to for a few minutes. Call (630) 629-9622 or visit [www.tritownymca.org](http://www.tritownymca.org)

### **Grundy & Will Counties**

The Crisis Line of Will and Grundy Counties offers Friendly Phone Calls through its Sunshine Calls program. This program calls older adults, persons with disabilities and home-bound individuals to provide a friendly chat to check on their well-being. Call (815) 744-5280 or visit [www.willfinduhelp.org](http://www.willfinduhelp.org)

### **Kane, Kendall & McHenry Counties**

Senior Services Associates is offering Friendly Phone Calls to older adults who are looking to talk with someone who cares. Those who are interested may also choose to enroll in the Senior Companion/Friendly Visiting Program. Kane: (847) 741-0404 Kendall: (630) 553-5777 McHenry: (815) 344-3555 or visit [seniorservicesassoc.org](http://seniorservicesassoc.org)

### **Kankakee County**

Catholic Charities Diocese of Joliet Sunshine Callers Program connects volunteers with home-bound older adults for phone calls that provide a friendly chat, a security check and informal assistance. Call (815) 932-1921 or visit [www.cc-doj.org](http://www.cc-doj.org)

### **Lake County**

ElderCARE of Lake County is temporarily transitioning their Friendly Visiting program to Friendly phone conversations to engage older adults and assess what needs they might have during this time. Call (847) 406-4683 or email [info@eldercarelakecounty.org](mailto:info@eldercarelakecounty.org)

Lake County Sheriff's Office "Are You Okay?" (R.U.O.K) is a personal wellness check made by phone to home-bound residents at a pre-determined time each day. Contact [Community Services Team via email](#) or at (847) 377-4211

### **Additional Resources: Stay Engaged During Physical Distancing**

#### **Covia Well Connected**

FREE phone and online program offering activities, education, friendly conversation, classes and support groups targeting older adults. The current catalog can be found [here](#).

#### **Mather Lifeways Telephone Topics**

Participants call a toll-free number to listen to a wide range of interesting discussions and programs. There is no cost to participate. Call (888) 600-2560 to get started. To learn more, [click here](#).

### **Institute on Aging's Friendship Line**

The Friendship Line is the Institute on Aging's 24-hour toll-free accredited crisis line for persons aged 60 years and older and adults living with disabilities. To speak with a friend, call (800) 971.0016. The Friendship Line is also a crisis intervention hotline providing around the clock crisis support services.

### **Need help with your mobile device?**

Not sure how to use your mobile device (tablet, smartphone or laptop) to connect to online programs? Check out these fact sheets on how to use mobile devices for social connection:

[Apple Mobile Device](#)

[Android Mobile Device](#)