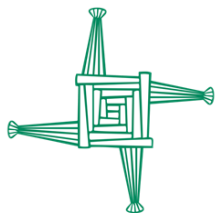


SAINT BRIGID OF KILDARE

About Syntero

To provide these programs, St. Brigid of Kildare has partnered with Syntero, Inc., a local non-profit agency that has been serving Dublin residents for 40 years. Thanks to the generous funding from the City of Dublin, Syntero's senior supportive services have now been expanded and are available to all St. Brigid of Kildare parishioners through our Older Adults Program. Syntero's services can also link seniors with personal or mental health counseling for stress, anxiety or depression (home or office visits). There is no charge for these services.

Older Adults Program: Parishioners Helping Parishioners



SAINT BRIGID OF KILDARE

Made possible by our partnership with



For Older Adults:

Do you want to stay at home safely, but need a little help getting to the store, a doctor appointment, or even need a ride to church?

Do you need a little help organizing in your home, or would you just like a parishioner from St. Brigid to spend a little time with you every once in awhile?

The Older Adults Program through Syntero helps parishioners who need services and don't know where to go. Volunteers can help older adults complete medical forms, advocate to obtain social service benefits, downsize or declutter their homes, find housing based on needs, and can accompany them to help ask questions at appointments with a healthcare professional.

For Caregivers:

Do you care for an older adult and need help or guidance?

Do you need help understanding the needs of an older loved one and learning what alternatives are available?

It can all be very confusing, time consuming and stressful. The services provided by Syntero are available at no charge and are designed to give you a helping hand and to assist you in becoming a more effective caregiver, including the need for your own self-care and stress management.

For Potential Volunteers:

Do you have time to help an older adult parishioner in need? Do you feel called to help others or give back to the church?

Helping an older adult parishioner can be very rewarding and is so appreciated by those who are in need. There are one-time and ongoing opportunities. We accommodate all schedules and will set up either a short or long term match with a parishioner in need.

Opportunities are based on your schedule and flexibility — any amount of time you're able to give is enough and Syntero will train you! Our focus at St. Brigid is hospitality, which means welcoming and helping each other.

Please help us to further this goal, keeping in mind what Jesus taught us: *"Whatever you did for the least of these brothers and sisters of mine, you did for me."* Matthew 25:40

Contact:

If you answered "yes" to any of these questions, or if you are interested in learning more about the services available for yourself, a senior loved one, or a caregiver you know, or if you have time to help an older adult parishioner, please contact Pete or Sue Corcoran at szcorcoran@gmail.com or 614-832-2762 (Sue) or 614-832-8905 (Pete).