



Mid-Cities Care Corps

Social Outreach Volunteer

- **What is MCCC Social Outreach program?**
 - Outreach efforts to address senior isolation and loneliness
- **What type of services are provided?**
 - **Visiting Friends** - A volunteer shares quality time with a senior, visiting, going to lunch, calling, or other activity, if they choose, once a month
 - **Phone Friend** – Seniors connect with one another by phone from the comfort of their home
 - **Senior Socials** – A social event is held on the 3rd Tuesday of every month with a theme, games, and lunch served. You can help with planning, hosting, or driving seniors to the event
- **Who can do it?**
 - Individual, families, church groups, etc. with a caring heart and willingness to share quality time
- **How often am I expected to volunteer?**
 - 3 hours a month is rule of thumb, but you can volunteer as much as you like and as your schedule determines

To volunteer call the Mid-Cities Care Corps office # 817-282-0531 or go to midcitiescarecorps.org