



CATHEDRAL CITY SENIOR CENTER

Since 1980 • Redefining What It Means To Be A Senior



FRIENDLY CALLERS

Taking the fear out of being alone.

Regular telephone contacts to an isolated senior or disabled adult helps to reassure their well-being and give a feeling of security.

The Cathedral City Senior Center is now offering **Are You OK?®** providing peace of mind to isolated seniors and their families with regularly scheduled telephone wellness calls. A participant can request to be called on a weekly or daily basis, or as needed. Some may simply want a reassurance call and others may need a reminder of an upcoming appointment or to take medications.

How does it work?

You will receive an automated call at the schedule time with a simple message. You simply say "yes" and hang up. If you do not answer, the computer will try again. If you do not respond, a volunteer will try to reach you by telephone or a visit to your home.

What if I want to stop receiving calls?

If you are going to be on vacation, or for some reason you will be unavailable to answer your phone for a certain period of time, simply notify the staff. Calls will resume on the date that you are available again.



How do I sign up?

Please call **(760) 321-1548** and ask for Pat Graves.

Someone will meet with you to complete the enrollment and determine the schedule for calls that suits your needs.

You will start getting calls as soon as we process your information, so call today!