



Older Adults Are Struggling More Than Ever

Social isolation is an ongoing issue for older adults living alone. But this year, seniors are struggling even more.

Social isolation affects their physical, mental and emotional wellbeing, and goes beyond just 'feeling gloomy'. Social isolation and loneliness can lead to depression, anxiety, and can increase the risk of a stroke, heart disease, systemic inflammation, and dementia.

Living alone doesn't have to mean being lonely

Our new Friendly Phone Call service connects volunteers with older adults through weekly phone calls. Seniors have a friend to talk with and we help combat the serious issue of social isolation facing many older adults.



DuPage Senior Citizens Council
Providing Meals and More...

For over 40 years, DSCC has provided services designed to keep older adults living in their own home and connected to others.

Approximately **20%** of adults over 65 who live independently are considered to be socially isolated

43% of adults over 60 reported experiencing feelings of loneliness

Learn More/Sign Up

If you know someone who could benefit from a Friendly Phone Call or if you are interested in helping a senior through their long and lonely days, please:

Phone **(630) 620-0804**

Email info@DuPageSeniorCouncil.org

Website www.DuPageSeniorCouncil.org

Scan this code to learn more:



It is amazing what a phone call can do!