



FOR IMMEDIATE RELEASE

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**Mystic Valley Elder Services Seeks Volunteers
for New Social Engagement Program**

Volunteers needed to help combat social isolation in the community

(Malden, MA)— Mystic Valley Elder Services (MVES) is seeking volunteers for its new Social Engagement Program to help improve the health and well-being of isolated older adults in the community by providing meaningful social connection—whether it be through regular visits, telephone calls, or email.

The Social Engagement Program will provide focused intervention on the poor health and wellness outcomes linked to loneliness and social isolation, a problem that is impacting older adults in epidemic proportions, especially during the coronavirus pandemic. With the recruitment and training of volunteers, this new service will become a reality in the lives of many isolated older adults in MVES' communities that will continue after the pandemic subsides. Bilingual volunteers are also needed to help us serve individuals of ethnic diversity

As part of the program, volunteers will be paired up with consumers who are participants in MVES' home care program. Volunteers will connect with participants in a variety of ways that meet the needs of the consumer and the volunteer. Connection options will include: a **Telephone Reassurance Program**, where a volunteer calls the isolated individual and provides a social contact and friendly conversation; an **Email Correspondence**, for online engagement with others via technology; and a **Friendly Visitor Program***, in which the consumer receives home visits that focus on in-person socialization and companionship.

You can make a difference as a Social Engagement Program volunteer and play an important role to combat the effects of social isolation for isolated older adults in your community. If you would like to learn more about volunteering for the MVES Social Engagement Program, please contact Leah Mulrenan at (781) 388-2375 or lmulrenan@mves.org.

** The Friendly Visitor Program will begin when determined it is safe to visit consumers in their homes.*

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About Mystic Valley Elder Services

Celebrating 45 Years of supporting older adults to live independently and with dignity, Mystic Valley Elder Services is a non-profit agency located in Malden, Mass., that provides essential home- and community-based care and resources to older adults, adults living with disabilities, and caregivers who reside in Chelsea, Everett, Malden, Medford, Melrose, North Reading, Reading, Revere, Stoneham, Wakefield and Winthrop, regardless of their income level. Agency services include but are not limited to: coordination of home care services, transportation, Meals on Wheels, and information and referrals. For more information, please call (781) 324-7705 or visit www.mves.org.