



FOR IMMEDIATE RELEASE

Community Living Connections
Aging & Long Term Care of Eastern Washington
1222 N. Post St. | Spokane, WA 99201
TEL 509-960-7281
action@altcew.org
<https://www.facebook.com/AgingLTC/>
www.altcew.org

Announcing a free new program to help those battling isolation during COVID-19!

Check and Connect, a new program of Aging & Long Term Care of Eastern Washington, is connecting volunteers in the Spokane region to older adults and people with disabilities who are battling isolation during the pandemic.

- If you or a loved one are feeling isolated or lonely, please don't hesitate to call 509-960-7281! A trained volunteer contacts and assess needs for their participants up to twice per week. This not only reduces the feelings that come with isolation, but also grants an opportunity to identify any additional supports needed to remain safely in their homes.
- Are you interested in volunteering to help your community during the pandemic? The more volunteers we have the more people we can serve during this trying time. Work remotely and safely from your home supported by Check and Connect staff. You can make a difference!

By registering for the Check and Connect program, clients have access to COVID-19 specific resources, and additional services at Aging & Long Term Care such as:

Community Living Connections support: Staff can assist with benefits applications, short term Options Counseling, local resource referrals, and Medicare counseling/fraud assistance from SHIBA (Statewide Health Insurance Benefits Advisors).

Senior Services: Adult day services, bathing assistance, falls prevention, home delivered meals and food security, transportation, legal and minor home repair. We even offer senior online fitness classes!

Caregiver and Family Support and Medicaid services: Caregiver's can access training, support/respite services, in home care assistance, Health Homes case management, supportive housing assistance and more. We even offer Kinship Navigator supports for grandparents/seniors raising small children.

Check and Connect with your community! Enroll or become a volunteer today and we will get through this together! For more information, contact:

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1222 N. Post St. | Spokane, WA 99201 | TEL 509-458-2509 | FAX 509-458-2003

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ADVOCACY. ACTION. ANSWERS.

SERVING: Northern Ferry, Pend Oreille, Spokane, Stevens & Whitman counties



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About Aging & Long Term Care of Eastern Washington: Aging & Long Term Care is a regional Area Agency on Aging that provides programs and services that help older adults and adults living with disabilities live at home as they age. About 650 Area Agencies on Aging exist nationwide. They assist seniors in finding the services they need to remain independent and safe in their homes for as long as possible. Aging & Long Term Care serves people living in Ferry, Pend Oreille, Spokane, Stevens and Ferry counties. Aging & Long Term Care provides services such as case management for people who need a caregiver, information and assistance, options counseling, and answers questions about Medicare and Medicaid. The agency works with local partners in the community to provide services such as meals on wheels, family caregiver support, and transportation.

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