

Becoming A Good Samaritan...

Making the most of your talents

*Do not reject me in my old age,
Nor desert me when my strength is failing...
Now that I am old and gray-haired,
God, do not desert me.*

Psalm 71:9,18

How can you help seniors in your community?

Catholic Charities needs people just like you to help make a difference in the life of an older adult. If you can share 1 to 3 hours of your time each week, you can visit a senior, ease their loneliness, help them continue to live independently, and keep them connected with their community.



Activities such as helping to manage their mail, running errands, taking walks, helping to plant flowers, transporting them to doctor visits or simply having a cheerful conversation will help to improve their overall well-being. Catholic Charities provides you with the training and support you need to feel comfortable as a Good Samaritan volunteer.

www.ccdop.org

*Make the most of God's gift of life
by calling us today...*



For more information about our Good Samaritan Program, to refer a senior, or to volunteer, please contact:

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Good Samaritan

Senior Outreach Services



Serving Champaign
and Piatt Counties

*Helping neighbors.
Engaging hearts.
Making the most of
God's gift of life.*



Understanding the suffering...

Fighting back against loneliness

The **Good Samaritan** program is designed to positively influence the experience of aging for seniors in local communities, restoring hope and lifting spirits. The program focuses on two main areas of services: counseling and community support services.

*1 out of 4
Seniors live alone.*

In-Home and Office-Based Counseling:

The Mental Health Association estimates that 20% of individuals over the age of 60 experience serious mental health issues. In Champaign and Piatt counties alone, a projected 6,200 seniors are affected.

Without intervention, senior mental health issues are more likely to result in increased hospitalizations, needless physician visits, unnecessary nursing home placement and even death. **Catholic Charities can provide immediate help.**



Both in-home and office-based professional counseling are offered free of charge to seniors coping with mental health issues such as depression, grief and loss, anxiety, family relationship issues, and chronic illness.

Trusting in Catholic Charities...

Keeping seniors in their rural communities



“Be kind to each other. I prefer you make mistakes in kindness – than that you work miracles in unkindness. Be kind in words.”

- Saint Teresa of Calcutta

Community Support Services:

The Caring Companions Program focuses on matching volunteers with seniors who need them. Volunteers can provide a wide array of services depending on the needs of the senior and the gifts of each volunteer. Sometimes volunteers help seniors with desperately needed transportation to appointments, personal outings, or religious services. A volunteer may also assist around the house or help by shopping or running errands. Companionship provided through friendly visiting can make a big difference to a senior who is homebound. Volunteers can also provide respite service for a caregiver who needs a break.

Group socialization opportunities are provided with a senior potluck luncheon that takes place the 2nd Wednesday of each month at 11:30 a.m. at St. Patrick’s Parish Hall, 304 E Vine, Tolono. Lunch is followed by entertainment or bingo. (This activity on hold during COVID restrictions.)

We’re here to help...

Making the most of God’s gift of life

The Food Pantry located at the St. Patrick’s Parish Hall, 304 E Vine, Tolono, is available to anyone who qualifies financially and there are no geographic restrictions. People need to be at least 18 years old and may visit up to twice per month. It is open Mondays 5:00-6:30 p.m. and Fridays 9:00-10:30 a.m. It will be closed on holidays.

Catholic Charities is here to help seniors of ALL FAITHS who are in need of assistance. The Good Samaritan service helps seniors stay connected to their rural community, remain independent, feel less lonely, and improve their quality of life.



“I had gotten so down and depressed that I just sat in my recliner, night and day, and prayed to God to take me home. I didn’t even care if I combed my hair and got dressed. I sat around, doing nothing and not responding to anything or anyone around me...I had never been alone. I didn’t know how to live alone, or how to feel worthwhile with no one to care for. Catholic Charities saved my life.”

~Julia, Catholic Charities senior client