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Lonely No More

Decreasing social isolation in rural seniors

The Lonely No More program invites you to participate in our new community-building project to reduce loneliness. This program will provide the opportunity for social interaction, participation in meaningful discussions with new friends, assistance with learning about health resources, and a chance to share your life experiences with your peers.

The discussions you will participate in as a member of the program will remind you that you are not alone. They will give you the opportunity to learn from the experience of others also aging in rural communities. Discussion topics are chosen based on your current concerns, and the concerns of others in the group. These topics may be lighthearted at times and serious at others, offering you the opportunity to have fun with friends while also being there for each other when someone is struggling.

Our goal is that the Lonely No More program will help reduce your loneliness by bringing friendship and community to you. This program is using a teleconference platform to allow you to have discussions with a group of friends from the comfort of your own home. A teleconference line allows you to talk to more than one person at a time, similar to party lines that were popular in the 1950s and 60s. Lonely No More plans to use this phone platform to coordinate elder circles of peer support to give you social support from home. Our trained volunteer facilitators will host the calls and are knowledgeable on the many health & wellness services available in your area should you require some support.

If you are interested in participating in this project, please contact Megan Fluit (project coordinator) at 519-635-3810 or megan@gatewayruralhealth.ca, or Heather Steffler (office administrator) at 519-612-1053; and we will connect you with a group!

