

Egyptian Area Agency on Aging, Inc. COVID-19 Update

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MEALS FOR SENIORS: The best way for seniors to get more information and get set up for Home Delivered Meals (HDM) is for them to contact their local senior center. Below are all the southern 13 county senior centers and their phone numbers:

Franklin County Senior Services	618 937 3511
Gold Plate, Perry	618 542 3511
Golden Circle, Gallatin	618 272 7570
Golden Circle, Hardin	618 287 2501
Golden Circle, Pope	618 683 7741
Golden Circle, Saline	618 252 7940
Senior Adult Services, Jackson	618 457 4151
All Southern Pride Counties:	
Alexander, Johnson, Massac,	
Pulaski, Saline and Union call	618 658 9669
Williamson Co. Programs on Aging	618 988 1585

VOLUNTEERS NEEDED: Because of the increase in need during COVID-19, House of Hope has been serving to-go meals 6 days a week and has to make their regular Retired Senior Volunteer Program (RSVP) volunteers take a day off. Many of them have been volunteering 6 days a week! Volunteers are needed to help relieve others in filling the meal requests.

This week, 3 RVSP volunteers helped sort and bag over 1500 tooth brushes and oral hygiene products to be donated to local schools, senior centers, and a few other non-profit organizations that have been serving their communities non-stop since the stay at home order was put in place.

LETTERS AGAINST ISOLATION: During social distancing, it is easy for seniors to feel isolated and lonely. Sisters, Shreya and Saffron recognized this and started "Letters Against Isolation". They and their volunteers work together to handwrite letters to seniors across the country. The personal nature of a handwritten letter and the messages of positivity inside them, help older Illinoisans feel more connected to their communities. A small task for individuals of any age that can go a long way to brighten an older Illinoisan's day. Egyptian AAA is partnering with "Letters Against Isolation" to write and mail letters to isolated seniors in southern Illinois. If you would like to know more about helping with this project, please contact Egyptian AAA's Retired Senior Volunteer Program (RSVP) staff: Amber @ 314 643 8191 or Diane @ 618 559 5262.