



ZOOM Check-ins for Seniors

CALLING ALL SENIORS!!!!

If you live alone, or almost alone, (with a spouse, caregiver, older sibling or loved one) we invite you to participate in ZOOM CHECK-INS. This is an online support group to combat isolation.

We will meet online once or twice a month, for one hour to discuss issues that we may have during COVID or any other time. We can discuss issues of health, safety, protecting our homes, ways to enjoy ourselves while being self quarantined, ways to connect with family etc. The one topic that will remain constant are our monthly, or bi-monthly check-ins. We will go around at the beginning of each session to make sure everyone is safe and secure with no pressing issues. I'd like to keep the groups small, no more than 8 initially to make sure that everyone has a chance to weigh in and feel comfortable.

When we get more than 8 participants, I'll start another group. It is my hope that I can lead you with these Check-Ins through the Winter months and in the Spring some of you can form your own small groups. The goal is for no senior to feel totally isolated. As seniors we need to be careful about who we befriend and let into our homes. If you have a computer, laptop, tablet or phone that accepts email you can participate. Many internet companies offer internet to seniors for \$10 a month. I'll send information on using Zoom and getting connected to those who are interested. Share this letter with your loved ones and have them help you get connected.

About me: My name is Ruby Holland. I'm a housing Advocate, who has been working with Senior Homeowners to stay in our homes and avoid displacement. I'm a senior who lives alone myself and face the same issues that you face. I have good working relationships with the Central Area Sr. Center, and recently the Southeast Senior Center. King County Council Member Girmay, and Tax Assessor John Wilson. I've worked briefly with our Attorney General, Bob Ferguson, and the Washington state AARP representative. Call me if interested (770) 471-3472 or email at keepyourhabitat@gmail.com.

