



for Elders and their Families

Supportive Services for Elders and their Families (SSEF), providing support to caregivers and help for seniors to remain independent and safe in the community.

Services include:

- Information, Assistance and Referral Services to help seniors navigate through nutrition programs, Food Bank, Meals on Wheels, available medical services, transportation, senior housing, financial management and social services
- Senior Phone Friend – Reassurance, safety and social calls from other volunteer seniors.
- Individual and Family Counseling
- Support Groups – for spouse and adult children caring for loved ones
- Early Stage Memory Loss Seminars (ESML) - eight sessions of educational programs for those with recently diagnosed memory problems and their care providers.

For more information about Information and Assistance, Social Services and Phone Friends, contact Glenda Ross, Supportive Services Coordinator or Joan Aronovitch, Supportive Services Specialist, at **360-586-6181, ext, 101, or socialworker@southsoundseniors.org**

For information on Support Groups, Counseling and ESML, Contact: Patrick Coolen, Joan Aronovitch, Carolyn Driscoll or Mallory Mackie at South Sound Care Connection, 360-586-4491, or sscc@southsoundseniors.org