

I'm Home Alone

YES, I would like to receive a daily telephone call. It's easy to sign-up:

1) Call the program director at
(707) 528-8712 ext. 185 OR

2) Send this form to:

I'm Home Alone
Catholic Charities
P.O. Box 4900
Santa Rosa, CA 95402

Name _____
Address _____
City _____
State/Zip _____
Phone _____

Best time to reach me:

8-10:00 AM 10:00 AM-12:00 PM 12-2:00 PM 2-4:00 PM

I would like to register a friend / relative / patient.

I'm interested in becoming an *I'm Home Alone* volunteer.

Post Office Box 4900
Santa Rosa, California
95402-4900
www.srcharities.org



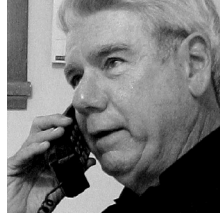
**Catholic
Charities**
of the Diocese of Santa Rosa

Guidelines of acceptance and participation in this program are the same for everyone without regard to race, color, national origin, age, sex or handicap.

*We gratefully acknowledge a grant from
the Welfare League of Santa Rosa
to fund this brochure.*

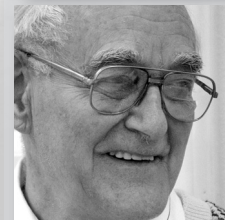
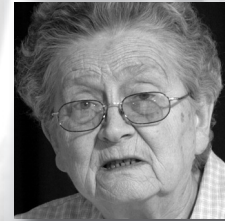
New volunteers are always welcome!
If you are interested in the well-being of individuals who live alone, may be at risk or whose contact with the outside is limited, Catholic Charities can use your friendly voice. Please call the program director at (707) 528-8712 ext. 185 for further information about becoming a trained, **I'm Home Alone** volunteer.

Volunteer Opportunities



I'm Home Alone

Telephone Outreach Program



A Program of Catholic Charities



I'm Home Alone is a daily telephone check-in service by volunteers to elders, disabled and housebound individuals throughout Sonoma County.

How It Works

Registered clients receive a telephone call once a day, Monday through Friday (Saturday, Sunday and holidays can also be arranged), within a two hour time frame. Calls are usually brief in duration. Clients may request to be called at a predetermined time each day.

Free Service

This free community service is cost-effective because our 50-plus callers volunteer their time, calling 175 to 200 clients daily. However, donations support all operating costs, such as the telephone bill, cost of space, training of volunteers, semi-annual gatherings of volunteers, annual luncheon with clients, and program management. Please call (707) 528-8712 ext. 185 to help.

Who Will Call Me?

A team of trained volunteers make the daily telephone calls. A different friendly voice will ask you each day, "How you are doing?"

What if I Don't Answer?

If a volunteer caller fails to receive an answer after three attempts made throughout the course of the morning, a predetermined contact person will be notified to investigate further.

Benefits of I'm Home Alone

- Peace of mind
- Reassurance
- Feeling of safety
- Contact with people
- Learn about other social services
- Saves lives
- Yearly social event brings volunteers and clients together

Registration

To register yourself (or a friend, relative, or patient) please refer to the attached form.



Testimonials

Just before Thanksgiving 2006, I'm Home Alone saved a life when one of our clients — weakened by the flu, dehydration and lack of food — fell and was unable to answer the phone. Volunteers called emergency responders who needed the police to break the chained door. Thanks to her rescuers, she is on the mend.

Volunteer Arlene loves making calls to I'm Home Alone clients, and finds it energizing and gratifying. "For some it is their lifeline — more nourishing than Meals on Wheels."

"Your phone call is a highlight of my day."
Frances, age 84

"When I read about the program, I called, and oh my goodness, they were so friendly, so sweet...there aren't enough adjectives to describe them. It's very touching that people would give up their time and lives for other people."
Cleo, age 81

"I take the word 'community' very seriously. We create community for people who don't have one."
Parish and Community Services
Program Director Michele Osmon

"The volunteers are so faithful, reliable and pleasant in the morning. I like the reassurance of a daily call."
Dorothy Small, born 1910
