

Feeling lonely? Looking for social connection?

Community Connections may be right for you!

Valley now offers “Community Connections,” a **FREE** volunteer service that supports our patients in combatting loneliness and social isolation by connecting to our local community!

Having supportive friendships and engaging in social activities may improve your health! The CDC (Centers for Disease Control and Prevention) found that adults who feel lonely and socially isolated have:

50%
higher risk of
developing
dementia

29%
increased
risk of heart
disease

32%
higher risk
of having
a stroke

Feeling lonely or isolated is a common concern (33% of adults aged 45 and older feel lonely, and nearly 25% of adults aged 65 and older are socially isolated), but we are here to help!



Friends are good for your health!

Our team of trained volunteers, who are supported and mentored by a Registered Nurse and a Licensed Social Worker, are available to visit you once a week via phone, Zoom, or in person, to learn about the types of social activities you might enjoy. Your volunteer will then help you connect to resources in the community where you may make friends and enjoy the company of others.

Would you like to learn more?

Ask your VMC Primary Care Clinic’s Health Facilitator for a referral to Community Connections today!

This service is available to our adult patients (age 18 or older) who live independently in King County and are not currently experiencing a mental health crisis. If you are in a crisis, please call 988 for immediate services.



Brought to you by Valley Medical Center’s Volunteer Health Coach Program

Contact Laurie King MSN, RN, CCCTM, Health Coach Program Manager at laurie_king@valleymed.org or 425.690.6667.



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