

## Making Connections~

**Talk The Gap**, founded by a Palo Alto High School student, provides an opportunity for seniors to share wisdom and advice with the younger generation. To learn more, [click here](#). To watch a YouTube video, [click here](#).

**Friendship Line California** is a toll-free line providing emotional support for older Californians facing loneliness, isolation, and anxiety. For more information, call 1-888-670-1360.

**Alameda Friendly Visitors** fosters one-on-one social interaction and friendship. For more information, call (510) 508-2823 or [click here](#).

**Covia** matches trained volunteers with adults age 60+ for scheduled one-on-one compassionate phone conversation. For more information, visit [www.covia.org/services/social-call](http://www.covia.org/services/social-call) or call 1-877-797-7299.

**Alta Bates Tele-Care Program** offers a daily reassurance telephone call to individuals living alone, homebound, disabled or convalescing from an illness. This free program is a source of comfort 365 days per year. For more information, call (510) 204-4487 from 8:30 a.m. to 11:00 a.m. or leave a message.

**Humana** offers a toolkit for overcoming loneliness, [click here](#).

**California Phones** provides telephone communications for Californians having difficulty hearing. For more information, [click here](#).

**Senior Connections**, a collaboration between Mastick Senior Center and Alameda Family Services, provides case management assistance for Alameda seniors needing assistance with health insurance, housing, in-home support services, food resources and MORE! Alameda Family Services is a human services organization improving the emotional, psychological and physical health of families. For assistance, call (510) 747-7505. This program is funded in part by the Mastick Senior Center Advisory Board (MSCAB).

**Movements for the Mind**, a student-led non-profit, designed to strengthen the memories and minds through music and art therapy for individuals with dementia. For more information, [click here](#).

### Alameda County Public Health ~ Diabetes Support Groups

"Virtual" Support Groups are offered on the following days and times. The conference calls are open to all and may be subject to local phone fees/costs. For more information, call (510) 383-5185.

#### All Support Groups are from 10:00 a.m. to Noon

2nd Tuesday of the Month, San Leandro **4/13/21**  
Call in number: 1-978-990-5315  
Access code: 8990137#

3rd Wednesday of Month, Dublin/Livermore **(4/21/21)**  
Call in number: 1-978-990-5315  
Access code: 8990137#

4<sup>th</sup> Tuesday of the Month, Eastmont/Emeryville **(4/27/21)**  
Call in number: 1-978-990-5320  
Access code: 3835514#

4<sup>th</sup> Wednesday of the Month, Alameda **(4/28/21)**  
Call in number: 1-978-990-5320  
Access code: 3835514#

#### Additional Resources:

- Alameda County Crisis Support Services Suicide Prevention: 1-800-309-2131, or text "safe" to 20121 between 4 p.m. - 11 p.m., 7 days a week
- Disaster Distress Helpline: 1-800-985-5990 or text "TalkWithUs" to 66746 for 24/7 support

- Crisis Text Line: Text “HOME” to 741741 for 24/7 crisis support
- 24-hour National Helpline: 1-800-662-HELP (4357)
- 24-hour Suicide Prevention Lifeline: 1-800-273-8255 or text 838255
- 24-hour Domestic Violence Hotline: 1-800-799-7233
- Local support from [Alameda Family Services](#)