

## [Envision Offering Connection, Support for Seniors](#)

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*Juli Dzuba is Outreach Coordinator for Envision Counselling and Support Centre.*

[Envision Counselling and Support Centre](#) has announced they are now able to offer virtual programming specifically to provide connection for individuals 55+ in our communities.

With the Covid-19 pandemic resulting in months of isolation in Saskatchewan, regular community supports have been unable to provide services and social connections to seniors in the southeast.

"This program is really all-encompassing, so whether it's directly related to the isolation from COVID-19, or maybe you're just struggling with some stress, you're lonely, unsure about what's going to happen in the future, maybe you just want somebody to check in on you, or have a conversation with you. We can offer all of those things through this program."

"This initiative will provide additional counselling support and connection to this vulnerable population, who are experiencing reduced quality of life during this crisis," said Executive Director Christa Daku in a press release. "We want to help

those struggling with stress, loneliness, mental health or other issues."

Bridging the Distance is a short term addition to regular programming at Envision Counselling and was made possible through support from United Way Estevan and funding from the Government of Canada New Horizons for Seniors. The project intent is to impact the lives of this vulnerable group as the negative effects of the pandemic crisis continue to be felt.

"Individuals that are in senior living facilities, because they are a vulnerable population, and with this isolation, we are noticing that they can't necessarily have the same connection," said Dzuba. "So we've had a little bit of lee-way with the restrictions lifting a little bit, but noticing that maybe seniors can't get out still because they maybe have limited immune systems or things like that."

She added they'll keep the program running until the end of June, and then at that time they will reassess the need.

Envision Counseling has a long history of providing telephone counselling and general engagement via telephone. For many years, they operated a 24-hour support line, which provided support to callers with a variety of issues. The organization has leaned on this experience during the Covid-19 pandemic crisis.