



# Become a Care Caller today!

Just **15 minutes a week** to  
make a difference in someone's life.

## Contact Lynnae Messner to volunteer or ask questions:

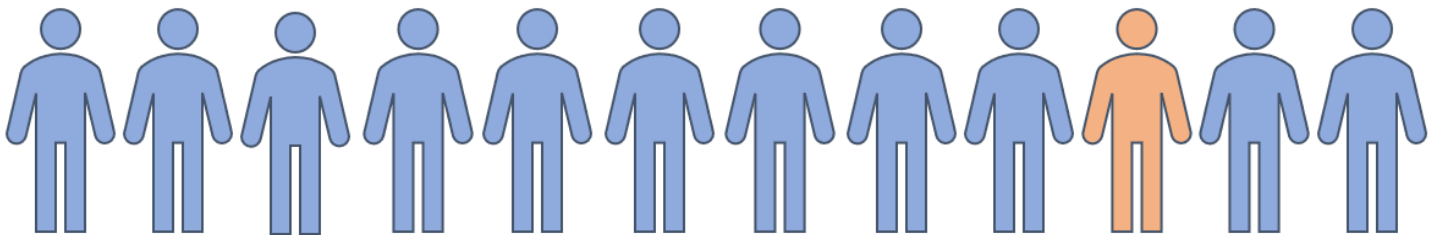
- E-mail: [Lynnae.Messner@meritushealth.com](mailto:Lynnae.Messner@meritushealth.com)
- Phone: (301) 790-8491

## Care Caller Qualities:

- Is friendly, patient, a great listener, and has a good sense of humor
- Demonstrates sensitivity and flexibility, and non-judgmental attitude
- Able to work with minimal supervision and exercise sound judgment and discretion when working with others
- Is responsible and reliable to ensure that calls are made as scheduled
- Able to communicate positively, consistently projecting an open, warm and caring posture

## Care Caller Responsibilities:

- Complete 30-minute program training
- Call assigned partners 1-2 times per week for about 15 minutes each call
- During call, provide social support and wellness check
- Report your calls using the "Post Call Form" to Program Manager
- Attend volunteer meetings and trainings as needed



1 in 12 patients indicate they have been lonely in the past week

## About Loneliness and the Meritus Care Caller Program

Loneliness and social isolation have been shown to impact life expectancy as much as smoking, obesity, and physical inactivity and also increases the risk of dementia (50%), heart disease (29%), and stroke (32%). (CDC, 2021)

To combat this issue, Meritus has established the Meritus Care Call program – a volunteer opportunity to call one or two community members a week for about 15 minutes to simply make a connection and check if their basic needs are being met.