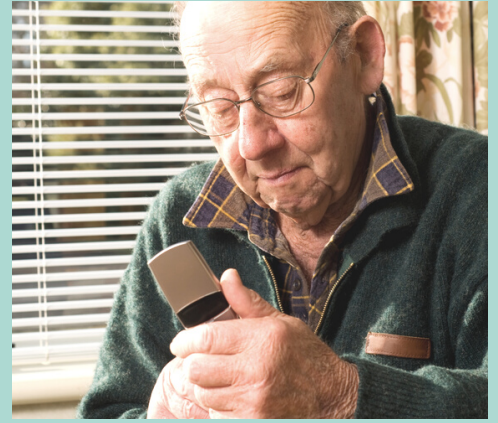


PROGRAM GUIDE



Seniors' Link-In Calls (SLIC)

WHAT IS SLIC?

Seniors' Link-In Calls (SLIC)

is a free phone-based program that offers Vegreville and area seniors health and well-being topics and also some at-home recreational activities.

Who uses SLIC?

SLIC is for older adults (55+) who are staying home to avoid exposure to the COVID-19 pandemic and who are looking for ways to connect with others and learn new things. Any local adults can enroll in SLIC to learn about issues pertaining to older adults.

Program Instructions

1. Program schedules are sent out at regular intervals. They can be requested at any time from FCSS. 780 - 632 - 3966
2. Contact FCSS to enroll: 780 - 632 - 3966 or email fcss@vegreville.com.
3. Some sessions require materials or supplies. FCSS needs to have about 10 business days before the session to get these items to your door. These will be mailed to you or our volunteers can bring materials or supplies by using a safe, "no-contact" delivery method. There is no charge for these items nor for delivery.
4. A few minutes before the program begins, follow the call-in instructions.

CALL-IN INSTRUCTIONS



1. Dial the toll-free number: **1 - 855 - 703 - 8985**
2. You will hear an automated voice: "Welcome to Zoom. Please enter your Meeting ID number, followed by #. (**899 - 6538 - 1082 #**). If you hear a message that this meeting does not exist, please check that you have entered the correct phone numbers and try again.
3. The next message is: "Please enter the participant ID or press the pound (#) key." There are no further ID numbers, so **please press the pound (#) key**.
4. The next message may ask you to state your name and press the pound (#) key. Please state your first name only.

What if I can't call myself into a program? If you are unable to call into a program, we can call you into the session. Call FCSS for help 780-632-3966. A few minutes before the program starts, you will receive a call from a number that might show as "Unknown" or "New York, NY" which is the headquarters for Zoom. Please do not block this number. An automated voice will identify the call as a Zoom Meeting. Press "1" to join the meeting.

When asked, please state your first name and press the pound (#) key.

CODE OF CONDUCT

The Vegreville & District FCSS Seniors' Link-In Calls Program (SLIC) is an inclusive environment. This means that we value and support diversity and people from all walks of life. We ask each participant to help us by adhering to the following guidelines:

- Allow every participant to contribute
- Let the Facilitator guide and direct the group
- Keep all personal information shared confidential, please.
- Do not interrupt when others are speaking, please.
- Please treat each other with dignity and respect.
- Try not to give advice unless you are asked for it.
- Contact FCSS staff directly if you have an issue with another group member. **780 - 632 - 3966**

Topics? Sessions? These are suggested by our participants so please call FCSS if there's something you'd like to learn about.

