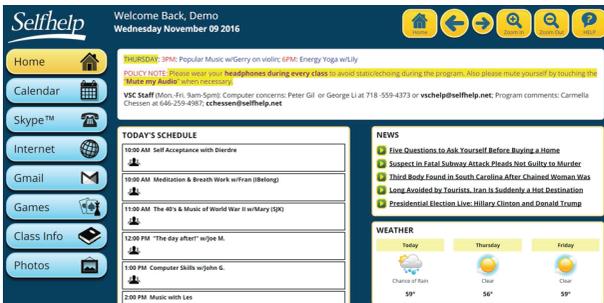


What is the VSC?

The Virtual Senior Center is open 24/7! Classes take place daily, year-round online at vsc.selfhelp.net. Participants use their personal computer to log into the VSC whenever they choose, review the calendar of classes, and join whatever interests them. In each class all participants can see, hear and speak to each other and the facilitator in real time.

Easy to navigate



Real time & interactive

- Access to an unlimited number of real-time, interactive programs
- Unlimited technical and training support provided over the phone and remotely
- Access to personalized links to favorite websites, plus easy to use video chat and email

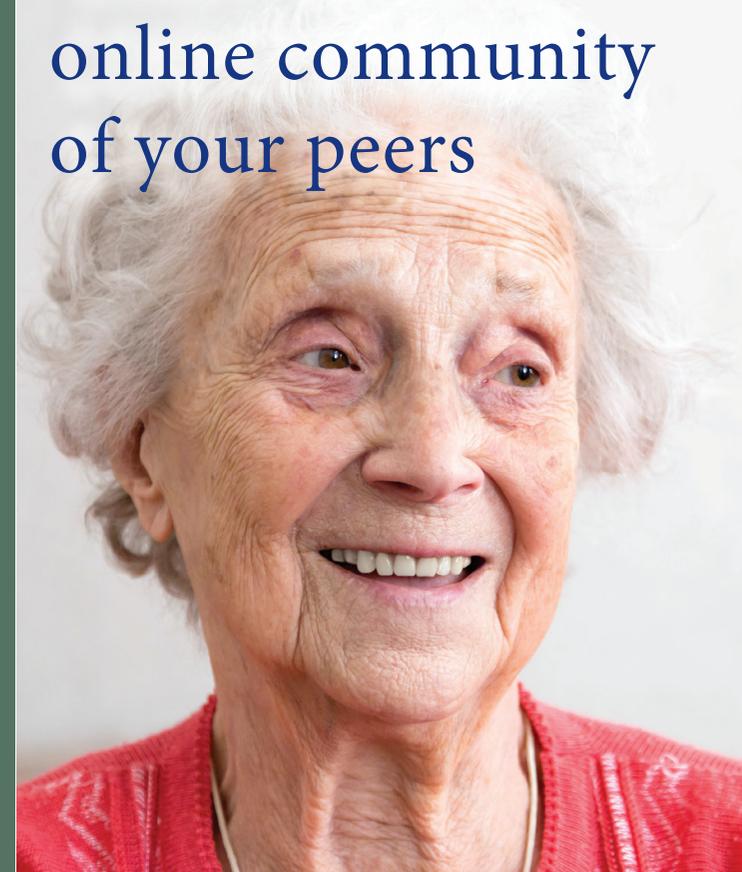
Participants benefit from:

- Stimulating, diverse programs to share with friends
- A sense of belonging and community
- Never feeling bored or lonely again



Virtual Senior Center

Join a vibrant online community of your peers



"The Virtual Senior Center opened new worlds for me. The people there welcomed me, included me. Quickly, we became friends and soon like family. We're concerned about each other.

Now we go places together: museum tours, interesting travel destinations, and fascinating history lessons. But we don't actually travel, they come to us through the computer. It's a life saver. It keeps your mind stimulated. I'm very grateful on many levels."

- Patti, VSC Participant

Selfhelp Community Services, Inc.

520 8th Avenue
NY, New York 10018

212-971-7600

www.selfhelp.net/virtual-senior-center

Selfhelp's Virtual Senior Center (VSC) connects older adults to live, interactive online classes from the comfort of their home



Selfhelp Community Services, Inc.

Connect

The VSC makes it easy to connect with other older adults to learn and chat together. Selfhelp considers it vital to promote connectedness and reduce social isolation among homebound older adults.

Learn

Participants join live, interactive online classes where they can see, hear, and talk with other older adults. Each week dozens of educational, recreational and cultural classes are offered. Class topics vary week-to-week and include wellbeing and health, computer skills, gentle exercise, art, history, movies, and much more!

Health

Independent evaluation has found that joining the VSC has multiple emotional and physical health benefits for participants: it reduces isolation and loneliness and increases connectedness and self-reported health status. Participants report an improvement in their overall quality of life. In addition to lively classes on a variety of topics, the VSC includes a substantial health curriculum.

Members

- Participants are adults who are at least 60 years old who have their own computer, webcam, microphone, and internet set up in their home.
- They come from all backgrounds and are joined together by their shared interest in learning and joining a vibrant online community.

Community at your fingertips!

- No computer or technology experience is required. Our support team offers assistance remotely. We offer computer classes each week to help participants grow their computer skills.
- Selfhelp understands older adults and their learning needs and designed the program specifically for seniors.
- The VSC can operate on most modern computers, and tablets with access to the Internet, a webcam, and microphone.
- The Virtual Senior Center is available to older adults who speak English, Korean, Mandarin, and Russian.



Selfhelp Community Services, Inc.

TESTIMONIAL

“The staff are thrilled to be able to give our clients the opportunity to connect to the Virtual Senior Center and are invested in linking as many clients as possible to the program.

We feel that it has opened up a whole new world for many of our clients and giving them a new or second chance to do things like learn, socialize, and connect to loved ones and the world on a level they were not otherwise able to accomplish at this stage in their life.”

– Paola Miceli

CEO/President for Services Now For Adults Persons

Referrals

Selfhelp Community Services

520 8th Avenue, 5th Floor, NY, New York, 10018

212-971-7600

info@selfhelp.net

www.selfhelp.net/virtual-senior-center

