



*Selfhelp*



# JOIN THIS SPECIAL OPPORTUNITY FOR VETERANS

## The “Virtual Community for Veterans” Pilot

This special support service is made possible through a generous grant to HCANYS from the New York Health Foundation. The pilot combats social isolation and the associated high-risks to health by supporting homebound and medically complex veterans with daily peer socialization, self-care and wellness guidance, professional assistance, and an array of additional services specific to veterans’ needs, interests, quality of life enrichment, and enjoyment. Most importantly, it helps veterans to maintain and expand their social network.

Participants can log into the VSC whenever they choose (24/7), review the weekly calendar, and join classes that interest them, live and recorded.

Independent evaluation has found that joining the VSC has multiple emotional and physical health benefits: it reduces isolation and loneliness and increases connectedness and self-reported health status.

## Access the VSC Now!

The pilot program operates on the platform of the Selfhelp Virtual Senior Center (VSC), an outcomes-based social wellness platform, and is tailored specifically for veterans. There is no fee for participation in the pilot program.

The service is easily accessed through an app. Veterans can access a world of live experiences driving engagement, connections, and conversations from anywhere, 24/7 365 days a year.

## How to Connect

Please visit [here](#) or scan the QR code to complete the online registration form. A member of Selfhelp’s VSC Team will contact you and get you set up!



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*For more information, please contact Taylor Perre, Associate Director of Public Policy and Advocacy, at (518) 261-2540 or at [tperre@hcanys.org](mailto:tperre@hcanys.org).*