Avonlea Companions
because everyone needs a kindred spirit

They don’t want to worry you. So they tell me.

That’s what a check-in call is for.

A Check-in Call is a regular phone or video call with Jill, once or twice a week. Not a rushed hello, a real conversation. How they slept, how they are eating, whether anything is hurting or on their mind, in their own words and at their own pace.

Seniors often hold back with family. They do not want to be a bother, and they do not want you worrying, especially if you live far away. With Jill they say it plainly, and after every call the family gets an update, so nothing important stays hidden.

A check-in call is a good fit for

- Adult children who live out of town and cannot call as often as they would like
- Families travelling, who need someone checking in while they are away
- Seniors who are lonely, but not ready for in-person visits yet
- Peace of mind in between visits and appointments

If you are on a beach for a week, Jill can be the quick phone call home.

Check-in Calls, 1 call per week, $150 a month

2 calls per week, $275 a month. A family update is included after every call.

Call for a free 20 minute consultation. No obligation, just a conversation.

403-540-9211 · avonleacompanions.com

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