

# Volunteers In Solidarity Covid-19

#VISCovid19

## Volunteers Stories



### *Tiina's Story as a Volunteer in Estonia*

Tiina is a scientist. She is especially interested in peoples' aging and she does a lot to influence society to perceive aging as a normality. For example, she has an interesting hobby: she runs a vlog channel "Aging for beginners" to share the stories of elderly people and give tips how to enjoy life even if you are not so young anymore.

Now, in the times of crisis, Tiina has volunteered to call regularly to a women called Aino. Aino is more than 80 years old and she stays home to stay safe and healthy! Tiina calls Aino twice a week.

Tiina says: "I think through the phone call in advance every time so that our talk can become an exciting conversation that is both emotionally supportive and developmental. I deal with topics that direct our thoughts to bright moments in life, I do memory, spatial thinking and other games that support Aino's brain health. We even experiment with gymnastic exercises that can be instructed and followed - one hand with the phone at the ear. At the end of each call, Aino gets a small task for the next time, such as looking for "traces of fame" in life, remembering people who have influenced her life, asking her friends and telling these stories to me, or teaching me her childhood games. Our calls were half an hour in the beginning, but now we can't say everything even in an hour. We have become mental and emotional millionaires".



*Pictures of Tiina*

"We have become mental and emotional millionaires".

Join us to highlight **19 examples** of how Citizens all across Europe are voluntarily acting to support vulnerable people during this crisis period!