

## *Seniors say:*

“I am so happy with [my friendly visitor], she started me on taking art lessons. I now paint regularly.”

“She is a delightful young lady and I like her very much.”

## *Visitors say:*

“I have learned so much from her and really enjoy visiting her.”

“We are all like family. She e-mails jokes to my husband and daughter!”

### **Director**

Debra Galloway

### **Administrative Coordinator**

Claire Wigandt

### **Healthy Aging Support Group**

Anne Manning

### **Outreach Specialist**

Ana Cristina Oliveira

### **Program Coordinator**

Sharon Wilkes

### **Receptionist**

Jean Taylor

### **Volunteer Coordinator**

Ed Gottmann



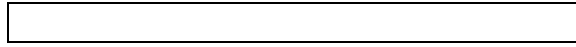
## **SUDBURY SENIOR CENTER**

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Sudbury, Massachusetts 01776-1681  
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# FRIENDLY VISITORS



A program of the  
SUDBURY SENIOR CENTER  
40 Fairbank Road  
Sudbury, Massachusetts 01776-1681  
**978-443-3055**



# FRIENDLY VISITORS

**FRIENDLY VISITORS** are volunteers (often seniors) who reach out to their neighbors to offer friendship, company, conversation, and a listening ear since 1998.

The Friendly Visitor volunteer comes to the home of his or her new friend each week to talk and listen, play cards, read aloud, look through photo albums, or help with letter writing.

Although friendly visits are usually done on a regular schedule, they have the informal feeling of dropping in on a neighbor who is lonely and isolated or wants companionship.

Many wonderful and lasting friendships have developed through the Friendly Visitor program.

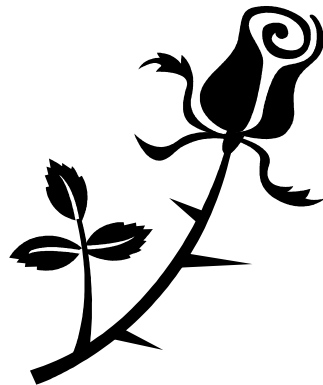
The Friendly Visitor program was established in March of 1998.

## WOULD YOU LIKE A FRIENDLY VISITOR?

If you'd like a weekly visit from a friendly neighbor, and perhaps a call or two during the week, call the Sudbury Senior Center at **(978) 443-3055**.

Ed Gottmann, the Volunteer Coordinator, will give you a call to learn a bit more about your preferences, and then he will match you with a friendly visitor.

You and your new friend will be the ones to decide when you meet, for how long, and what you do together.



## WILL YOU BE A FRIENDLY VISITOR?

Friendly Visitors participate in the program because they care about their neighbors. All the volunteers have said how very much they enjoy spending time and doing things with their new friends.

You will only be asked to give one or two hours a week, and will be supported by an organization of caring people.

You will receive training and supervision to assist you in handling any questions or problems that might arise in your new friendship.

Consideration is given to matching you with a person with whom you are comfortable and have similar interests.

For more information, or to become a Friendly Visitor, call the Sudbury Senior Center at **(978) 443-3055** and speak with Ed Gottmann.