

Seniors say:

“I look forward to our phone calls...it is such a nice way to break up the boredom of my week.”

“She is so easy to talk to, and I like her very much!”

Volunteers say:

“I always have such nice conversations with him, and have learned a lot about history from him.”

“We share some common interests, like crafts and travel.”

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PHONE BUDDY



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

PHONE BUDDIES

PHONE BUDDIES are volunteers who reach out to fellow Sudbury residents to offer friendship, conversation, and a listening ear.

The Phone Buddy volunteer calls his/her matched senior each week to talk and listen, offering friendship and a welcomed respite from the isolation and loneliness many seniors experience.

Although Phone Buddy calls are usually done on a regular schedule, generally lasting 15-30 minutes, they have the informal feeling of calling to say hello to a neighbor who wants companionship.

Many wonderful and lasting friendships have developed through the Phone Buddy program.

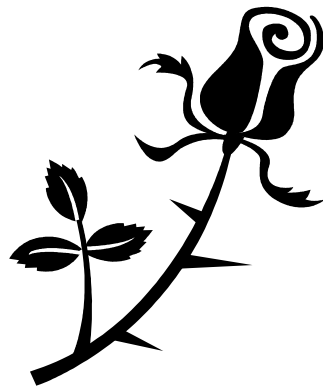
The Phone Buddy program was established in 2020 to provide a welcome break to seniors who might be staying home for long periods of time, often alone.

WOULD YOU LIKE A PHONE BUDDY?

If you'd like a weekly call from a Phone Buddy, call the Sudbury Senior Center at **(978) 443-3055**.

Janet Lipkin, Volunteer Program Coordinator, will call you to learn a bit more about your preferences, interests and hobbies. She will then match you with a Phone Buddy.

You and your new friend will be the ones to decide when the weekly call will take place.



WILL YOU BE A PHONE BUDDY?

Phone Buddies participate in the program because they care about their neighbors. All the volunteers have said how very much they enjoy spending time on the phone with their new friends.

You will only be asked to give 15-30 minutes 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 Phone Buddy, call the Sudbury Senior Center at **(978) 443-3055** and leave a message for the Volunteer Program Coordinator.

