

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".

Director

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Phone Buddy



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Established in 2020, the Phone Buddy program provides a welcome break to seniors who might be staying home for long stretches of time, often alone.

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

The Volunteer Phone Buddy calls their matched senior each week to talk and listen, offering friendship and a welcome respite from the isolation and loneliness many seniors experience.

Although Phone Buddy calls are usually done on a regular schedule, lasting 13-30 minutes, they have the informal feeling of calling to say hello to a neighbor.

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

Would you like a Phone Buddy?

If you'd like a weekly call from a Phone Buddy, please call the Sudbury Senior Center at 978-443-3055, and speak to the Coordinator of Volunteer Programs. They will learn a little about your preferences, interests, and hobbies and match you with a compatible volunteer.

You and your Phone Buddy will be the ones to decide when the weekly call will take place.



Will You Volunteer?

Phone Buddies participate in the program because they care about their neighbors. All the volunteers have said how 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.

Consideration is given to matching you with a person with whom you share interests, and are comfortable.

For more information about the service, call the Sudbury Senior Center at (978) 443-3055 and speak with Sarah Green Vaswani, Coordinator of Volunteer Programs.