



## Senior Services for the Towns of Durham & Middlefield & St. Luke's Community Services are in need of Volunteer Friendly Visitors, Friendly Shoppers & Friendly Drivers

Senior Services for the Towns of Durham & Middlefield and St. Luke's Community Services of Middletown are partnering in recruiting volunteers who would like to help local elderly individuals remain at home and maintain a good quality of life by providing visitation, grocery shopping or transportation to out-of-town medical appointments. Volunteers can choose to help one or more individuals for just a few hours a month, as there is no minimum time requirement, flexible scheduling and we only ask for your consistency and reliability. All volunteers are background checked, trained and bonded.

Friendly Visitors: Without the stimulation provided by social interaction & friendship, an isolated elder can experience poor health, a lack of strength and energy, depression and other emotional or early onset mental health problems. Weekly or bi-weekly visits from a caring and devoted friendly visitor can help prevent this!

Friendly Shoppers: Many elders no longer drive or do not have anyone close by they can turn to for help with some simple tasks of daily living like grocery shopping. Friendly Shopper volunteers generally spend a couple of hours a week, or a few hours a month, picking up groceries, delivering them, and spending some time visiting.

Friendly Drivers: Physical limitations can make it difficult for many elders to get to out-of-area medical appointments. Also, some may be isolated and have no one to drive them. Elders who use the program must be self-mobile and self-transferring (not require hands-on assistance).

The next orientations sessions (volunteers attend only one) are scheduled on...

- **Tues., Oct. 7<sup>th</sup>, 9am-Noon** at the Durham Activity Ctr, 350 Main St., Durham
- **Wed., Oct. 22<sup>nd</sup>, 5:30-8:30pm** at the Middlefield Senior Ctr, 405 Main St., Middlefield

**Volunteer candidates must register at least one week in advance of orientation.**

To register, or for more information about our programs and the volunteer vetting process, please contact Cassandra Aronson, Volunteer Programs Coordinator at (860)999-1683 or [cassandra@stlukeshome.org](mailto:cassandra@stlukeshome.org)

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Release date: Aug. 12, 2014