

Ashland Senior Phone Buddy (Senior Center)

Make fun, social phone calls to one or more older adult “buddies” who may be isolated at home or missing enough social connection in their lives. Treat participants with kindness and respect, speak positively about daily life and shared interests. Tactfully monitor buddy for needs or concerns and report to coordinator for follow-up.

A friendly phone call from you can make all the difference in someone’s day or week!

Time Commitment

One year commitment for 2 to 3 hours/week. Volunteers in this position are asked to contact their buddies at least twice per week, for 15 to 60 minutes per call, and attend a volunteer meeting each month.

Flexibility

This position is flexible around vacations and other engagements. Simply communicate any schedule changes to staff in advance.

Personal Qualities

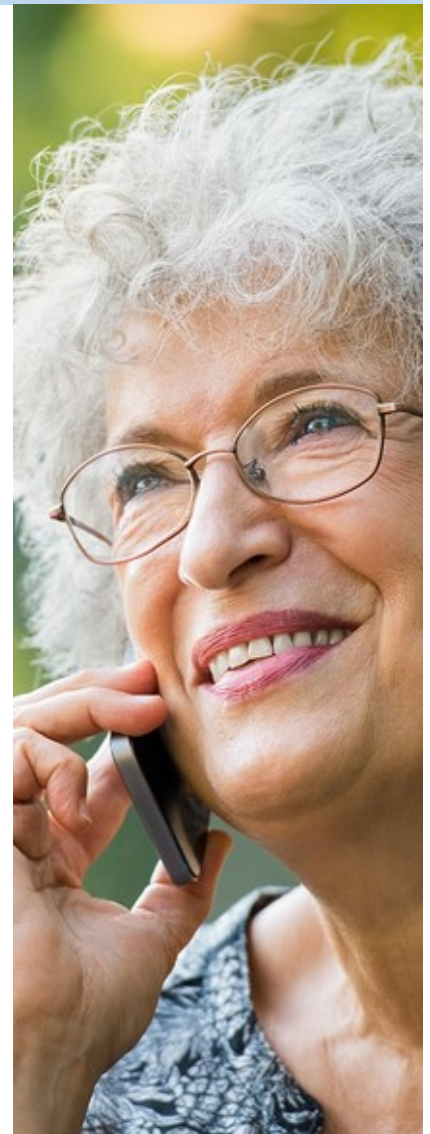
- * Has a genuine interest in connecting with older adults
- * Enjoys and values phone conversations
- * Listens carefully and is able to draw out a shy participant
- * Maintains respect and confidentiality at all times
- * Is dependable and flexible and stays in communication

Training

Volunteers must complete a 6 hour training to learn program parameters, appropriate boundaries, and the CallHub phone system. Continuing education is provided in monthly volunteer meetings.

Benefits

- * Get to know someone in your community, share stories, and enjoy friendly chats.
- * Give back to the Ashland community.
- * Know you are making a vital difference that helps a senior stay connected and engaged.
- * Participate in regular volunteer appreciation events organized by the Ashland Parks and Recreation department staff.



**Ashland Senior
Services Division**

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