

## Volunteers Wanted

If you enjoy working with other seniors and...

- you are a good listener
- you are interested in the issues of aging
- you want to learn more about community resources for the elderly
- you are available to receive special training for the program
- you have time and willingness to be a special visitor

...then leave a message to volunteer with the Amador Senior Center at (209) 223-0442.



# Senior Visitors

Need someone outside your family to talk with when things get hard?



The Amador County Senior Visitor Program connects you with another senior who will listen to your concerns. Our volunteers are caring and understanding men and women.

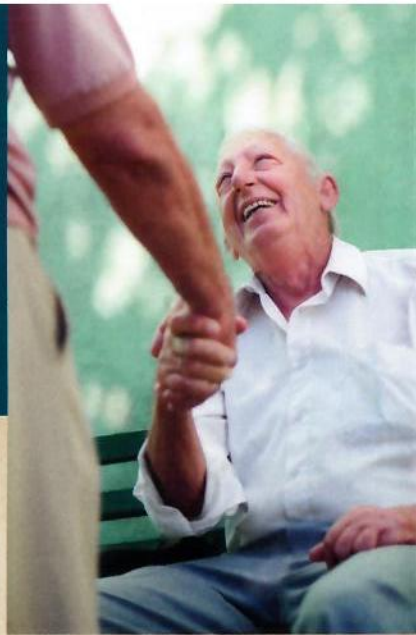


Hear what our clients have to say:

*"It meant so much to me to have someone who cares, especially when I lost my wife. [The visits] were a tremendous help."*

*"It isn't any fun to be lonely, especially when you get older. The visits give you something to look forward to."*

# When You Need *Someone* To Listen To Only You



The Senior Visitor Program is sponsored by the Amador Senior Center and funded by the Mental Health Services Act through a contract with Amador County Behavioral Health

Contact the Amador Senior Center to receive visits and make referrals for a senior in need at (209) 223-0442. You will receive a follow-up call shortly.

## **A bridge to get you over difficult transitions**

- Loss of a partner, declining health, depression, isolation
- A personal crisis that may be overwhelming such as a spouse with dementia, family conflict

## **Find support and compassion from senior visitors**

- Scheduled visits to your home or a place of comfort
- Senior volunteers trained in personal relationships and effects of aging
- One-on-one confidential and non-judgmental conversations
- Connections to available community resources
- Help with understanding life changes that come with aging
- Volunteer who cares and will follow-through based on your needs

Visits are free  
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Visits are scheduled at times agreeable to you and your volunteer, usually weekly or bi-weekly  
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Volunteers are matched with you based on commonalities and location  
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Visits usually extend over a period of six months to one year

