

Volunteers age 18+ wanted for the

Dutchess County Office for the Aging Friendly Calls Program

Feeling a sense of connection and belonging is important for all of us and can positively impact our health. Individuals with strong social ties live longer and are healthier than those with weak social ties. Our relationships encourage us to take better care of ourselves, try new things, and develop a sense of purpose.

Maintaining relationships can be hard for older adults who live far from family, experience health issues, or lack transportation.

Can you help?

Volunteers check in and chat with an older adult in Dutchess County at risk of loneliness or social isolation, once a week, for eight weeks.

Sign up today!

845-486-2555

ofa@dutchessny.gov

