



How valuable is your time?

As little as 1½ hours a week can make a big difference in the life of an isolated senior. Here's why:

- even seniors living close to family or neighbors still get lonely
- seniors who are part of an active social network have better physical and emotional health
- seniors who are lonely are twice as likely to develop Alzheimer's disease
- loss of social connections leads to depression which contributes to physical decline and a downward spiral of decreasing overall health
- loneliness can contribute to a higher risk of heart disease, high blood pressure, a decrease in the immune system and premature death

"I don't think of myself as 'volunteering' when I am with [Julia]; it's more like spending time with a dear friend."

~ Friendly Visitor

Will you help today?

- Tell us about a senior who needs a friend
- Volunteer to be a Friendly Visitor
- Make a donation to Friendly Visitors to help elders in our community stay safe, independent and healthy

Friendly Visitors offers its services at no charge to participants and, as part of a nonprofit organization, depends on donations from individuals and local businesses who care about seniors in our community.



Contact Friendly Visitors

Friendly Visitors
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info@friendlyvisitors.org

Friendly Visitors, a program of Visiting Nurse Home Care, is an Equal Opportunity institution and does not discriminate against any person in employment or participation in its programs and benefits. Policies are in compliance with Sec. 504 of the Rehabilitation Act of 1973, Title VI of the Civil Rights Act of 1963 and with the Americans with Disabilities Act of 1990,



Help our community with life-giving connections

Be the link between loneliness and friendship



Do you enjoy social time?

Friendly Visitors make weekly visits to home bound seniors to spend time that is enjoyable for both volunteer and senior. Examples of this time together are:

- going for walks or drives
- having coffee at home or out
- working on projects or hobbies
- finding common interests and designing a unique time together



"I really don't have any close friends [because I can't get out] and to have my Friendly Visitor come over and talk with me is so important. I look forward to their visits."

~ Senior Neighbor

"My Friendly Visitor is a lifesaver . My health got so bad I didn't have the strength to go out. I felt rescued."

~ Senior Neighbor

*"I signed up to be a Friendly Visitor because I wanted to help somebody, but so often I find that **she** helps **me** ~ she has so much wisdom and life experience..."*

~ Friendly Visitor

As a Friendly Visitor, you can be a vital and knowledgeable link to other resources to help your friend stay safe, independent and healthy at home.



How do you get started?

Volunteer Friendly Visitors are recruited, screened, and specifically trained before being carefully matched to a lonely or isolated senior (55+) in all parts of Whatcom County.

What will you learn ?

Prior to being matched, your orientation briefs you on aging issues and topics like conflict resolution, boundaries, and confidentiality. After being matched with just the right senior, Friendly Visitors receive on-going training and unlimited support as long as it's needed.

