



Just Add Sunshine.

TAKE TWO PEOPLE, WARM GENTLY. MIX WELL. YIELD: TWO FRIENDS.

- Provide companionship, outreach and advocacy for one isolated older adult in your community.
- Visit at least twice monthly and maintain weekly contact.
- Share in the joys of a mutually-rewarding friendship!

Volunteers must pass screening requirements and attend a training session.

Find out more: Ginger Seybold, 206.224.3790, gingers@fulllifecare.org.

Become an ElderFriends Volunteer.

Volunteer with ElderFriends
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