



Volunteers from all ages, faiths, and backgrounds are welcome.

Preschoolers & Families can grow and participate in intergenerational program opportunities

Students can earn service hours

Working Adults evening and weekend schedules are available

Active Retirees provide peer support and shared experiences

Bilingual Volunteers are a blessing to non-English speakers

Volunteers with Friendly Pets are even welcome to join in the fun!

To learn more about the **Friendship Brigade** and how you can get involved, contact

Outreach Coordinator, Heidi Miller
at 503-588-6303 ext. 7046

WHO WE ARE

Center 50+, the City of Salem's Senior Center, is a growing, dynamic organization poised to meet the changing needs of the population, age 50 and over.

No one should feel forgotten.

Our goal is to help seniors connect and build meaningful relationships no matter their age or circumstances.



JOIN THE FRIENDSHIP BRIGADE

Community Care and
Nursing Home Visitor Program

Center50+

CITY OF SALEM SENIOR CENTER

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Program funded by:


MOUNTAIN WEST
INVESTMENT CORPORATION

Center50+

CITY OF SALEM SENIOR CENTER

THE FRIENDSHIP BRIGADE



FRIENDS MATTER

Rooted in the belief that no one should feel forgotten or alone, the **Friendship Brigade** is an innovative, new community care and nursing home visitation program.

Our purpose is to recruit, train and connect caring volunteers with isolated seniors living in local long term care facilities. We're also here to help friends and family learn how to better connect and be present for their aging parents or loved ones.

BUILDING CONNECTIONS

Although surrounded by nursing staff and other residents, many elders and disabled adults living in care and nursing facilities feel set-apart from the outside world and disconnected from friends or family. Many have no one at all.

Without social interaction and the benefits of friendship, life in a facility often feels hopeless. The **Friendship Brigade** wants to change all that!

Become a Visiting Volunteer today!

How it works: Volunteers provide company, reassurance, and friendship while engaging residents in one-on-one and group activities.

Time commitment: 1 or 2 hours per week for at least 6 months.

Skills needed: Only a desire to make new friends and add to the quality of life of others!

TRAINING FOR ALL

The **Friendship Brigade** is committed to training and fostering caring, confident volunteers and neighbors. That's why we've made all of our training modules FREE and open to the public.

For many people nursing homes and other care communities are intimidating places. All **Friendship Brigade** volunteers receive support and training. You can too!

Join us to learn more about:

- Informed caring
- Care environments
- Communication strategies
- Personal limits
- Boundaries
- Safety considerations

Monthly Training Schedule

2nd Thursday 10:00 am – 11:00 am

4th Tuesday 12:00 pm – 1:00pm

Zoom and in person at Center 50+