



The Town of East Hampton Senior Center & St. Luke's Community Services are in need of Volunteers for three programs for the elderly: Friendly Visitors, Friendly Shoppers & Friendly Drivers

The Town of East Hampton's Senior Center and St. Luke's Community Services of Middletown is partnering in recruiting volunteers who would like to help local elderly individuals remain at home and maintain a good quality of life by providing visitation, grocery shopping or transportation to out-of-town medical appointments. Volunteers can choose to help one or more individuals for just a few hours a month, as there is no minimum time requirement, flexible scheduling and we only ask for your consistency and reliability.

Friendly Visitors: Without the stimulation provided by social interaction & friendship, an isolated elder can experience poor health, a lack of strength and energy, depression and other emotional or early onset mental health problems. Weekly or bi-weekly visits from a caring and devoted friendly visitor can help prevent this!

Friendly Shoppers: Many elders no longer drive or do not have anyone close by they can turn to for help with some simple tasks of daily living like grocery shopping. Friendly Shopper volunteers generally spend a couple of hours a week, or a few hours a month, picking up groceries, delivering them, and spending some time visiting.

Friendly Drivers: Physical limitations can make it difficult for many elders to get to out-of-area medical appointments. Also, some may be isolated and have no one to drive them. Elders who use the program must be self-mobile and self-transferring, if they wish to go with the volunteer shopping.

All of our volunteers are screened, trained, certified and bonded. All of St. Luke's volunteer services offered are in effort to diminish the risk of isolation and/or unnecessary institutionalization of an elderly person. Half day volunteer trainings are currently being scheduled for late summer & fall and so dates will soon be posted by Jo Ann Ewing, Senior Center Director.

Otherwise, for more information about our programs and the volunteer vetting process, please contact Eric Rodko, MSW, Acting Executive Director, at (860)999-1682 or eric@stlukeshome.org or Cassandra Aronson, BSW, Volunteer Programs Coordinator at (860)999-1683 or cassandra@stlukeshome.org

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