



New Virtual Buddy Program



As we continue to endure the effects of this pandemic and as the colder weather creeps in that may keep us inside more often, we have created a new virtual opportunity!

Would it be wonderful to visit with someone regularly who shares your interests? Play a game, share music, talk about fishing, do knitting together? Our new virtual social connections program was designed to make that happen.

Survivors of Stroke and persons living with disabilities (18 years or older) are eligible to be matched with a "Virtual Buddy" who is volunteering because they want a new buddy too.

Here's how it works.

- If you are interested, we can match you with a volunteer who shares your interests (we will interview you to find out what your interests are). Your buddy will visit with you – just for the fun of it.
- You can have phone visits or you can talk together using an online platform like Zoom, so you will be safe from COVID-19.
- Your virtual visits would be about 30 to 60 minutes per call.
- You and your virtual buddy can meet at least once a month, weekly for 3 months or maybe more often – whatever you and your virtual buddy agree to.

We are also recruiting Volunteers (eg retirees, professionals, students) who would like to become virtual buddies. Interested in joining our team? Let me know.

Sound interesting? Contact me to discuss further!

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