



Serving Eastern Maine
Since 1973

Eastern Area Agency on Aging

Elder Buddies

Elder Buddies is a program for seniors who need a little help with minor things that they cannot do anymore, Elder Buddies can help.

What Elder Buddies do...



Chat on the phone

Provide rides

Assist with grocery shopping

Heat up a meal

Help with pets

And more...

Make a difference:

Be an Elder Buddies volunteer. Sometimes seniors need a little help.

We have a variety of activities you can do that will improve a senior's quality of life.

We will match you with compatible seniors and who knows, you might just become friends.

Friendship, companionship and support

Maybe it's just chatting on the phone or grocery shopping.

Enroll today and get help with critical activities.



**Eastern
Area Agency on Aging**
1-800-432-7812
eaaa.org