

What's In It For You?

- Lifting others up when they are down, helping them to find purpose and meaning—how is that for a way to bring joy to your life?
- Showing others that there is meaning in the latter years of our lives, whether that is defined by decades or just a handful of years. What better help could you provide?



- Giving of your life experiences and your

listening skills to appreciative seniors who find success through support.

Become A Volunteer Today!

KENDAL[®]
Together, transforming the experience of aging.®



Steward
Health Care Network
HEALTH CHOICE
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Senior Peer Program
A program of W.Y.G.C.

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**Do You Want More
Joy In Your Life?**

**Do You Want To
Help Others?**

Are You A Senior?



**You Can Make A
Difference.**

Senior Peer Program

A program of
West Yavapai Guidance Clinic

You Are Needed

Below are issues common among seniors. We know that some people are better at navigating these challenges emotionally than others. That's where the **Senior Peer Program** comes in, providing people who have "been there and done that," to help older adults get back on track.

- Difficulties with isolation
- Chronic health conditions
- Stress
- Loss of spouse,
- Financial challenges

Don't think that YOU are a model of aging?
Don't think that you have anything to offer to a fellow senior adult? Think again. You are needed. Consider being a peer volunteer.



HOW WE MAKE A DIFFERENCE

The free services provided by **Senior Peer Program** are:

- Confidential Support Groups
- One-On-One Individualized Support
- Educational Presentations,
- Resource/Referral for those seeking info on senior adult-specific issues

WHO YOU WOULD SERVE

The **Senior Peer Program** cultivates the emotional health and wellness of older adults. It is free to participants, with a minimum age of 60. There is no financial eligibility requirement. And, participants must reside in the Prescott (Quad-City) area. These are the same parameters for peer volunteers.

WHAT CURRENT VOLUNTEERS HAVE TO SAY

- Claire* joined the Women of Wisdom support group about three years ago. She was deeply depressed and found it impossible to share her story without breaking into tears. I offered to visit her in her home weekly, and she was grateful to talk with someone privately. It took about ten visits in tandem with group meetings to make a difference. It was a privilege to be of assistance to such a fine person and watch her emerge from a depression to a place where she once again could take charge of her life."

- When Ed* reached out to the Program, he had chronic health problems and was the primary caregiver for his ill wife and his daughter with severe mental illness. When I started visiting, he was very lonely and had virtually no social contacts outside the home. Over time, we started taking walks. More recently, we have been meeting at a restaurant where he is comfortable talking.

**not their real names*