



Hello Friends,



Good friends are like stars.

You don't always see them, but you know they're always there.

- Unknown



This beautiful quote brings to mind a great organization called **Friends & Co** that offers older adults three avenues for meaningful connection with others: **1. Coffee Talk**; **2. Phone Companions**; and **3. Volunteer Opportunities**.

Coffee Talk

Why Call Coffee Talk? Are you, or someone you know, an older adult who might need a little more social interaction or someone to talk with sometimes? Join us for Coffee Talk, a drop-in phone line that instantly connects older adult callers with caring "Coffee Talkers" for friendly one-to-one conversation. You are invited to dial in and start your day with a friendly chat with your favorite morning beverage and the guarantee of good company. Coffee Talk is **FREE** and **confidential**. All you do is pick up and dial: **715-406-4871** or **877-238-2282 (toll-free) Monday - Friday 8 am-Noon**



Phone Companions

For something a little different from Coffee Talk, Phone Companions can pair you with a caring phone friend dedicated to you and the promise of exploring a lasting one-to-one friendship together. Like good friends – you and your phone companion decide when to connect and how often you chat.

Friends & Co has been reliably and safely creating connections and friendships for over 50 years, and the great news is that you don't have to choose between Coffee Talk and Phone Companions. Enjoy both! We hope you try each and make new connections that bring you joy and happiness.

To learn more or to sign up to be paired with a Phone Companion,

Call: 612-746-0737 E-mail: phonecompanions@friendsco.org Visit: www.friendsco.org/phone-companions

Volunteering with Friends & Co; if you enjoy volunteering, Friends & Co has great volunteer opportunities for people wishing to participate in our Coffee Talk and Phone Companions programs. To find out more

Call: 612-721-1400 E-mail: volunteers@friendsco.org Visit: <https://friendsco.org/volunteer>

Meaningful connections for older adults.