



Thank you so much for volunteering to be a Phone Buddy!

ACCA has a long history of building social connections for our elders through meals on wheels, on-site programming, social events, trips and classes. Because we are in a no-contact time, we are continuing to provide these connections virtually and through phone calls.

ACCA staff are making regular safety check calls to our clients, and while those calls are very important, the opportunity for a friendly, casual conversation is equally important.

You will be assigned a Buddy who is isolated in the community. We'd like you and your buddy to set up a schedule of when you want to talk throughout the week. You can talk about anything you'd like, excepting of course religion, politics, and obscene topics. Try and ask questions that go beyond yes or no. For example, you can ask what their favorite book, movie or song is. If you are still feeling unsure of what to say when you get on the phone you can use the list of conversation starters below. Try to steer away from topics that emphasize loneliness, anxiety, or isolation. We'd like to give our older adults comfort in times like these, and we know because of your wish to reach out, you and volunteers like you are the ones that can make that happen.

Once you're enrolled you'll be paired with a Buddy who would like to receive regular "friendly visit" phone calls. Prior to your first conversation with your new Buddy we will let them know your name, and when they can expect your first call.

Making the Call:

- When you call, please introduce yourself and identify yourself as an ACCA volunteer.
- Unsure where to go from there? Refer to our list of conversation starters.
- When you've completed the call, please give us a quick summary via this online form: [ACCA Buddy Calls](#)
- If you have an urgent concern about your Buddy, please call ACCA at (706) 549-4850 and include the concern in your note.

Our hope is that a friendship will form between you and your Buddy, and that it will be a comfort to both of you during these uncertain times. Set a schedule for future calls that works for you and your Buddy, being sure to complete the call report each time.

We are so excited to have you on the team and so excited to see how much your Buddies are going to love talking with you! If you have any questions, comments, or concerns, please let me know and I will see to it immediately.

Conversation Starters

- What's something not many people know about you?
- What are you most passionate about?
- What makes you laugh out loud?
- What was your favorite thing to do as a kid?
- What's your favorite TV show?
- What is your favorite book?
- Where did you grow up?
- Do you have any pets?
- Do you have any siblings?
- What is your favorite holiday?
- What is your favorite day of the week?
- If you could meet anyone in history, who would it be?
- What do you like to do to relax?
- Who is your favorite athlete?
- What is your favorite sports team?
- Who is your favorite actor?
- What is your favorite movie of all time?
- What was the worst movie you've ever seen?
- What is your favorite TV show?
- Who do you look up to?
- What is the best piece of advice you've received?
- What is the craziest thing you've ever done?
- What is your favorite season?
- Do you speak any other languages?
- What Is The Craziest Story You've Ever Heard?