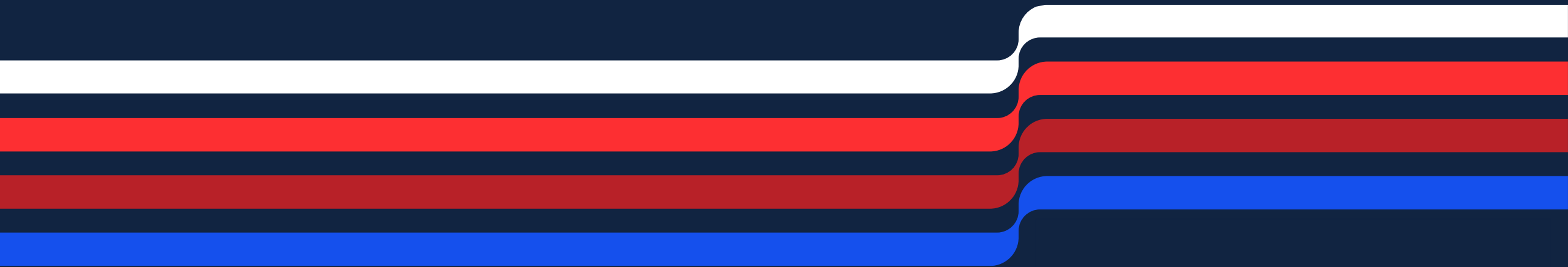


AMERICORPS SENIORS

# Bring Out the Best of America



# What is Senior Companions?

Through the AmeriCorps Seniors program, Senior Companion volunteers keep seniors independent longer and provide respite to family caregivers. Volunteers serve as a friend and companion to older neighbors making sure they can live in their own homes for as long as possible. AmeriCorps Seniors volunteers themselves report better health and longevity having served their community.



# What do Senior Companion volunteers do?

The Senior Companion program focuses on providing assistance and friendship to older adults who have difficulty with daily living tasks, such as shopping, transportation to medical appointments or paying bills. Volunteers may provide short periods of relief to primary caregivers, and will alert doctors and family members to potential problems.



# What are the benefits?

## Intangible:

- Forge new relationships with people in your community.
- Make a difference in the lives of others.

## Tangible benefits for volunteers:

- Modest stipends (\$3 per hour, tax-free, does not affect any income-based programs) to eligible volunteers to help offset the costs of volunteering.
- Training, reimbursement for transportation, and accident and liability insurance during their terms of service.



# Who is eligible to volunteer?

- To serve in AmeriCorps Seniors programs you must be:
  - 55 years and older
- No medical or technical skills required. All you need to know is how to be a friend.
- Must live in Rogers, Craig or Ottawa counties, and pass a background check.



# Who do Senior Companions serve?

Senior Companions serve seniors ages 60 and over who live in Craig, Ottawa or Rogers counties who need assistance on a weekly basis. If you or someone you know would like to make a new friend for life and have a senior volunteer, give us a call



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# Questions?

