

A **Volunteer Site** is a public/non-profit organization or healthcare agency that partners with LSSMN Senior Companion Program to connect volunteers with local older adults in need. Each site has a designated staff member, known as the Volunteer Site Supervisor, that serves as the liaison between the program and older adult community



North Dakota Service Area



Ashley Senior Center – Ashley	701-288-3540
Burleigh Co. Senior Adults Program– Bismarck	701-255-4648
Community Action Partnership– Williston	701-572-8191
Edgewood Vista– Bismarck/Mandan	701-751-5311
Ellendale (LSSMN)	701-205-2690
First Lutheran Church– Bottineau	701-228-2228
Global Friends Coalition – Grand Forks	701-746-8233
Harvey Senior Center– Harvey	701-324-4032
James River Senior Center– Jamestown	701-252-2882
Mercer/McLean Commission on Aging - Hazen	701-748-5739
Milton Young Towers– Minot	701-852-0485
River City Church– Fargo	701-205-2690
South Central Adult Services– Cooperstown	701-789-7155
South Central Adult Services– LaMoure	701-883-5088
Spirit Lake Senior Services– Fort Totten	701-766-1296
St. John Lutheran Church– Dickinson	701-225-5264
Standing Rock Health Admin– Fort Yates	701-854-3846
Three Affiliated Tribes Aging Serv– New Town	701-627-3653
Towner Senior Center – Towner	701-537-5155
Trenton Indian Service Area – Trenton	701-774-0303
Trinity Lutheran Church – Kenmare	701-240-4505
Trinity Lutheran Church– Turtle Lake	701-448-2551
Turtle Mountain Tribal Health Education– Belcourt	701-477-6120
Wahpeton Senior Center – Wahpeton	701-642-3033
Valley Senior Serv. - Cass– Fargo	701-205-2690
Valley Senior Serv. - Ransom/Sargent– Lisbon	701-683-3131

**In-Home, phone, and virtual
Support for Older Adults
Provided by LSSMN**

ND Senior Companions

- *Bringing smiles and laughter*
- *Reducing loneliness and encouraging activity*
- *Empowering older adults to remain independent*
- *Providing respite for family caregivers*

**Please call us for more
information:**

Justine Irakiza, SE ND Program Coordinator
701.205.2690 Justine.Irakiza@lssmn.org

Michelle Griffin, NE ND Program Coordinator
701.230.0759 Michelle.Griffin@lssmn.org

Shannon Nash SW ND Program Coordinator
701.595.6118 Shannon.Nash@lssmn.org

Sonja Mickelson, NW ND Program Coordinator
701.263.1719 Sonja.Mickelson@lssmn.org

**If you or someone you know
might benefit from
connecting with a
companion, please contact a
Volunteer Site in your area!**



WHAT IS THE ND COMPANION SERVICES PROGRAM?

A volunteer program that offers support and friendship to older adults, to promote well-being, help them remain connected, and live in their own homes.

With the support of one-on-one companionship, social recreation, and light help with non-medical tasks, Companions help their clients to remain living independently longer.

WHO ARE THE VOLUNTEERS?

Companions are adults, 55+ years of age, who are pre-screened (background/reference checks) before enrolling into the program. They attend pre-service orientation and are assigned to a Volunteer Station in their area to be matched with local older adults in need. Companions spend 5-40 hours/week visiting seniors and, in exchange for their time, receive travel reimbursement and qualify for an hourly stipend.

WHAT IS THE COST?

Services are provided at no cost to recipients. All donations are welcomed and appreciated.

WHAT CAN I EXPECT FROM A COMPANION?

In addition to visiting and spending quality time with you, Companions may assist with light, non-medical tasks based on their comfort level. Older adults must be actively involved to the greatest extent possible with their Companion in activities that promote independent living. Visits are regularly scheduled and ongoing.

Companions may also provide respite for family caregivers needing a short-term break from their caregiving responsibilities.

HOW IS THE PROGRAM FUNDED?

The program is made possible with the financial support of the Americorps Seniors, United Way, private grants and donations.

WHAT ABOUT TRANSPORTATION?

With preapproval from Program Coordinators, companions may use their own personal vehicle to transport a client for activities that promote independent living (grocery shopping, appts, etc.), but are not required to do so. Companions who drive with clients will complete a motor vehicle record check.

WHAT SERVICES CAN COMPANIONS PROVIDE?*

Social Recreation

- Visiting, talking, active listening
- Playing cards/games
- Crafts/Handiwork
- Reading/Writing
- Support making phone calls
- Assisting with errands



Personal Care

- Hair care/grooming
- Accompanying to/from appointments
- Taking walks and encouraging exercise

Home Management

- Sorting mail
- Filling out forms
- Organizing
- Light gardening or housekeeping



Nutrition

- Meal planning and preparation
- Sharing a meal together
- Assisting with grocery shopping

Information and Advocacy

- Assistance connecting with needed services
- Creating an emergency contact list

Respite Care

- Providing family caregivers with a short break

**Activities are based on the older adult's needs and volunteer's comfort level.*

SERVICES NOT PROVIDED BY SENIOR COMPANIONS:

- Any activities performed by health personnel (e.g., toileting, bathing, wound care, nail clipping)
- Services provided by paid staff
- Loaning/depositing money
- Lifting older adults or heavy objects
- Signing legal documents