



## Volunteer as a Senior Companion

### Consider Becoming a Volunteer Companion Today!

Volunteer Companions are a bridge to fuller, more active lives for older adults in their community!

- Offer assistance with simple household tasks and correspondence
- Provide transportation to medical appointments, grocery shopping, or community events
- Help older adults remain living independently
- Enjoy similar hobbies and activities such as playing cards, going on walks, or just a meal or conversation
- Be someone's **ADVOCATE!**

### Volunteer Benefits

Two programs to choose from:

- Senior Companion Volunteers need to be 55+ years of age.
  - Earn \$4/hr tax – free stipend for senior companion volunteers when serving 10+ hours per week
- Mileage is reimbursed!
- Training and service recognition
- Find purpose and meet new people



Vertical lines for contact information or notes.