The Senior Companion Programs is part of Senior Corps, along with RSVP and the Foster Grandparent Programs. Senior Corps is administered by the Corporation for National and Community Service, the federal agency that improves lives, strengthens communities, and fosters civic engagement through service and volunteering.

Make a Difference In Your Community Today.

It’s a fact older Americans who volunteer frequently live longer and report less disability. (You’ll even receive supplemental insurance while you’re on duty!) Volunteering can also work wonders for your social life and overall outlook.

Giving Back Is Good For You, Too

Older Americans who volunteer frequently live longer and report better health. Volunteering can also lead to more friendships and a more positive attitude.

If I didn’t have a Senior Companion, I would be really lost. When she comes to pick me up, I’m able to do all my errands and accomplish what I need to be home alone. It’s a wonderful bond.

– ME Leithe
Senior Companion Client

Eastern Oregon Senior Companions
Serving: Baker, Grant, Harney, Malheur, Morrow, Umatilla and Union Counties.

Email fgpsc@outlook.com

Visit our local website communitycounselingsolutions.org/foster-grandparents/

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541-276-6074

Giving Back Is Good For You, Too

Friends Are The Best Support.

Just call 800–942–2677
541–276–6074 (local office)

TTY 800–833–3722

Visit our website www.NationalService.gov/SeniorCorps

Facebook facebook.com/NationalService

Twitter @nationalservice

Scan this QR Code to see our website on your mobile device.

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An active group of 35 Senior Companions is serving more than 200 clients of Missoula, Montana. They provide assistance to adult clients to help them live independently in their own homes. Alice McGraw benefits from her time spent with her Senior Companion. “I’m able to run my errands with her and I don’t have to rely on my son who works full time to help me out,” said Alice.

Of the clients served by Senior Companions in Missoula, 99 percent retain their independence, which preserves their personal assets and delays use of Medicaid funds for nursing home placement.

Missoula, Montana

You value your independence. Now you can help other adults in your community remain independent, too. As a Senior Companion volunteer, you’ll join a support network that creates new possibilities and improves the quality of life for adults with physical, emotional or mental health limitations, most of whom are elderly.

As a Senior Companion, you’ll instantly join a network of more than 15,000 people with similar interests and values. You’ll help other adults live fuller, more independent lives. Your time and companionship will enable other adults to remain in their own homes longer, prevent feelings of loneliness and isolation while improving self-esteem, and give time off to families or family caregivers.

Organized for Impact
Through participating organizations in communities across the nation, Senior Companions have provided crucial assistance to older adults since 1974.

These organizations have clear-cut goals, so you could focus on activities that truly preserve dignity and independence, including:
• Supplying transportation to medical appointments.
• Assisting homebound veterans.
• Delivering groceries and preparing nutritious meals.
• Simple chores, such as light housekeeping.
• Connecting clients to additional resources.

We Prepare You For Success
The Senior Companion Program is open to volunteers 55 and over who can serve between 5 and 40 hours a week. You don’t need formal experience just time, compassion and the desire to help.

You’ll receive pre-service orientation and training from the organization with which you will serve. We also offer a tax-free hourly stipend to help cover costs to income eligible volunteers. You’ll even receive supplemental, accident and liability insurance while you’re in service.

“I work with my clients so they can live in their own environment – comfortably, safely, and independently. We’re all working together to keep clients safe and in their own homes.”
– Nancy Jordan, Senior Companion Volunteer

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