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## Who can be a Senior Companion?

- Men & women age 55 and older
- Individuals who are in good health & able to volunteer 5 to 40 hours each week
- People who are committed to serving their community and have a desire to help others in need.

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*“Spending time with others and helping them has filled a void in my life.”*

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## What are the Benefits?

- Tax-free stipend provided to those who meet income guidelines
  - Transportation & meal reimbursement
  - Local placement
  - Flexible hours
  - Monthly training
  - New friendships
  - Gratitude and appreciation from the client and their family.
  - The joy of helping others
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## Senior Companions. . .

- assist other seniors and home-bound adults maintain their dignity of independent living.
- are paired with clients or assigned to volunteer sites in their own local community.
- provide companionship through visiting, playing cards or games, etc.
- provide transportation to appointments, stores, or errands.
- are a connection between the client, their family and friends.
- offer brief relief services for primary caregivers.
- benefit physically, mentally, and emotionally from being needed and staying active.



- The weekly visits by a Senior Companion volunteer are a free service to the home-based adults who have been referred to the program by family, pastors or home health agencies.
- For more information, call the **Senior Companion Program 712-476-2628.**

**You don't need medical or technical skills to be a Senior Companion. All you need to know is how to be a friend.**



## Sponsors and Funding

The Senior Companion Program, through their fiscal sponsor, the Rotary Club of Rock Valley Foundation, is administered by Americorps Seniors. Part of the program expenses are covered with a federal grant received through Americorps.

The Foster Grandparent Program **AmeriCorps Seniors** raises more than 25% of its annual budget each year to meet the match for the federal grant and support the volunteers and the communities served.



AmeriCorps

**Senior Companion**  
of Greater Siouxland program



**AmeriCorps Seniors**

## Donations

Tax deductible donations are gratefully accepted at any time.

As sponsor of the program throughout NW Iowa and a 501(c)(3) non-profit, checks can be written to:

Rotary Club of Rock Valley Foundation  
1510 14th Street  
Rock Valley, Iowa 51247

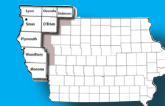
### Website:

[www.rvrseniorvolunteerprograms.org](http://www.rvrseniorvolunteerprograms.org)

**Senior Companion**  
of Greater Siouxland program

1510 14th St.  
Rock Valley, IA 51247  
Phone: 712-476-2628  
Fax: 712-451-6889

313 Cook Street  
Sioux City, IA 51109  
(By appointment-Call  
the Rock Valley Office)



Serving Sioux, Lyon, O'Brien,  
Osceola, Plymouth, Woodbury,  
Monona, Dakota, and Union Counties