



# SENIOR *Companions*

## A UNIQUE PROGRAM TO KEEP SENIORS CONNECTED

### *What does a Senior Companion do?*

Provides companionship in the home of other seniors. Assists with socialization, prepares light lunches, and helps with similar activities.

### *What are the hours?*

Senior Companions can volunteer 5 to 40 hours per week.

### *How do I get started?*

If you are interested, please contact Telespond Senior Services. We'd love to share more details and arrange for you to meet our program director.

### *How do I get to their homes?*

Public transportation is usually used, and you will be reimbursed for your mileage when you use your own car.

### QUALIFICATION CHECKLIST

- Are you 55 years of age or older?
- Is your income under \$29,160 per year?
- Is your household income under \$39,440 per year?
- Are you available 5 hours per week?
- Would you like a tax-free stipend?

Y N

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

### IF YOU QUALIFY, YOU WILL BE ELIGIBLE TO RECEIVE:

- Non-taxable income that does not endanger your Social Security income, PACE, Rent Rebates or other government entitlement programs
- Paid training, vacation time and holidays
- Recognition

*If you answered yes to these questions, this program is right for you!*

Connect with us at 570.961.1950 Monday through Friday from 8 a.m. to 4 p.m.

### EVIDENCE & RESEARCH

When you volunteer, you're not just helping others; you're helping yourself. Volunteering leads to new discoveries and new friends. Plus, studies show that volunteering helps you live longer and promotes a positive outlook on life.

1200 Sagnia Street, Scranton, PA 18505 | Phone: 570.961.1950 | Fax: 570.961.1262

  [SeniorDayServices.org](http://SeniorDayServices.org)



**AmeriCorps**  
Seniors