



# AmeriCorps Seniors

## VERMONT SENIOR COMPANION PROGRAM



*“My senior companion has become a true friend.”*



### **Are you:**

- 55 years of age or older?
- Considered low income according to federal guidelines?

### **Would you like to:**

- Help older adults in your community?

### **Do you have:**

- 10-12 hours per week to support your neighbors?

## MAKE A DIFFERENCE IN YOUR COMMUNITY TODAY.

### **BECOME A VOLUNTEER:**

- Connect with others in a rewarding opportunity
- Make a difference for older adults in Vermont
- Receive a tax-free stipend for your service that does not affect Social Security
- Receive a mileage allowance

### **COMPANIONS PROVIDE:**

- Friendly visits and companionship
- Assistance with daily tasks
- Transportation for errands, appointments, to senior centers
- A walking partner
- Respite for caregivers

**For more information:**

**E-mail: [volunteer@agewellvt.org](mailto:volunteer@agewellvt.org)**

**Phone: 802-662-5249**

**Website: [agewellvt.org/volunteer](http://agewellvt.org/volunteer)**

