

Spotlight on Rhonda Brooks

Rhonda's commitment to service began by serving in the military and watching her mother volunteer with AmeriCorps Seniors for years. Now, she continues to give back and serve others as a Senior Companion. She makes an impact on others by listening and caring for older adults in their homes.

"There are so many seniors that have no one. Just to go and see them makes them feel good. It's the best feeling in the world."

She says they call her "Wonder Woman" because she goes the extra mile in the care she provides. Her favorite part about volunteering is seeing them smile and being happy.

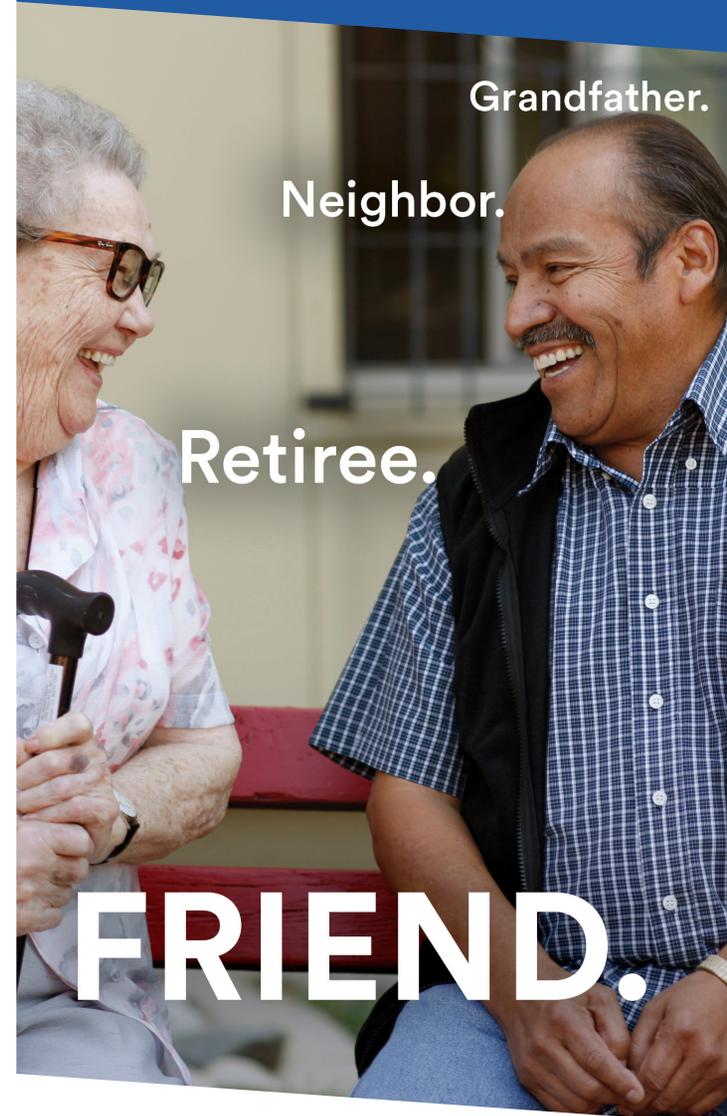


Senior Companion PROGRAM

Grandfather.

Neighbor.

Retiree.



FRIEND.

Share your life experiences

Make a positive difference in the lives of others

Get involved today!

Applications available at
<https://ccswebsite.org/foster-grandparents/>

fgpscpinfo@ccsemail.org

LOCAL CONTACT

541-276-6074



Want to make an impact? Volunteer!

Call (800) 942-2677

TTY (800) 833-3722

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How to Get Started

Determine how many hours you can serve, between 5 and 40 hours a week. Then, talk to a member of our team to decide what kind of role matches your interests. Senior Companions typically focus on:

- Delivering groceries and preparing nutritious meals.
- Finding and supplying transportation for medical appointments.
- Assisting veterans in Veteran Affairs (VA) Medical centers and in program communities.
- Completing simple chores, such as light housekeeping and paying bills.

Find more volunteer opportunities on www.AmeriCorps.gov/pathfinder.

Personal Benefits

AmeriCorps Seniors provides tangible benefits for volunteers. You'll make new friends in your community, discover new passions, and make a difference in others' lives. Plus, volunteers report better health, less loneliness, and longer lives from serving.

No experience in caregiving is required, and you'll receive training from the organization where you'll serve. You may use existing skills, and even develop a few new ones, while meeting people like you, who understand the value of serving others.

Those who are eligible may receive a small hourly payment to make your service experience a win-win for you and those you serve.

We Need Your Experience

Use your experience to make a positive difference in the lives of others. As a **Senior Companion** volunteer, you'll help create new possibilities and improve the quality of life for adults with physical, emotional, or mental health limitations.

Your time and companionship will:

- Enable older adults to remain in their own home and age in place.
- Reduce feelings of loneliness.
- Give family caregivers a break.

