



Senior Companions are volunteers (ages 55+) who are trained by Lutheran Social Service of MN to support older adults in their area. Companions provide dependable transportation to activities, meaningful friendship, and the assistance older adults need to remain living as independently as possible.

Volunteers make a difference by providing weekly visits that keep older adults feeling well – both physically and emotionally.

LSS SENIOR COMPANION

A service of Lutheran Social Service of Minnesota

About LSS Older Adult Services

Lutheran Social Service of Minnesota is a respected provider of services for older adults. We are one of the state's largest nonprofit social service organizations with 2,300 staff serving nearly 100,000 people of all ages in more than 300 communities.



CONTACT US TODAY

to speak with a Senior Companion representative.

877.540.9443

email us at: americorpsseniors@lssmn.org



1605 Eustis Street, Suite 406
Saint Paul, MN 55108

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www.lssmn.org



VOLUNTEER AS A SENIOR COMPANION

Help Seniors Stay Active, Healthy and Independent

www.lssmn.org

SENIOR COMPANION

As a volunteer companion you will:

- Do something meaningful and fun
- Be an ongoing friend, advocate, and resource for an older adult
- Complete specialized training that includes orientation, team meetings, and workshops
- Receive an hourly tax-free stipend plus mileage reimbursement
- You may also receive a meal allowance



How do Companions Provide Support?

Companions usually visit each older adult for a few hours each week and:

- Assist with correspondence and simple household tasks
- Provide transportation to medical appointments, grocery shopping and errands
- Offer encouragement, support, and advocacy to an older adult
- Act as a member of the support team that helps keep older adults healthy and living independently
- Share hobbies and interests such as playing cards

We look forward to partnering with you — the life you change may be your own!

Benefits Include:

- A non-taxable stipend of \$4 per hour (volunteer 10+ hours per week to qualify)
- Reimbursement for travel
- Insurance coverage during regular service hours
- Recognition
- Training
- Making a lasting impact on older adults in their communities

BECOME A COMPANION TODAY

We invite you to join us to make a difference in your community — just contact us to get started and learn more.

877.540.9443

email us at: americorpsseniors@lssmn.org

An LSS staff member will help you complete the application process, including background and driving record checks. Once approved, you will receive the training you need to succeed and be carefully matched with an older adult in your area. Our staff will be available to answer questions along the way.

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