

We believe that companionship is vital to everyone's happiness and well-being.

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Our hope is that nobody lives out their later years feeling alone. Everyone deserves friendship!

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Consider becoming a Senior Companion Program volunteer—the life you change may be your own!



*“The most basic and powerful way to connect with another person is to listen.*

*Just listen.*

*Perhaps the most important thing we ever give each other is our attention.”*

*~Rachel Naomi Remen*

**Senior Companion Program, Inc.**

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## Senior Companion Program, Inc.

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### Volunteer Opportunity

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Do you have **ONE** extra hour per week to be a miracle in someone's life?

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## What is SCP?

Senior Companion Program Inc. (SCP) is a nonprofit 501(3)c organization founded in 1978 by the Racine Dominican Sisters.

The program was founded to alleviate loneliness, enabling older adults to live out their later years with hope, meaning and dignity.

There is no cost to be a part of Senior Companion Program, Inc.

## Why Volunteer?

There are lonely elderly right in our community. These folks are living in their own homes, in senior living apartment complexes, in assisted living facilities, and in nursing homes.

They would *love* someone to talk to!

When our volunteers are matched with a client, they visit that same person every week.

Our volunteers and their companion usually find a common ground quickly, and their relationship builds from there!

You might simply spend an hour in conversation. You might play a board or card game, do a puzzle, read aloud, watch a TV program, have a snack, listen to music, do a craft... the possibilities are endless!

It is important to remember that even though our program members are older now, they weren't always so- and they still have the same interests they've always had!

Our seniors held jobs, had hobbies, had pets, were in the military, played sports, had families of their own, enjoyed music & theater, travelled the world, belonged to churches, civic groups, and more.

They have a lot of experiences to share and stories to tell!

## Volunteer Expectations

We ask our volunteers for a minimum of one hour per week to visit their companion. Day of week and time of day is worked out between the volunteer and the client.

All of our volunteers must pass a background check before being matched with the companion.

We *do not* expect our volunteers to transport their companion anywhere. If a volunteer chooses to take their companion out for a ride, the volunteer *must* have a valid drivers license and proof of car insurance.

Any outing would *not* be under the umbrella of Senior Companion Program, Inc.

SCP volunteers *do not* provide medical care, personal care, assistance with finances, house cleaning, cooking, or any other type of home, health, or personal services.

*Just a little chat with someone elderly can be the most generous act of kindness they've had for years. Do you have a few minutes of your time to give?*