

FOR IMMEDIATE RELEASE 2/12/07

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Senior Companion volunteers needed

In Our Family's Senior Companion program, low-income volunteers over age 60 provide companionship, transportation and help with daily living tasks to homebound seniors and adults with disabilities.

It's hard to say who benefits most – the clients, whose quality of life improves as they feel less isolated, or the companions themselves. Our current volunteers, who range in age from 64 to 91, say helping others enriches their lives and helps them work through their own aches and pains.

In return for their service, Senior Companions receive a stipend of \$2.65 an hour, accident and liability insurance, reimbursement for approved transportation and meals on-duty, and monthly training. Volunteers must be physically able and willing to volunteer approximately 20 hours a week and have strong English skills. For more information, call (520) 323-1708 ext. 240.

Our Family provides a continuum of services to at-risk children, youth, families, seniors and neighborhoods in four main areas – counseling, education & prevention, homeless youth, and services to older & disabled adults. For more information, please visit our website at www.ourfamilyservices.org.

The Senior Companion program is part of Senior Corps, a network of national and community service programs that each year supports the engagement of nearly 500,000 Americans age 55 and older in service in education, public safety, the environment, homeland security and other areas.

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