

# Become a Senior Corps Volunteer:

*because* Doing Good  Good for You



Corporation for National & Community Service-The Health Benefits of Volunteering: A Review of Recent Research, May 2012  
[www.nationalservice.gov/pdf/healthbenefits\\_factsheet.pdf](http://www.nationalservice.gov/pdf/healthbenefits_factsheet.pdf)



**AmeriCorps**  
**Seniors**

**FOSTER GRANDPARENTS** **RSVP** **SENIOR COMPANIONS**  
Share Today. Shape Tomorrow. Lead with Experience. Make Independence a Reality.

[weberhs.net/volunteer-services](http://weberhs.net/volunteer-services)

or state-wide at [utahseniorcorps.org](http://utahseniorcorps.org)

## A Senior Companion is...



**...someone they count on.**

### Senior Companions provide:

- Weekly visits to older frail adults
- Assistance with day-to-day tasks, like grocery shopping, errands, and Dr's appointments
- Companionship
- Encouragement to stay active
- A listening ear

### Senior Companions must be age 55 or older and may receive:

- Monthly tax-exempt stipend
- Mileage and meal reimbursements
- Volunteer insurance
- Training

But the greatest reward is the gratitude of the people you will help.

**Call: 801-625-3774**

## RSVP volunteers:

- Serve at local non-profit organizations such as; food banks, shelters, housing complexes, senior centers, wildlife centers, historical museums, schools and more.

### RSVP volunteers must be 55 or older and receive:

- Volunteer insurance
- Mileage reimbursement
- Recognition events

**Call 801-778-6897**



## A RSVP volunteer is...



**...building a strong community**

## A Foster Grandparent is...



**...a mentor, friend, tutor**

### Foster Grandparents are:

- Tutors to children who are struggling in reading and math
- Serve in local schools
- Assist with basic reading, math and social skills
- A caring adult to a child in need

### Foster Grandparents must be age 55 or older and may receive:

- Monthly tax-exempt stipend
- Mileage and meal reimbursements
- Volunteer insurance
- Training

But the greatest reward is in helping a student succeed in their education.

**Call 801-625-3782**