Become a Senior Corps Volunteer: Corps Volunteer: Corps Volunteer: Corps Volunteer: Corps Volunteer:



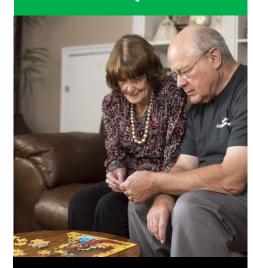
Corporation for National & Community Service-The Health Benefits of Volunteering: A Review of Recent Research, May 2012 www.nationalservice.gov/pdf/healthbenefits_factsheet.pdf



weberhs.net/volunteer-services

or state-wide at 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



