

# Volunteers Needed to Support Seniors in our Community

The People Inc. Senior Companion Program assists older adults who have difficulty with daily living tasks so they can retain their independence. Seniors who receive assistance gain quality support and will find opportunities open to them with the help of a supportive companion. The program is currently recruiting for additional companion volunteers who want to make a difference in the life of another senior.

Companions assist participating seniors in activities such as: grocery shopping and errands, light cooking, housekeeping, reading, processing mail, alerting doctors and family members to potential problems and providing a break for caregivers. Volunteers provide in-home support to seniors in Erie county.

The volunteers gain a lot, too. "It gives me something to do and a chance to meet great people," said Gene Herzog, People Inc. Senior Companion who lives in Eden. "I help people get active and it's a great feeling that I make an impact," said Herzog, who has been volunteering since 2015.

The program matches qualified volunteers with participating seniors age 55 or over who live independently that may benefit from social contact and assistance. Volunteers, also age 55 or older who live in Erie county, are screened and serve 15 to 40 hours per week. They receive pre-service orientation and training and must pass a physical exam and background check. Volunteers are also reimbursed for travel and meals and may qualify to earn a tax-free hourly stipend.

To become a Senior Companion volunteer or to enroll a loved one to receive services, call 716-768-2381.