



Senior Companion Program

LifeWise STL is the sponsor agency for the **Senior Companion Program** in the St. Louis region. This program is part of the Senior Corps, a United States government agency under the authority of the Corporation for National and Community Service. Its mission is to provide aid to senior citizens in communities while promoting a sense of community.

The Senior Companion Program provides individuals age 55 years or older, who meet set program guidelines, with meaningful volunteer opportunities in their community. Through home and community visits, Senior Companion volunteers help isolated and frail older adults maintain the highest possible level of independent living. Companions can provide short periods of relief (respite) to family caregivers, enabling them to take a break or run errands. This program keeps many older adults out of institutions and in touch with their community.

Suggested Donations

- puzzles (large piece)
- crayons (large)
- playing cards
- dice games
- dominoes
- bananagrams
- large-print books
- word searches
- adult coloring books
- colored pencils
- bingo cards
- crazy eights
- two-pocket folders (plain)
- lightweight exercise bands
- magnifying glasses
- bird feeders
- small pots & seeds for indoor gardening
- greeting card sets with stamps
- memory journals
- daily quote desk calendars
- lap desks
- non-skid socks