



Senior Companion Program

LifeWise StL is the sponsor agency for the Senior Companion Program in the St. Louis region. This program is part of AmeriCorps Seniors, the national volunteer organization. Its mission is to improve lives, strengthen communities, and foster civic engagement through service and volunteering.

The Senior Companion Program provides meaningful volunteer opportunities to individuals age 55 years or older. 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