



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.

Wish List

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

Contact Us

To ensure that your donation is directed to your desired program, please reach out to Samantha Ferguson Knight, Director of Senior Programming, at sknight@lifewisestl.org or 314-627-1242 prior to donating. Thank you!