

# Make giving back your second act.



Utilize your lifetime of experience, knowledge and skills to inspire other generations, drive change, and make an impact in your community.



**The greatest gift we  
can give, is the gift of  
ourselves.**

For more information or  
an application packet

Please call

Senior Volunteer  
Programs Specialist

**(575) 439—4150**



## AmeriCorps Seniors

You may also stop by the

**Alamo Senior Center  
2201 Puerto Rico**

In person

To visit and get more

Information.



### Alamo Senior Center Volunteer Programs





### **What is a Foster Grandparent?**

A Foster Grandparent is someone who provides school children with wisdom and support.

Foster Grandparents work under the guidance and supervision of public and private school teachers and principals.

### **Activity Examples**

- Helping preschool children prepare for elementary school
- Tutoring/practice skills with a struggling student, such as basic addition, alphabet, letter sounds, etc.
- Reading a story to a second grade class
- Penmanship practice
- Vocabulary flashcards
- Providing emotional support to children

## **Requirements**

Must be 55 years or older

Available to volunteer 5 to 40

Hours per week

Put others first

Have patience

Love others

## **Benefits**

Modest stipend of \$4.00 per hour for those who qualify.

Meal and Mileage reimbursement for those who qualify.

Pre-Service and ongoing monthly in-service training.

Complimentary secondary liability insurance

Amazing feeling of giving back to the community.



### **What is a Senior Companion?**

A Senior Companion is someone who provides assistance, compassion, support, and friendship to homebound seniors who are frail, disabled, or terminally ill.

### **Activity Examples**

Providing companionship and friendship to isolated adults. (socialization)

Assisting with simple chores

Providing transportation for client (e.g. to a doctor appointment)

Preparing a snack for a client.

Helping client with grocery shopping.

Helping client sort their mail, letters, and bills.

Encourage exercise, taking walks with client.

Provide short periods of relief to primary caregivers.