

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



SENIOR COMPANION PROGRAM

Make Independence a Reality

If you are 55 years old and over and want to share your compassion and experience, you may have what it takes to become a Senior Companion. It's that simple!

- Strengthen and help preserve an individual's independence.
- Give families and caregivers much needed time off.
- Your kindness can create life-changing possibilities.
- Provide companionship, respite and support.

A Senior Companion....

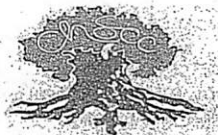
- Must serve 15-40 hours a week.
- May qualify for a tax-free, hourly stipend plus transportation reimbursement.
- Will receive pre-service orientation with trained professionals before joining the program.

When you volunteer, you're not just helping others – you're helping yourself!

Studies show that volunteering helps you live longer and promote a positive outlook

Contact us for an application and make a difference in your community today!

Senior Companions covers all 5 boroughs.



For more information, please call Ms. Stuckey- 212-926-487 Sign up in office.

IF INTERESTED PLEASE COME TO ORIENTATION ON TUESDAY, SEPTEMBER 9TH

FROM 11:30 A.M. TO 12:30 p.m.