



**Become a Senior Companion and make a difference in the life of a neighbor in need!**

**Are you 55+ and limited in income?**

**Volunteer to help others stay independent, too!**

Earn a \$2.65 per hour untaxable stipend, mileage and meal reimbursement for your time helping home-bound seniors and people with disabilities.



Health, Housing  
& Human Services   
CLACKAMAS COUNTY

**Volunteering leads to new discoveries and new friends, plus studies show it helps you live longer and promotes a positive outlook on life!**

Give as little as 5 hours or as much as 40 hours per week helping adults remain independent while living in their own home.

Volunteers help ease loneliness and isolation by visiting their clients weekly to play games, watch movies, schedule appointments, or go to the local community center for lunch or activities.

You will receive training, stipends, meal allowance, mileage reimbursement, and recognition for your important contribution.

**See if you qualify and learn more at**

**<https://www.clackamas.us/socialservices/companions.html>**

**or call 503-650-5796 today!**