



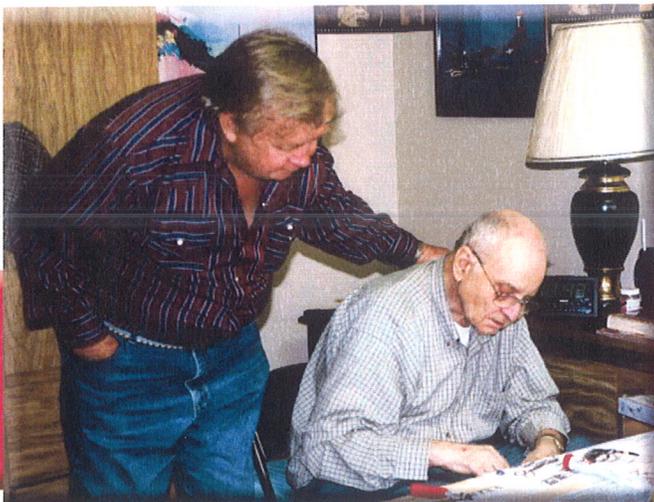
Attention: Hawarden Seniors!

Here's a volunteer opportunity
that gives back to the
community and yourself!

For Volunteering,
you receive these benefits:

- *Free transportation*
- *Annual physical*
- *Volunteer locally*
- *Monthly stipend
if income eligible*
- *Flexible schedule*
- *Friendship*

Senior Companion volunteers serve a vital function in our community by providing friendship, understanding, and assistance to home-based adults. Many Senior Companions have discovered that no role could be more fulfilling than helping others improve their quality of life and maintain their independence. Senior Companions are volunteers, age 55 and older, who enjoy lending a hand, ear, and heart to other adults. Services may include reading, playing games, visiting, running errands, offering respite for families and just being a friend.



Senior Companion program

For more information, contact:

Senior Companion Program

1510 14th Street

Rock Valley, Iowa 51247

Phone: 712-476-2628