

Volunteers 4 Seniors



**Help an Older Adult Stay Independent at Home.
Volunteer to help in one of these ways:**



Shopping Assistance. Take a senior shopping or shop for them from their list.



Escort Transportation. Take a senior to the doctor, dentist or to visit a sick friend.



Advocacy and Paperwork. Help sort and organize mail or complete paperwork.



Friendly Visiting. Chat with an older adult. Play cards, drink coffee or have lunch.

A few hours of your time each month can make a big difference in the life of an older adult. **Volunteer now!**
New friends come in all ages.

**To get started: Call - Kathy Cox
(269) 382-0515 - ext. 127**

Senior Services
Celebrating 50 Years  Southwest Michigan
Volunteer Services