

*FIND YOUR FIT!*

# A VOLUNTEER OPPORTUNITY FOR EVERYONE



## **INDIVIDUALS OF ALL AGES:**

### **Friendly Visitors**

Volunteers make friendly visits to nursing home residents and play games, have parties and help residents know they are cared about and not forgotten.

- All ages (under 18 must be supervised by an adult)
- Individual or group opportunities
- Criminal background checks may be required
- Service area is Dallas County only

### **Certified Ombudsman**

Volunteers serve as certified ombudsmen and address issues in nursing homes or assisted living facilities that affect quality of care and quality of life of residents.

- 18+
- Must be willing to go through pre-service training, criminal background check, conflict of interest check
- Serve one hour per week as well as attend monthly in-service meetings
- Service area is Dallas County only

### **Money Management**

Volunteer to help through our Elder Financial Safety Center to assist older adults still living independently who need help with budgeting, finances, bill paying, etc.

- 18+
- Must be willing to go through pre-service training, criminal background check, and serve one to two hours per month
- Attend monthly in-service meetings
- Service area is Dallas and Collin County

### **Life Enrichment**

Volunteer to visit our Guardianship clients and enrich their lives with activities and engagement for them to feel less lonely.

- 21+
- Must be willing to go through pre-service training, criminal background check, and serve twice a month
- 1-year commitment to individuals

### **Questions about getting started?**

Contact Gretchen Feinhals, Director of RSVP Volunteer Program,  
at (214) 525-6122 or [gfeinhals@theseniorsource.org](mailto:gfeinhals@theseniorsource.org)



## **INDIVIDUALS WHO ARE 55+:**

*Volunteer your time through our  
AmeriCorps Seniors Volunteer Programs*

### **RSVP – A Network of Volunteers 55+**

Volunteers make a difference through a variety of ways from mentoring to helping in a food pantry, and more.

- Must be 55+
- Volunteer once a year or every day - from community gardening, usher at a theater production, to educating the community about Medicare fraud prevention
- In-person and work-from-home opportunities available
- Serve with programs at The Senior Source or with any one of our 40 partner organizations in the area, depending on your interest

### **Foster Grandparent**

Volunteers provide one-to-one mentoring and tutoring to children to help improve their education outcomes. These volunteers share their love, wisdom, and skills to help children succeed in school and life. They serve in settings like childcare centers and elementary schools.

- Must be 55+
- Meet income criteria
- Be willing to go through pre-service training, criminal background check, interview and reference check and attend monthly in-service training
- Volunteers receive a small hourly stipend for volunteer service
- Volunteer for 15-40 hours per week
- Enjoy working with children

### **Senior Companion**

Volunteers are companions to older adults and provide respite to family caregivers. Many volunteers and the older adults they assist become close friends.

- Must be 55+
- Meet income criteria
- Be willing to go through pre-service training, criminal background check and reference check, attend monthly in-service training
- Volunteers receive a small hourly stipend for volunteer service
- Volunteer for 10-40 hours per week

### **Questions about getting started?**

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at (214) 525-6122 or [gfeinhals@theseniorsource.org](mailto:gfeinhals@theseniorsource.org)