



Pictured above: Elisa Stutheit, Senior Companion Program Director, June Pederson, Director of the Lincoln Area Agency on Aging, Corrie Kielty-Wesley, Director of St. Monica's, Michelle Hawco, Community Support of St. Monica's and Lynette Carr-Girmus Senior Companion Program Field Supervisor.

Senior Companion Program Partners With St. Monica's

St. Monica's and the Senior Companion Program at the Lincoln Area Agency on Aging began a partnership matching Senior Companion volunteers with women from St. Monica's programs. Companions will strive to support the women of St. Monica's programs via basic life skills, friendship and fellowship through normal daily activities.

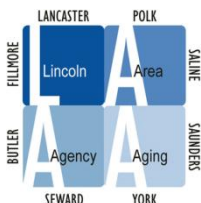
Support may include knitting and crocheting lessons, homemaking resources, home and car maintenance instruction. Most people take for granted the skills it takes to make our lives calm and successful. The Senior Companion volunteers have years of experience they are willing to share as they build strong relationships and support systems with the women of St. Monica's.

St. Monica's is a behavioral health treatment organization dedicated to serving women. St. Monica's doesn't change lives ... they give women a safe place and the skills they need to change their own lives.

The Senior Companion Program began in Lincoln and Lancaster County and the seven outlying counties in 1989 and is a part of the Lincoln Area Agency on Aging. LAAA has been matching needs with volunteers for over 35 years. This year, the Senior Companion Program was expanded to match seniors with anyone over the age of 21. Currently the Senior Companion Program serves more than 200 older adults within the eight county service area.

The enthusiasm for this new program by the staff at St. Monica's is exceptional and the success of this program will be reflected by the many women served by the Senior Companions.

For more information on becoming a Senior Companion volunteer, please contact: Lincoln Area Agency on Aging, ATTN: Senior Companion Program, 1005 "O" Street, Lincoln, NE 68508-3628, phone: **402-441-7026**, or visit lincoln.ne.gov, keyword: AGING, choose "Volunteer!" and scroll to the Senior Companion Program.



Lincoln Area Agency on Aging Senior Companion Program

402-441-7026

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