

44 Holland Avenue  
Albany, NY 12229-0001



## Become a Part of Something Special Senior Companion Program



**(866) 946-9733 | NY Relay System 711**

**[www.opwdd.ny.gov](http://www.opwdd.ny.gov)**

### Being a Senior Companion

A Senior Companion has much to give and to others impart—

Willing hands and a loving heart

There are those who need a helping hand  
Others only need someone to be kind and to understand

Someone may need only a word that's kind  
Another may want something or someone to challenge their mind

Yet, a Senior Companion may need only to listen

Giving a word of cheer, to bring a smile,  
Or watch someone's eyes glisten  
Sometimes one may want to go for a walk  
Or may be lonely and just want to talk—  
Or be near you because they know you care  
Just knowing that someone's by their side—  
Just there

And Senior Companions have their rewards too  
For all that is given to others  
always returns to you

*By: Senior Companion Evelyn VerDow Hayslett*

### Senior Companion Program

The NYS Office For People With Developmental Disabilities' Senior Companion Program is an outstanding program that partners New York State seniors with adults with developmental disabilities. The Senior Companion Program offers adults with developmental disabilities:

- Greater community inclusion
- A helping hand when needed
- Socialization opportunities
- A chance to fine-tune their daily living skills
- A valued friendship

Senior Companions aren't staff, or program aides, but people who are willing to offer support and friendship to adults with developmental disabilities.

### Is becoming a Senior Companion right for you?

#### Senior Companions must:

- Be at least 55 years old
- Be able to volunteer 15-40 hours per week
- Be income eligible
- Love to help people

Senior companions don't need medical or technical skills, only a willingness to share their time and talents.

#### Benefits:

Along with the satisfaction of knowing you're making a difference, Senior Companions receive:

- A tax-free stipend
- Paid vacation, sick leave and other benefits
- A daily meal allowance or a meal
- Transportation or mileage reimbursement
- Pre-service and on-going training





*"This program has added meaning to my life. It gives me something to look forward to everyday."*

Janet Batton, Long Island DDSO

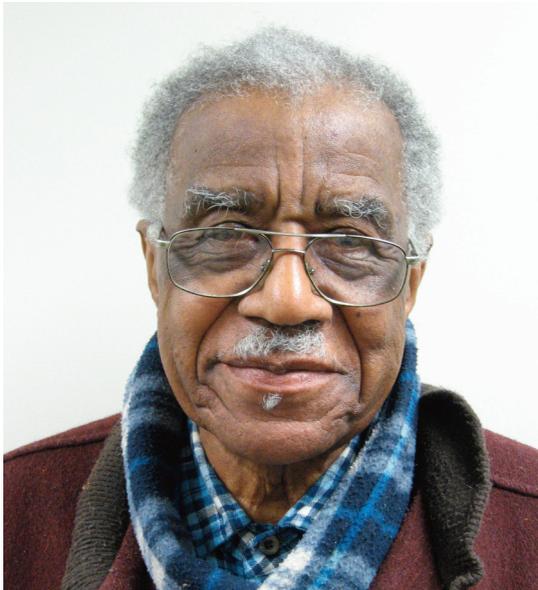
*I have been a Senior Companion for almost twenty (20) years and it is very rewarding. I look forward each day to putting puzzles together, mingling and just being there for the individuals."*

Erma Jacobs, Finger Lakes Craig DDSO



*"I love that I can give individual attention to the people in my classroom. I feel that some days I get more from the individuals than I give to them"*

Lorraine Winans, Broome DDSO



*"I like being with the individuals and sharing what I know with them."*

Rapha Johnson, Central, NY DDSO



*"I like helping people. Being part of the individuals lives, helps me. It makes me aware of what I didn't know 15-20 years ago. People are important!"*

Leroy Johnson, Central, NY DDSO

**For more information** about this program, contact OPWDD's Senior Companion Program at (518) 486-6697, or at one of the Senior Companion Program offices listed below.

- Brooklyn** .....(718) 642-6279  
Serving Kings County
- Capital District** .....(518) 581-3074  
Serving Albany, Fulton, Montgomery, Rensselaer, Saratoga, Schenectady, Schoharie, Warren and Washington Counties
- Rome** .....(315) 339-0110, Ext. 511  
Serving Herkimer, Lewis, Madison and Oneida Counties
- Syracuse** .....(315) 473-5034  
Serving Cayuga, Cortland, Onondaga and Oswego Counties
- Broome** .....(607) 240-4564  
Serving Broome, Chenango, Delaware, Otsego, Tioga and Tompkins Counties
- Craig** .....(315) 331-1700 Ext. 2427  
Serving Chemung, Livingston, Schuyler, Steuben and Wyoming Counties
- Monroe** .....(585) 461-8884  
Serving Monroe County
- Newark** .....(315) 331-1700 ext. 2427  
Serving Ontario, Seneca, Wayne and Yates Counties
- Hudson Valley** .....(845) 947-6198 Ext. 6198  
Serving Orange, Rockland, Sullivan and Westchester Counties
- Long Island** .....(631) 326-4441  
Serving Nassau and Suffolk Counties
- Sunmount** ..... (518) 359-4481  
Serving Clinton, Essex, Franklin, Hamilton, Jefferson and St. Lawrence Counties
- Taconic** .....(845) 877-6821 ext. 3987  
Serving Columbia, Dutchess, Greene, Putnam and Ulster Counties
- Western** .....(716) 608-2754  
Serving Allegany, Cattaraugus, Chautauqua, Erie, Genesee, Niagara and Orleans Counties

**Program Information** is also available through OPWDD's toll free Information Line at (866) 946-9733 voice, or NY Relay System 711; OPWDD local DDSOs; or at OPWDD's Web Site, [www.opwdd.ny.gov](http://www.opwdd.ny.gov).

This brochure is published by the OPWDD Communications Office, located at 44 Holland Ave., Albany, N.Y. 12229.

**If you're interested in becoming a Senior Companion, or just want to find out more about this rewarding and important program, please fill out the following form and mail it to us. We'll be glad to tell you all about it.**

**Yes, I'm interested in being a Senior Companion.**

**Please send me more information about the program.**

**Please Print**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

ZIP: \_\_\_\_\_

Phone Number: \_\_\_\_\_

**For privacy, please tear off and mail in an envelope to:**

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