



## VOLUNTEERS ARE OFFERED:

Pre-service orientation, monthly training, an annual physical, supplemental insurance, a small stipend, assistance with meals and transportation costs, and the joy of knowing you are making a difference in your community.

### Do I Qualify?

You can be a volunteer if:

- You are over 55 years of age
- You are available between 15 - 40 hours per week
- You have limited income
- You love to help your neighbors or love to work with children

The Foster Grandparent Program and Senior Companion Program are available in Rio Arriba, Mora, San Miguel, and Guadalupe counties.

For more information contact your local Economic Empowerment Office in your area.

MAIN OFFICE:  
5101 COPPER, NE  
ALBUQUERQUE, NM 87108  
505-265-3717

1103 NATIONAL AVE.  
LAS VEGAS, NM 87701  
505-454-3484

1302 CALLE DE LA MERCED  
SUITE A & B  
ESPAÑOLA, NM 87532  
505-753-7181

[www.helpnm.com](http://www.helpnm.com)



**HELPNM**

FOSTER  
GRANDPARENT  
AND SENIOR  
COMPANION  
PROGRAMS  
(FGP & SCP)





## SENIORS OFFER CHILDREN

- Loving, non-threatening, one-to-one relationships and mentoring
- Emotional support and a family atmosphere
- Assistance in learning or improving socially acceptable behavior
- Tutoring

## FOSTER GRANDPARENT/SENIOR COMPANION PROGRAMS

There is so much that senior citizens have to offer, especially to those in need of positive and caring role models. Depending on your skills, life experience and interests, there are multiple ways for seniors to get involved.

The Senior Companion Program allows volunteers to work with fellow seniors in an effort to assist them to maintain their independent living situation. This program's main focus is on those members of our communities who have developmental disabilities and special needs. It is incredible what friendship

with ones' peers can do to foster independence and self-sufficiency.

For senior citizens who are interested in working with children, the Foster Grandparent Program provides an invaluable service to schools and families across New Mexico. Senior volunteers work to help children develop the skills, confidence and strength to succeed in life. These volunteers, under the guidance of teachers and administrators, pass on the skills they have learned as they mentor children of all ages.

## VOLUNTEERS OFFER SENIORS

- Assistance with important daily tasks
- Encouragement to remain active
- A helping hand to make sure they take their medications
- Guidance when extra care or safety is a concern
- Assistance with grocery shopping and other daily tasks necessary to maintain independence
- Ability to continue living at home independently for less cost