

## ***Srs. helping srs.***

Action For Eastern Montana, headquartered in Glendive, coordinates the Senior Companion Program in 14 counties.

Senior Companions touch the lives of adults who need extra assistance to live independently in their own homes or communities.

They serve frail older adults, adults with disabilities, those with terminal illnesses, and offer respite care for caregivers. They assist their clients in basic ways such as offering companionship and friendship to isolated and frail adults.

The dual purpose of the program was to create part-time stipend volunteer community service opportunities for low-income people 60 years of age and older, to provide supportive person-to-person service for the elderly and other adults.

Any questions or you want to be a Senior Companion please contact Toni Goroski, Senior Companion Program Coordinator at Action for Eastern Montana, 406-377-4564 or [t.goroski@aemt.org](mailto:t.goroski@aemt.org)