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Applications Due June 5 for Senior Companion Program Volunteers
Program Provides Sense of Purpose and Connection to Community

(OKLAHOMA CITY) – Sunbeam Family Services seeks volunteers age 55 and above who are passionate about serving senior adults through Sunbeam’s Senior Companion program. With the goal of helping seniors stay in their home for as long as possible, Senior Companions provide quality, in-home support and companionship to individuals who cannot afford nursing home care.

Senior Companion support may include; light housekeeping, errands, doctor’s appointments and playing games. Volunteers are able to give back to the community while providing companionship for another senior adult who may be homebound due to illness or age.

Senior Companions receive in-depth, monthly trainings that focus on practical subjects, such as home safety, dental services and caregiver tips. Trainings also consist of health-focused subjects including diabetes, Parkinson’s and Hospice care.

When Dorothy Smith turned 65 and retired, she felt that she had too much time on her hands. She learned about Sunbeam’s need for Senior Companion volunteers and knew she would be a good fit.

“This program has been so good to help me stay mentally sharp,” said Dorothy, a Senior Companion for nearly 20 years.

Sunbeam’s Senior Companion program is a win-win-win as it provides purpose for the volunteer companion, reduces isolation for the homebound senior and offers relief from around the clock duties for caregivers. Sunbeam’s Senior Companion program improves quality of life for both the client and volunteer.

To apply for Sunbeam’s Senior Companion program, visit sunbeamfamilyservices.org/seniorcompanion or call Marien at 405-609-8930. Applications are due June 5 at 5 p.m. and orientation training will take place June 10 through June 13 from 9 a.m. to 3 p.m. Applicants must be 55 and older and volunteer between 15 and 40 hours per week. Applicants must also pass a health screening and background check.

Sunbeam’s mission is to provide people of all ages with help, hope, and the opportunity to succeed through Early Childhood, Foster Care, Counseling and Senior Services. Last year, nearly 15,000 Oklahomans benefited from Sunbeam’s services.

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About Sunbeam Family Services

Founded in 1907, Sunbeam Family Services is one of Oklahoma’s longest serving nonprofits and is one of the original United Way of Central Oklahoma Community partners. Sunbeam’s mission is to provide help, hope and the opportunity to succeed to people of all ages and all stages of life in central Oklahoma through Early Childhood, Counseling, Foster Care and Senior Services. To learn more, call 405-528-7721, visit sunbeamfamilyservices.org, or join the conversation on Facebook, Twitter and Instagram.