**Become a Foster Grandparent or Senior Companion!**

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The Opportunity Alliance has meaningful volunteer opportunities available for adults 55 and older in Southern Maine. **Foster Grandparents** are placed in schools and child development centers to support school readiness and academic achievement of children. **Senior Companions** make independence a reality for isolated elders by visiting clients in their homes and providing transportation assistance for doctor’s appointments and/or grocery shopping.

Volunteers who commit to a minimum of 15 hours/week and meet generous income guidelines, receive a tax-free stipend, mileage and meal reimbursement. All volunteers receive ongoing training, recognition, and supervision.

We are also accepting referrals for individuals interested in having a Senior Companion provide socialization and local transportation.

To learn more about becoming a volunteer or client, please call **207-773-0202** or toll-free at 1-800-698-4959.