

ACTIVE. HEALTHY. INDEPENDENT.

Make a difference as a caregiver volunteer!

For family caregivers to be successful, it's important that they have some time to care for themselves too. **At Lutheran Social Service of Minnesota (LSS), we are seeking AmeriCorps caregiver volunteers to visit older adults a few hours each week.** This allows family caregivers time to run errands, rest and recharge.

WHAT YOU WILL DO

Volunteers ages 17+ visit with older adults, at their homes and in the community, to provide friendship and support. During visits you may play games, go for a walk, assist with light household activities, drive to a doctor's appointment or run errands.

You'll receive training and no prior experience is required. Visit times are flexible and can be adjusted to fit your schedule. To qualify, you will need a reliable vehicle and to pass a standard background check.

VOLUNTEER BENEFITS

- Meet new people, share hobbies and make a positive impact on your community!
- Earn \$200 monthly living allowance
- Receive a \$1,600 education grant after 450 hours (about 10 hours/week). Use it to pay for tuition, pay off student loans, or give it to a child or grandchild if you are 55+!

CONTACT US TODAY

To learn more or get started, please contact Regional Manager
Laura Rasmussen at **218.220.7517** or **Laura.Rasmussen@lssmn.org**

*The Legacy Corps for Veterans and Military Families is funded through the Corporation for National and Community Service (CNCS) as an AmeriCorps project and is administered through Arizona State University College of Public Service and Community Solutions-Center for Urban Innovation.



CAROL, LEFT, AT HOME
WITH VOLUNTEER RENEE

★ This program supports military veterans and their families.

Heartfelt Care and Support

Dee became an instant caregiver after her father Donald passed away. Her mother, Carol, was experiencing memory loss from dementia and the family knew that she was not safe living at home alone. Dee quickly moved up to Brainerd to provide 24/7 care, but missed her own family and the life she left in Minneapolis.

With regular check-ins and support from LSS Caregiver Support and Respite in place, Carol was able to move to an assisted living apartment. This allowed Dee to move back to Minneapolis and be close to her family.

Renee is the extraordinary volunteer who greets Carol with a smile every Monday. Her kindness and help allow Carol to remain as independent as possible at age 84. The visits also provide peace of mind to Dee.

Caregiver Respite is a service that is customized to each person. "We do the grocery shopping, take a walk, fill the bird feeder, or sometimes go out to lunch," said Renee. Carol loves puzzles so we'll do things like that together."

Dee, Carol and Renee have unique and special relationships. They now consider each other family. Renee says, "When I think of Carol, I think of 'Mom Carol'. I feel close to them and connected to them."

"I really care about what happens in their lives, and I'm glad to be a part of that."

~Renee, Caregiver Respite Volunteer