



Senior Companions

Lutheran
Social Services
of North Dakota

More than 100 volunteer Senior Companions offer free assistance with everyday activities to frail older people—valuable services that help seniors remain living independently in their homes as long as possible. A social ministry program of Lutheran Social Services of North Dakota, Senior Companions annually serves 770 seniors in 38 counties across the state.

Do you know someone who can benefit from in-home services from a Senior Companion?

Regular visits by volunteer Senior Companions help people live independently by providing free services to those who:

- Live alone and need assistance with daily activities;
- Need help recuperating from a hospital or nursing home stay; or
- Need respite care for family caregivers.

Income is not a factor in determining need; however, disability and availability of other assistance are considered.

For more information on receiving assistance from a Senior Companion, call 1-800-450-1510 or visit the website at www.lssnd.org.

Who can serve as a Senior Companion?

The need is great, and persons are eligible to become a volunteer Senior Companion with stipend pay if they are age 55+, meet low income guidelines and are able to serve at least 15 hours per week.

Most Senior Companions find that the greatest benefits of serving are the personal satisfaction from helping appreciative clients as well as the friendships that develop with other Senior Companions.

In addition, Senior Companions receive mileage reimbursement or transportation provided, paid training, accident insurance while on assignment and other benefits that are not taxable and do not reduce any other government assistance.

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Guided by God's love and grace, Lutheran Social Services of North Dakota brings healing, help and hope.

Donate online at www.lssnd.org

Social Ministry through Community Outreach Services

- Feed the hungry
Great Plains Food Bank collects and distributes food to more than 250 food pantries, homeless shelters and charitable feeding programs across North Dakota
- Respond to needs following a disaster
Lutheran Disaster Response provides help before and after a disaster through training, recovery response and volunteer management.
- Help refugees start a new life
New American Services resettles approved refugees and helps them become self-sufficient.
- Offer assistance to help the frail elderly remain living independently
Senior Companions volunteers annually serve more than 750 seniors who need weekly assistance to continue living in their own homes.
- Provide affordable housing options
Lutheran Social Services Housing works with congregations and communities to identify housing needs and provide solutions that support community vitality.

Social Ministry through Early Childhood and Youth Services

- Find loving homes for adopted children
Adoption Option facilitates adoptions and offers pregnancy counseling .
- Connect working parents to quality child care
Child Care Resource and Referral also provides training and support to caregivers.
- Help new parents build healthy families
Healthy Families is a voluntary family support service that helps at-risk parents create a healthy, nurturing home for their new babies to prevent child neglect and abuse.
- Steer at-risk teens toward positive activities
Day Report is an after-school program that provides supervision, structure and educational assistance to teens age 14-17 who have a history of delinquent offenses.
- Attend to youth who have been taken into custody
Attendant Care is a short-term alternative to jail or a detention center for juveniles awaiting court intervention or parental pick-up.
- Bring the teen offender and victim together to resolve problems
Restorative Justice provides Accountability Conferences and where youth offenders and the victims of their crimes agree on how to repair the harm done.
- Keep troubled youth on track
Tracking pairs troubled youths with an adult mentor.
DIVERT is an early intervention program that works with at-risk youths.

Social Ministry through Mental Health Services

- Counsel families of at-risk children
Family Based Services provides intensive in-home counseling to families in which one or more children are at risk of being placed outside the home.
- Give emotionally troubled teens a place where they can get a new start
Luther Hall serves youth age 10 to 18 who have been diagnosed with a psychiatric disorders and need 24-hour care and treatment in a residential setting.
- Stop the cycle of domestic violence
Freedom from Violence offers programs to help perpetrators of domestic violence respond in a more respectful way and express their anger appropriately.
- Provide treatment for gambling addictions
Gamblers Choice provides education, counseling and treatment to help problem gamblers and their families who suffer from their addiction.

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