Senior Services programs benefit the community, the organization, and the volunteer.

Help yourself: Improve the quality and health of your life. Research indicates that volunteering is good for overall health, relationship-building, community involvement, and new skills development.

Make a difference: Join the movement to transform North Alabama through volunteer service and community engagement.

Save money for the organizations you serve: Contribute your time and skills, and support your local senior programs as they grow and prosper.
Welcome to Community Action Partnership of North Alabama's Senior Services. We value your commitment to volunteering your time and assisting in our Senior Services outreach program.

Our goal for the Senior Services outreach is to engage senior adults in our local communities. Through the engagement of our seniors in our local communities, our volunteers can spread the word about the Foster Grandparent and Senior Companion programs available in Cullman, Lawrence, and Morgan counties in North Alabama.

Senior Services outreach supporters play a vital role in serving the senior members of our communities who have unmet needs. We thank you for your willingness to help.
WHO WE ARE

COMMUNITY ACTION PARTNERSHIP OF NORTH ALABAMA

Community Action Partnership of North Alabama is a results-driven, non-profit business committed to reducing or eliminating the causes and consequences of poverty for families and communities in need through comprehensive services and strategic partnerships.

NATIONAL SERVICE SENIOR CORPS

Senior Corps volunteers make a difference in their communities. For decades, volunteers age 55+ have been serving their communities through Senior Corps programs, led by the Corporation for National and Community Service, the federal agency for service, volunteering, and civic engagement. Each year nationwide, Senior Corps engages approximately 220,000 older adults in volunteer service through its Foster Grandparent, Senior Companion, and RSVP programs, enriching the lives of the volunteers and benefiting their communities.

UNITED WAY AGENCY

Our Foster Grandparent and Senior Companion programs are United Way agency programs that serve Cullman, Lawrence, and Morgan counties in North Alabama. Our program volunteers stay active in their communities while earning a tax-free stipend.
COMMUNITY OUTREACH

Foster Grandparents

Senior adults ages 55 and older can volunteer as Foster Grandparents in local schools. Foster Grandparents assist children who need extra help and attention that their classroom teachers may not be able to provide.

Foster Grandparents tutor children to help improve their reading and math skills, give students love and attention, and assist teachers with classroom tasks.

Foster Grandparent volunteers make huge impacts in the lives of young students and their teachers.

Our Foster Grandmother works so hard to assist the students in their work. The students have gained so much from the individual help she gives them on a daily basis.

- Classroom Teacher
Senior adults ages 55 and older can volunteer as Senior Companions. Senior Companions provide assistance to elderly, disabled, and other homebound individuals who need help remaining independent in their homes.

Senior Companions help prepare meals, do light housekeeping such as vacuuming and washing dishes, run errands, and other simple tasks an individual may be unable to do themselves.

Senior Companions often become close friends with those they serve, helping to alleviate the loneliness often felt by those confined to their homes. Senior Companion volunteers impact the lives of not only those who receive care but also their families.

“I truly enjoy my Senior Companion’s company. It can get so lonely when you are home alone and can’t drive. Without her, I would be lost.”
COMMUNITY OUTREACH

SENIOR CORPS KEEPS VOLUNTEERS HEALTHY

While current studies focus on the health benefits to Senior Corps volunteers, Senior Corps volunteers also make a difference in their communities. For decades, volunteers age 55+ nationwide have been serving their communities through Senior Corps programs, led by the Corporation for National and Community Service, the federal agency for service, volunteering, and civic engagement. Each year, Senior Corps engages approximately 220,000 older adults in volunteer service through its Foster Grandparent, Senior Companion, and other programs, enriching the lives of the volunteers and benefiting their communities.

Last year, Senior Corps volunteers served 1.3 million hours in Alabama.

After two years of service, first-time Senior Corps volunteers* reported improvements in health, decreased depression, and less social isolation.

SeniorCorps.gov/HealthyVolunteers

*Foster Grandparent & Senior Companion Volunteers
COMMUNITY OUTREACH

Where to Start

Outreach for our Senior Programs consists of two primary goals: Engage local seniors and spread the word about our senior programs.

We accomplish these two goals through volunteer recruitment to build strong partnerships and develop relationships within our communities.

Recruitment of volunteers is essential to building our senior programs and serving those in need. We encourage all seniors to spread the word among family members and others who are 55 and older to help our neighbors live their best lives.

Seniors in our communities participate in group meetings and other social activities with other seniors at Senior Centers, churches, and local restaurants. Many of these seniors are looking for ways to volunteer in their communities.

FUN & GAMES

INSERVICE ACTIVITIES

VOLUNTEER RECOGNITION
IN ONE YEAR, ROUGHLY 220,000 SENIOR CORPS VOLUNTEERS SERVE MORE THAN 54 MILLION HOURS, MAKING A DIFFERENCE FOR GENERATIONS.

-THE CORPORATION FOR NATIONAL AND COMMUNITY SERVICE
COMMUNITY OUTREACH

State Impact

NATIONAL SERVICE IN ALABAMA

800 local service sites

8,000 Senior Corps & AmeriCorps members

www.capna.org | info@capna.org | @CAPofNAL
The Foster Grandparent and Senior Companions programs offer modest stipends to income-eligible volunteers to help offset the costs of participation, training, and insurance.
COMMUNITY OUTREACH
CONTACT US

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SENIOR SERVICES
Become a Volunteer!
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Senior Companions
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