



## Volunteer Interest Form

The Rural Alaska Community Action Program (RurAL CAP) provides volunteer opportunities for older adults (ages 55+) to give back to their communities. All volunteer opportunities are within the community where the interested individual is located. Two volunteer programs are currently available: **The Elder Mentor Program** and **The Senior Companion Program**. Elder Mentors volunteer in schools, Head Starts, or Afterschool Programs as a positive role model and mentor for youth. Senior Companions volunteer with seniors who may need extra assistance to lead healthy independent lives. Both programs provide a non-taxable stipend to income eligible volunteers. If you are interested in volunteering for one of our programs please fill out the information below.

**First and Last Name :**

**Date Of Birth :**  **Phone Number :**

**E-Mail :**

**Address/PO Box :**  **City:**  **Zip Code:**

### Which Program are you interested in volunteering with?

- Elder Mentor Program (Volunteer with youth)
- Senior Companion Program (Volunteer with other adults)

### How did you hear about our program? (if it was at a tabling event provide the name of event)

If you were referred to the program by a current AmeriCorps Senior volunteer provide their name so they can receive a prize

**Mail this form back to: Elder Mentor Program 731 E 8th Ave Anchorage AK 99501**  
**Fax it to 1-866-287-7053 or email to eldermentors@ruralcap.org**  
**If you have any questions call us as 907-538-2657**