

# **Volunteer Opportunities**



Aging programs include jobs associated with Adult Protective Services (APS), the Elder Benefit Specialist (EBS), the Senior Dining Program, the Transportation Program, and Caregiver Program Coordinator.

Reports to the ADRC/Aging Services Supervisor or the Aging/Nutrition/Transportation Supervisor.

The following is a list of all volunteer opportunities offered and their descriptions:

#### **ADRC Ambassador**

This volunteer position will help maintain our publications in the community by picking a specific area to help distribute and update marketing material. The Ambassador will work with ADRC staff to establish their area to be Ambassador to and ADRC staff will provide printed material monthly to distribute. These areas could be grocery stores, libraries, churches, any of the businesses or bulletin board the Ambassador will identify as a good place for folks to get up-to-date information.

## **Telephone Friend**

Telephone Friends call persons who are homebound and in need of regular contact -- a chance to visit with someone on a regular basis. This is a great opportunity for someone to volunteer even if they don't drive. Telephone friends say they get as much out of the calls as the person they visit with does.

#### **Volunteer Guardian**

Do you have 3 – 6 hours a month to offer? Would you like to make a difference in the life of a vulnerable individual? Please consider becoming a Volunteer Guardian. What is a Volunteer Guardian? She/he is a person appointed by the Probate Court to make decisions for someone who is unable to do so for him or herself. People who may need guardian include someone who is Elderly, developmentally disabled, Chronically Mentally III, or has suffered a Brain Injury. The role of the Volunteer Guardian is to monitor, visit with, speak for, and protect the dignity of a person in need. A guardian must be a Wisconsin resident, at least 21 years of age, complete an application, and pass a background disclosure. By becoming a Volunteer Guardian, you will experience one of life's greatest benefits: the satisfaction of helping someone in need.

# Meals on Wheels (MOW) Driver

Help deliver a hot nutritious meal to homebound seniors or those with disabilities over the lunch hour Monday – Friday. The volunteer can choose weekly, monthly, seasonally, or whatever fits into your schedule. Drivers generally drive from 11 am until 1 pm. Drivers must be 18 years of age, have a valid WI driver's license and \*proof of car insurance. Mileage reimbursement offered. A meal delivered with a smile can do amazing things for those we serve.

#### **Office Assistant Volunteer**

Answer telephones and take messages during the ADRC staff meetings and for special occasions as needed. Work on projects as given by the ADRC staff. A variety of skills are used in this position such as clerical duties, typing, and filing. Maintain your office skills or add to the ones you already have to give us a hand. Schedule varies. On-site job training.

# **Senior Dining Assistant Volunteer**

Senior Dining Center volunteers are needed to help us setup and serve at one of our 10 senior dining centers in the county. Volunteers also assist with participant registration and packing our home delivered meals.

## **SHIP Volunteer (Wisconsin's State Health Insurance Assistance Program)**

Volunteer(s) needed to enter data into computer system during Medicare Part D Enrollment Period (Oct 15 – Dec 7). Volunteer would need basic computer knowledge, basic knowledge of medications and good communication skills. Confidentiality of information received is crucial. Volunteer hours are flexible any time Monday – Friday 9 a.m. – 4 p.m. To learn more about this opportunity, please call 920-386-3580 or email hsagingunit@co.dodge.wi.us.

#### **Medicare Minute Volunteer**

Medicare Minute is a volunteer-based, peer-to-peer education program that helps older adults understand Medicare and related health insurance coverage. Trained volunteers teach peers at sites by giving a scripted Medicare Minute presentation each month. Volunteers engage the older adult audience by answering general questions and refer to their local SHIP when necessary.

#### **Volunteer Activities Coordinator**

The purpose of this position is to increase participation at congregate meal sites by offering inviting activities for the community members. Activities may include BINGO, sing-a-longs, trivia, and card games. It is important to engage our community members to keep them active and healthy.

#### **Volunteer Driver**

This position will entail taking a person to a medical appointment, the grocery store, or to visit a loved one. You could also help deliver nutritious meals and priceless conversation for our senior population in several locations throughout Dodge County. In this role you will use your own vehicle. All individuals volunteering for a driving position must have proof of insurance. More information available if this is of interest to you.

### **Share the Care Volunteer**

Join a group of people to support a caregiver on their caregiving journey. Volunteers are ask to perform simple tasks such as pick up dry cleaning, go to the grocery store, bring over a meal, sit with a person who is receiving care so the caregiver can run an errand. While one task might seem small to you, that task can make a huge difference in the life of a caregiver.

#### **Class Facilitator/Assistant**

Volunteers for these programs can be trained leaders or assistant with classes. Workshop Leaders facilitate evidence based programs such as Stepping On, Powerful Tools for Caregivers, Living Well with Chronic Conditions, and Walk with Ease. Training and mileage reimbursement provided. This is a perfect opportunity for anyone comfortable with promoting health and wellness.

# **Music & Memory Volunteer**

This volunteer works with the Caregiver Coordinator to implement this valuable program. Tasks could include getting training to work one-on-one with persons using this program, or just downloading music to the designated computer. Learn more about Music and Memory by watching the Alive Inside video available at the ADRC office.

# **Caring Closet Volunteer**

Assist in organization, updating and sanitation of the ADRC loan equipment. Hours are flexible.