




VOLUNTEER OPPORTUNITIES

**Call the Volunteer Coordinator at 715-839-4735 or visit our website: www.eauclaireadrc.org
Just click on the "Volunteer" link to explore how you can become a member of the
Volunteer Program at the ADRC of Eau Claire County.**

Program	Description	Qualifications**	Time Commitment
 Meals on Wheels Delivery	Deliver a meal & friendly visit at lunch time to homebound seniors and those with disabilities. <i>Mileage reimbursement is available.</i>	A vehicle is needed for delivering meals, some lifting & walking required.*	Frequency is weekly, monthly, seasonally, or whatever fits into your schedule. Meal delivery is M-F btw 11am-12:30 pm.
 Senior Dining Meal Site	Help with setting tables, registering, serving food, and cleaning up at a congregate meal site.	Transportation to the meal site, some walking.	Frequency is weekly, monthly, seasonally, or whatever fits into your schedule between 10am-1pm.
Ensure—Liquid Supplement Delivery	Deliver cases of liquid nutritional supplement from the ADRC to homebound seniors. <i>Mileage reimbursement is available.</i>	Be able to lift at least 15 pounds at one time. A vehicle is needed for delivery.*	Wednesdays, between 9:00 am & 1:30 pm. One to two times a month.
Office Assistance	Answer telephones and take messages during the ADRC staff meetings and for special occasions as needed. Work on projects as given by ADRC staff.	Ability to answer and communicate effectively on the telephone.	Weekly assistance in office for 2-4 hours.
 Meals on Wheels Assessor	Conduct in-home assessments with participants for the purpose of determining continued eligibility for the Meals on Wheels program. <i>Mileage reimbursement is available.</i>	Friendly, with interviewing skills, using a structured form and experience in health care or long-term care are favorable. Must have access to transportation.*	Monthly, on-going appointments, based on your availability. Each assessment is approximately 2 hours.
Monthly Newsletter	Deliver newsletters to various locations throughout Eau Claire County.	A vehicle is needed for delivering newsletters.* Some lifting.	Monthly - approximately 1 - 2 hours. Schedule varies.

*All individuals volunteering for a driving position are required to carry \$100,000 per person and \$300,000 per accident automobile liability insurance. ** A background check is required for all volunteer positions.



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Department	Description	Qualifications**	Time Commitment
Brain & Body Fitness	Volunteer is matched with a dementia companion, and given a structured curriculum to work with this individual. <i>Mileage reimbursement is available.</i>	A vehicle is needed for transportation and social outings.*	3 month minimum commitment of 1-2 hours a week. Timing is flexible each week.
Health Promotion and Prevention	Leader (s) for a variety of health promotion and prevention classes work with a highly structured curriculum for each session. Leaders teach and model skills that assist individuals in reaching positive and healthy living. Seeking long-term volunteers and professionals.	Enjoy helping people, can speak in front of small group, work with and instruct others. Programs vary in training commitment and is required for each leader to facilitate classes.	Classes are 7-8 weeks in length. As a leader you would need to be available for all classes during your scheduled session. Sessions are scheduled by the program coordinator, with your availability considered.
Loan Closet	Assist in organization, updating and sanitation of the ADRC loan equipment.	Transportation to the ADRC Office, some walking and lifting.	Flexible
Hoarding Task Force of Eau Claire County	Provide person-centered support to those who hoard and family members. Address mental and public health, connect to resources, cover gaps in resources.	Transportation to and from sites to help others. Training and passing a background check are required.	Ongoing, flexible schedule. Will vary depending on cases.

To view other Eau Claire County Volunteer Opportunities go to:

[Www.eauclairecounty.org](http://www.eauclairecounty.org)
 Click *How do I...*
 Click Volunteer Opportunities

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