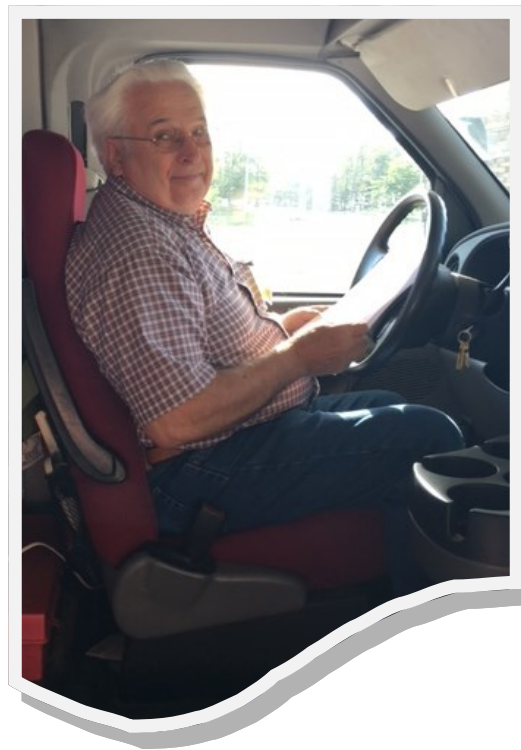


Alone, we can do
so little; together
we can do so
much

Helen Keller



103 S. Douglas Avenue
Three Rivers, MI 49093

306 N. Franks Avenue
Sturgis, MI 49091

269.279.8083

sjccoa.com

Volunteer Coordinator:
klarsh@sjccoa.com

Stronger
Together



Volunteer for
the COA

St. Joseph County
Commission on Aging

Since 1973, the St. Joseph County Commission on Aging has, and remains committed to, providing seniors with services and programs to enhance quality of life and maintain independence. Almost 1,500 seniors receive help in their homes each year while nearly 3,000 seniors either receive a meal in their home or come to one of our senior centers to eat. Close to 40,000 seniors visit our centers each year to participate in a wide range of activities.

We need your help! We need volunteers who share our passion to create a healthy, active and independent senior community. We have volunteer opportunities for any level of time commitment or interest - any gift of time is appreciated. If you would like to get involved, contact Kelsey Larsh, our Life Enrichment Coordinator at 269.279.8083 or visit our website (sjccoa.com) and fill out our volunteer application form.

Join us in helping our county's senior citizens. Together we can make a difference in the lives of so many!

VOLUNTEER JOB DESCRIPTIONS:

Tuesday Toolmen: Are you a handy person who would like to lend your time and service to a senior whose home needs repair? Tuesday Toolmen provide safe and affordable home repairs in or around the homes of our consumers.

Medicare/Medicaid Assistance Program

Counselor: Provide education, counsel, and advocate on behalf of clients that include Medicare beneficiaries and their caregivers. Training required.

Trip Chaperone: This is a very fun job accompanying seniors on day trips to various locations near and far. The Trip Chaperone provides instruction, supervision, and makes sure that trip-goers are having a safe and enjoyable time.

Trip Driver: Escort trip-goers to and from trip destination by way of mini bus. CDL required for this position.

Special Event Volunteer: Provide assistance with set-up, event flow, and clean-up. Job duties vary depending on type of event.

Craft Volunteer: Assist seniors participating in various craft activities by providing instruction, handing out supplies, and monitoring for safety.

Dinner Night Out Volunteer: Facilitate "Dinner Night Out" at various locations in St. Joseph County. Job duties include but are not limited to: decorating location, taking tickets, 50/50 raffle sales, event flow, and clean-up.

Center Hostess: Greet members and socialize with those in the lobby area. Greet and orient those new to lunch at the centers by showing them around and making them feel welcome.

Nutrition Helper: Assist kitchen staff in the preparation and serving of meals at our Three Rivers or Sturgis locations.

Friendly Reassurance: Provide reassurance to seniors in their homes by calling to check in, visiting occasionally, or writing a letter to assure them that they are being thought of.

Shopping Volunteer: This individual will lend their time by shopping for various items needed for activities/programming. Items could include bingo prizes, craft supplies, or special event prizes.

Newsletter Labeling and Distribution: We need help folding and labeling newsletters each month. We also need help dropping off newsletters at locations throughout the county to help spread the word about the COA.