

# VOLUNTEER OPPORTUNITIES

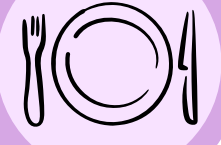


## Daily Hot Meal Delivery

Volunteers are needed to transport hot meals to home-bound older adults. A commitment of one day a week, for about an hour is required.

Volunteers transport bulk delivers of 10-20 frozen meals to home-bound older adults . A typical commitment is 1-2 delivery trips per month.

## Frozen Meal Delivery



## Senior Center Volunteers

Assist local senior centers by serving meals, engaging in activities, performing talents, and much more. Volunteers can assist the Site Manager by filling in on their days off.

Trained volunteers provide information and assistance with questions about insurance programs including Medicare, Medicaid, Supplemental Insurance, PACE, and other prescription programs.

## Medicare Counseling



## Tax Assistance

Volunteers complete local, state, and federal income tax forms for individuals aged 60 and over at no charge. Training is required. A commitment during tax season (February-Mid-April) is needed.

Volunteers can perform minor home repair and outdoor yard work. Volunteers may assist with minor carpentry, installation of grab bars, other small repairs for the safety of the home, help with raking leaves,, pulling weeds, etc.

## Chore Services



## Board of Directors/Advisory Council

The Adams County Office for Aging is governed by a Board of Directors, appointed to a three-year term. The Board meets monthly on the fourth Thursday. The Advisory Council meet monthly on the third Wednesday to give advice on programs and services.

**Learn more about becoming a volunteer with the Adams County Office for Aging today!**

Contact Information:

Community Services Director: (717) 334-9296



Adams County  
**Office for Aging**