



Looking to give back? VOLUNTEER!

Current Volunteer Opportunities Available

Meals on Wheels: Be the sunshine in your neighbor's day! All you need is a willing heart, a vehicle in safe, working condition and 1 hour to help enrich your neighbor's life! Choose the days you are able to deliver. Lunch is delivered to home bound residents Monday – Friday. Time and length of route vary by nutrition site. Volunteering just one hour a month will make a tremendous difference in someone's life!

Senior Nutrition Sites: Do you enjoy the company of seniors? If so, please join us at any of the seven (7) Nutrition Sites located in Clintonville, Iola, Manawa, Marion, New London, Waupaca & Weyauwega. Assist with meal set up, serving and clean up. Offer your talents to the participants through music, art, or professional abilities. Hours are approx. 10:00am – 1:00pm, Monday – Friday. Flexible schedule!

Volunteer Driver: Are you retired or looking for something rewarding to do? Enjoy meeting new people? Maybe this is for you! Provide safe and dependable transportation to Waupaca County residents who are elderly or disabled primarily for medical, nutrition or employment needs. Volunteer are paid for mileage. A Wisconsin driver's license and proof of insurance is required.

Meals on Wheels, Senior Nutrition Site, Volunteer Driver Opportunities: (715) 258-6400

Health Promotion Co-Leader: Improve your health and well-being and help others do the same! Become a trained leader in any of our evidence-based programs geared for older adults. Training is required and paid for. Stipends are offered for select leadership opportunities. Current evidence based workshops are offered:

Stepping On Falls Prevention: A seven-week interactive workshop to help over adults prevent falls. We focus on how strength and balancing exercises, medication management, home safety, footwear, vision, and mobility all play an important role in falls prevention.

Living Well with Chronic Conditions: This six-week program teaches new strategies that will give participants the confidence and skills needed to manage the challenges of living with a chronic health condition such as pain and fatigue, diabetes, arthritis, high blood pressure, heart disease or anxiety.

Healthy Living with Diabetes: If you have diabetes or care for someone with diabetes, you may be ideal for co-leading this 6-week self-management workshop! This research based and proven, peer-led workshop is designed to help adults with type-2 diabetes or pre-diabetes learn skills for managing their diabetes.

Health Promotion Co-Leader Opportunities: (920) 740-9572

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