### Volunteer Opportunities

**Administration:** Help with reception, clerical, and data entry as needed in our various programs.

**Foster Grandparent Program:** Older adults provide children with special and/or exceptional needs one-on-one support and community locations such as schools and daycares. Volunteers must be 55+. Small stipend for those who meet income guidelines.

**Friendly Connections:** *Calling* – Do you have an extra hour or two a week to help a lonely adult? Do you want to give back to your community from the comfort of your home? If you’ve answered yes, please consider this new opportunity that pairs volunteers with an older adult who needs greater social connections. *Writing* – If you like to write and are willing to share some notes or short letters with a local older adult, please consider this volunteer opportunity.

**Help Clients Move/Downsize:** Many of our older adults clients do not have family members available to help them move. Helping pack and assisting them with downsizing their belongings is a frequent request.

**Home Helpers:** Conduct minimal minor home repairs in client’s home throughout Snohomish County. Occasionally assist with Minor Home Repair Staff on work orders and projects.

**Meals on Wheels:** Drivers assist with weekly deliveries of meals to homebound adults in Snohomish County.

**Multicultural Services:** Help with translation, on-site meal service, and classes held at the Multicultural Senior Center located in Lynnwood.

**Relief Helpers:** Our Nutrition Program can use relief Meals on Wheels volunteer drivers to help with morning routes, and packers in the afternoons to help prepare meals for the following day.
**Senior Companions:** Help seniors stay in their homes by assisting them with lunch, being a walking buddy, transportation, and organization support, running errands, doing light housekeeping and/or providing companionship with weekly home visits or phone calls. (Must be 55+ years and meet income requirements)

**Senior Peer Counseling:** Volunteers 55+ provide one-on-one counseling for adults 60 and older who are struggling with life changes, loss, or other emotional issues. No counseling experience necessary. 40 hours of initial training and monthly meetings.

**Volunteer drivers:** Assist local seniors get to and from doctor appointments, to procedures, and do necessary errands. Clean driving record, proof of insurance and vaccination are required. Mileage reimbursement is available.

**Yard Work:** Many of our older neighbors need help mowing their yards. Please consider this seasonal opportunity.

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**Want to share a skill you don’t see outlined?**
Reach out to us and let us know what your passion is and we would love to see if we can’t find a great match for you.

**We welcome Corporate volunteers and participation!**

**For additional information about volunteer opportunities, please contact**
Homage Senior Service’s Volunteer Manager,
Michelle Frye at 425-740-3787, email: mfrye@homage.org or
Tammy Morris at 425-265-2281, email: tmorris@homage.org

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