



VOLUNTEER OPPORTUNITIES

Volunteers are needed in a variety of areas throughout Senior Services, Inc. Training for volunteers is provided on-site for all programs.

Individuals please fill out our online application:

<http://www.seniorservicesinc.org/opportunities/volunteer>

For more information or to volunteer as a group, contact Holly Beck:
336-721-3411 or volunteer@seniorservicesinc.org.

Meals-on-Wheels

Location: 2895 Shorefair Drive, Winston-Salem

Staff Liaison: Sarah Fuebacher

Hot Meal Program

Volunteers are needed to deliver hot, nutritious meals to the homebound elderly in Forsyth County. The meals are delivered between 10:00 a.m. and 1:00 p.m. Monday through Friday.

Volunteers deliver in a designated geographical area and a route generally takes one hour to complete. Volunteers can deliver once a week, once a month, or anything in between. A volunteer orientation is provided and written directions to each address are furnished.

Grocery Program

Volunteers are sometimes needed to pack bags of shelf stable groceries for this program. Volunteers are also needed to deliver the grocery bags to program recipients. A map, along with a list of recipients, is provided.

Frozen Program

Volunteers are needed to deliver boxes of frozen meals every two weeks. Deliveries are made every other Tuesday, and written directions to each address are furnished.

ELIZABETH AND TAB
WILLIAMS
ADULT DAY CENTER

MEALS-ON-WHEELS

HELP LINE

HOME CARE

LIVING-AT-HOME

SENIOR LUNCH

ELDER CARE CHOICES

Elizabeth and Tab Williams Adult Day Center

Location: 231 Melrose St., Winston-Salem

Staff Liaison: Sylvia Martin

Volunteers provide companionship and assistance to the participants as they engage in activities of the program.

Individual Volunteers

- Assist with programming, administration, and facility readiness
- Serve as receptionist/greeter
- Assist with keeping grounds groomed, design and plant seasonal container gardens

Group or Individual Volunteers

- Assist participants with program activities such as arts and crafts projects, music, and exercises
- Assist with the serving and clean-up of snacks and lunch
- Provide activity programs for participants, i.e. music, travel slid

Connections

Staff Liaison: Melissa Smith

Volunteers provide isolated seniors, with little or no contact with family or friends, with consistent connections in their home and via telephone.

***Off-hour opportunities, or able to be done outside of normal office hours.**

Home Visits *

One-on-one friendly visits 2-4 times a month, encouraging meaningful relationships between matched participant and volunteer.

Phone Visits *

One-on-one friendly calls 1-2 times a week, encouraging meaningful conversation between participant and matched volunteer.

Pet Visits *

Meaningful interaction with a friendly pet and its owner 2-4 times a month.

Wellness Calls

Daily check-ins 8AM-3PM to provide friendly conversation and ensure wellness. Volunteer makes calls once a week in a specific 1-2 hour time slot.

Senior Services, Inc.
2895 Shorefair Drive
Winston-Salem, NC 27105

seniorservicesinc.org

336-725-0907

Speaker's Bureau

Staff Liaison: Joel McIver

Volunteers serve as ambassadors for Senior Services to the Forsyth County community.

***Opportunities to engage with the community occur during the week, some evenings and/or weekends.**

As a speaker you may attend community fairs, organizational and/or faith based community meetings or other events. You will introduce residents to Senior Services and inform them about the work we do to help seniors remain in their homes for as long as possible, living with dignity. This position requires volunteers to make short presentations and engage with people of various backgrounds.

General Office Work

Location: 2895 Shorefair Drive, Winston-Salem

Staff Liaison: Holly Beck

Volunteers provide clerical support within the agency as needed.

- Copy forms
- Organize various publications
- Assemble agency mailings and brochures
- Address mailings and stuff envelopes
- Meter mail
- File program client records
- Data entry

Administrative/Management

Location: Senior Services Center or Elizabeth and Tab Williams Adult Day Center

Staff Liaison: Holly Beck

Consult/Advise in Specific Area of Expertise

- Accounting
- Computers
- Software/application development
- PC hardware maintenance and troubleshooting
- Network and file server maintenance and troubleshooting
- Computer communications (WAN, Internet connectivity)
- Data entry/data conversion
- Human resources
- Marketing
- Public relations
- Fundraising
- Grant writing
- Building maintenance
- Janitorial/housekeeping