

Volunteer
It's more than a meal!

Meals on Wheels is more than just food. We're a friendly face and a life-line to the outside for many homebound seniors. Our volunteers take a special interest in our participants' well-being.

A hot lunch and sometimes a cold supper are delivered at noon by volunteers five days a week, including holidays that fall during the week. Special diets, week-end service and frozen meal delivery packages are offered for those who qualify.

It only takes **2 hours, 1 time, every 4 weeks** for volunteers to deliver meals in a neighborhood of their choice. Choose from one of 10 weekday routes, or our weekly frozen route. *Call today.*

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**Salem Health
& Wellness
FOUNDATION**

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MEALS ON WHEELS

VOLUNTEER

**2 Hours
1 Time
Every 4
Weeks!**

Volunteer

You can make it happen!

Volunteers are the life blood of Meals on Wheels. **As little as 2 hours, 1 time, every 4 weeks** gives homebound elders peace of mind and assurance that they will receive a hot meal five days a week delivered by caring people like you!

A special kind of person

It takes a special kind of person who understands that volunteering requires so little time yet gives so much to those who depend on help from others. The only skills needed are a smile and a cheery word for someone who may not see anyone else that day.

Our volunteers realize that independence for many seniors sometimes requires a little assistance and are willing to help make a difference. With a bright smile and simple, "Hello," volunteers deliver much more than a meal. It's so easy to bring joy into someone's life and pleasure into your own with the simple act of delivering a meal.

Call us today.

Let's talk about volunteers

To keep service costs down, meals are delivered by volunteers who use their own cars to pick up the meals at their local MOW site. Volunteers deliver meals to 12-18 people on a set route... **2 hours, 1 time, every 4 weeks!**

Volunteer Opportunities

- Volunteer by yourself, or with a friend... **2 hours, 1 time, every 4 weeks!**
- Form a team of 6 to 8 people from your church, school, club, or work. Rotate in pairs and deliver once every 8 to 12 weeks. Team volunteering offers flexibility, built-in substitutes and a common bond. *Please call us!*
- Service on our Board of Trustees requires no more than 5 hours of time per month.
- Pumpkin Carve volunteers help at the annual event with parking, admissions, set-up, games, carving and more.
- Volunteers can work in the office, help organize the annual holiday gift drive, or other events.
- By joining our speakers network, volunteers spread the word to groups about the important work we do.

Yes, I want to help Meals on Wheels

(Check one or more)

_____ I want to volunteer my services to deliver meals to homebound seniors and disabled persons. Please contact me.

_____ Please send me a detailed information packet about volunteer responsibilities.

_____ I can't volunteer, but I have enclosed a check with a donation made payable to Meals on Wheels to carry out its important work.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-Mail _____

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