

Volunteer Opportunities

Our organization provides a variety of opportunities for getting involved in the community and make a difference in the lives of local seniors. All volunteers receive training and supervision when getting started in their area of interest.



**MJRSC—THE
CARE NETWORK**

Regional Services
Area Agency on Aging
Call a Ride Services

In the 2020-2021 Fiscal Year, our volunteers donated over 5,000 hours of time to meet the following needs!

- **HOME DELIVERED MEALS (HDM).**
 - **DRIVERS:** Home Delivered Meals are hot nutritious meals delivered to homebound seniors. Mileage reimbursement is paid to the volunteer from the time they leave their home to the center, the delivery route, back to center, and then return to home. Centers are always in need of volunteers to commit to regular routes or come in as needed to substitute.
 - **COORDINATORS:** Assist Center Managers in the role of helping to contact HDM participants, follow-up on those who were not home at time of delivery, and aid in the overall organization of delivery days.
 - **PACKERS/ORGANIZERS:** Help open food boxes, sort items for delivery, and break down cardboard for recycling
- **SENIOR GAMES.** If you enjoy playing games or planning events, this may be the volunteer opportunity for you. Volunteers start meeting about 6 months in advance to plan and coordinate the upcoming Senior Games.
- **SENIOR COMMUNITY CENTERS.**
 - **LUNCH PREPARATION:** Assist Center Manager in preparing, serving, and cleaning up the lunchtime Congregate Meals.
 - **CLEANING/ODD JOBS:** Help Center Manager with general maintenance.
 - **SHARE YOUR TALENTS:** We are always looking for new ways to engage our member; whether it's a musical performance, a demonstration of a skill or hobby, teaching an art class, leading a hike, or some other activity—let us know!
- **EVIDENCE-BASED HEALTH AND WELLNESS EXERCISE PROGRAMS.** Help seniors stay active and safe through a variety of programs, including: Healthy Steps in Motion, Tai Chi, Walk With Ease, and Healthy Steps for Older Adults. We will assist with volunteer certification when applicable.

- **FRIENDLY VISITOR OR TELEPHONE REASSURANCE PROGRAM.** Provide regular social contact to isolated elderly people in our community by visiting in person or making a phone call.
- **FUNDRAISING COORDINATION.** Strengthen our organizations' fundraising efforts by identifying potential major and corporate donors, while also helping to increase communications with supporters and current donors
- **SENIOR FARMERS MARKET NUTRITION PROGRAM (SFMNP).** Help to complete the voucher applications for seniors over the age of 60 who meet the income guidelines. Produce vouchers provide nutritious food to our seniors and while supporting local farmers.
- **CLERICAL ASSISTANCE.** Support office staff with filing, mailings, data entry, outreach, and more.
- **AARP INCOME TAX ASSISTANCE PROGRAM/PROPERTY TAX AND RENT REBATES.** We collaborate each year with the AARP to offer free tax assistance to seniors who are 60 and older, as well as help in filing rebates that help with housing and proper tax cost. There are opportunities for a variety of skill levels, ranging from greeting participants to actual tax preparation. Yearly trainings and testing are required in order to become an Income Tax preparer.
- **PA MEDI.** Trained insurance counselors offers free Medicare counseling to older Pennsylvanians. PA MEDI (formerly the APPRISE Program) provides objective, easy-to-understand information about Medicare, Medicare Supplemental Insurance, Medicaid, and Long-Term Care Insurance. Medicare Open Enrollment (10/15-12/7) is this program's busiest season.
- **OMBUDSMAN.** Advocate for residents who live in long-term care facilities by helping to resolve complaints and issues that arise in nursing homes, assisted living facilities, and personal care homes
- **ADVISORY COMMITTEE.** Provide counsel to the Mifflin-Juniata Area Agency on Aging and Call-A-Ride Service Boards of Directors as they further the agency's mission of developing and coordinating a community based system of services for our older population.
- **CALL-A-RIDE SERVICE DRIVERS.** Assist passengers in need of rides to out-of-county medical appointments. These volunteers report to our Call-A-Ride Service (CARS) office and receive mileage reimbursement per the IRS standard rate.

Please contact Emilie Clemens at 717-242-0315 or 1-800-348-2277 to get started as a volunteer in any of these roles!