



TRI-COUNTY OFFICE ON AGING VOLUNTEER OPPORTUNITIES

To apply, visit www.tcoa.org/volunteer or call (517) 887-1487



MEALS ON WHEELS DELIVERY DRIVER

Meals on Wheels volunteers deliver nutritious meals to participants throughout Clinton, Eaton, and Ingham counties. Before volunteering, applicants will work with a Meals on Wheels coordinator to find a route and schedule that suits them best. Once trained, volunteers use their own vehicle to pick up the meal boxes from their designated pick-up sites on their scheduled dates (usually) between 11am-1pm. Meals are delivered Monday-Friday and most routes take about one hour.



DINING SITE HELPER

Dining site volunteers can help in many ways, from helping to dish up and serve food to greeting or assisting with paperwork at dining sites across the tri-county area. Many of our dining sites are entirely operated by volunteers, so assistance is truly appreciated! Sometimes just talking to people can make a huge difference in their dining experience. When needed, we also love to have volunteers at dining sites that can help with educational and entertainment programs for the sites.



CENTRAL KITCHEN HELPER

Volunteers who donate their time in our central kitchen perform essential functions like portioning food into individual containers and assembling individual meals for distribution, which are delivered to our Congregate Dining and Home Delivered Meals participants. This opportunity is encouraged for applicants who love making an impact on food insecurity and enjoy working in a commercial kitchen or are fulfilling a small number of volunteer hours.



SENIOR PROXY PROJECT DELIVERY DRIVER

Similar to the Meals on Wheels program, Senior Proxy Project volunteers deliver boxes of food and fresh produce to seniors' homes. Volunteers may also assist in the office or help with outreach. Produce boxes are picked up from the Greater Lansing Food Bank warehouse. Duties are determined through communication between the volunteer and the Project Coordinator or Nutrition Director.



MEDICARE-MEDICAID ASSISTANCE PROGRAM COUNSELOR

Our Medicare/Medicaid Assistance Program (MMAP) speaks with clients and hotline callers who have questions and concerns about Medicare, medical bills, long-term care insurance, Medigap, and Medicaid. These volunteers are generally needed for a longer term, with training in the spring and summer for the Medicare Open Enrollment period between October and December. Volunteers receive specialized training to become a certified MMAP Counselor.

VOLUNTEER OPPORTUNITIES CONT.

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HEALTH & WELLNESS WORKSHOP FACILITATOR

Our workshop volunteers facilitate evidence-based health and wellness programs by leading groups in the community. Specific topics may include caregiver self-care, caring for someone with dementia, the fear of falling, chronic pain management, and diabetes management. Individuals with a background in teaching or workshop facilitation are encouraged to apply, but all are welcome to take on this volunteer role. Training is provided.



SPECIAL EVENT VOLUNTEER

Special events volunteers help to plan and/or participate in the annual Meals on Wheels Golf Outing and/or TCOA Dinner and Auction. Volunteers can solicit sponsors, secure prizes and items for live and silent auctions, assist with raffle sales, and/or volunteer on the event day.



FRIENDLY REASSURANCE CALLER

Friendly Reassurance callers receive a list of local TCOA clients to call about once per week. These calls offer friendly chats to local seniors to reduce social isolation and offer informal check-ins to ensure their well-being. Callers use their own phone and make calls from their own homes. This opportunity is the best fit for sociable and compassionate volunteers.



ADMINISTRATIVE VOLUNTEER

Administrative volunteers help out at the Lansing TCOA or one of the Meals on Wheels offices (located in the Lansing TCOA office and in St. Johns, Mason, and Charlotte) by assisting staff with office duties such as data entry, stuffing envelopes, and/or placing phone calls to gather and update resource information.



Contact Us:

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