



Meals On Wheels

Meals are just our first course!

We need you!

Seeking Volunteers to make friendly phone calls to Seniors.

This is a great opportunity for anyone who is interested in volunteering from home.

Telephone Reassurance Calls:

We started this program to help alleviate feelings of isolation among our seniors. Volunteers will be calling to check-in on the health and mental wellbeing of our seniors in the form of friendly conversation. Genuinely listening to someone is an act of kindness. Ask someone to share their story with you and the conversation will be a gift to you both.

Looking for:

- Volunteers who can commit to calling our seniors at least once a week.
- Friendly, outgoing individuals who are great at conversation.
- Experience using google forms is a plus- not necessary training will be provided
- Ability to take notes and record important information

How it works:

- A list of names and phone numbers will be provided to you
- You will make calls from your own phone on your own time
- Call each person at least once per week- this is critically important the list that we send you is truly your list for the duration of your time volunteering with Meals on Wheels.
- Documentation of each call is also very important- this is done through our google response form.

If you are interested you will need to fill out a volunteer application please email Catie Stone for more information- Cstone@mowrockland.org