

# Make A Difference Volunteer with MVES!

Volunteers at Mystic Valley Elder Services are...



Compassionate



Reliable



Helpful



Skilled

These are just a few words to describe the volunteers who are currently making a positive difference at Mystic Valley Elder Services.

**Do these words describe you? Get involved!**

The volunteer programs at Mystic Valley Elder Services provide meaningful opportunities to engage with your community and use your skills and talents to help others. There are a variety of opportunities, so contact us to find the one that is best for you!

Administrative/Office • Healthy Aging • Money Management • Nutrition • SHINE • Technology Access

# Volunteer



with Mystic Valley Elder Services!



**Healthy Aging** group leaders facilitate workshops to promote health and wellbeing, including physical activity programs, healthy eating, chronic disease self-management, chronic pain self-management, fall prevention, and more.



**Money Management** volunteers help older adults and adults with disabilities manage their finances by assisting with sorting the mail and organizing bills, bill paying, writing checks, establishing a budget, managing credit, and more.



**SHINE** counselors help Medicare participants of all ages understand their Medicare benefits and other health insurance options by providing information and assistance about health insurance and public benefit options.



**Administrative/Office** volunteers assist with office projects, including mailings, phone calls, data entry, database administration, assembling packets, filing, and more.



**Nutrition** volunteers provide healthy and nutritious meals and promote socialization to help older adults maintain their independence so they can continue to live in their homes and communities. Volunteer opportunities include:

*Ensure Deliverer:* deliver Ensure nutrition shakes to homebound older adults

*Meal Site Assistant:* serve healthy meals to older adults in congregate settings, such as a senior centers

*Mystic Tea Assistant:* serve food and beverages at monthly “Mystic Tea” event for LGBTQ members of our senior community



**Technology Access** trainers help bridge the gap between older adults and technology by helping older adults and adults with disabilities set up their digital devices, connect to the Internet, download and use specific apps and features, and troubleshoot problems when they arise.



Mystic Valley Elder Services is a non-profit agency that provides essential home and community-based care and resources to older adults, adults with disabilities, and their caregivers living in 11 communities north of Boston and beyond.

## Contact us today to find the best option for you!

Call the Volunteer Engagement Manager at 781-388-2375 or visit [www.mves.org/volunteer](http://www.mves.org/volunteer).

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