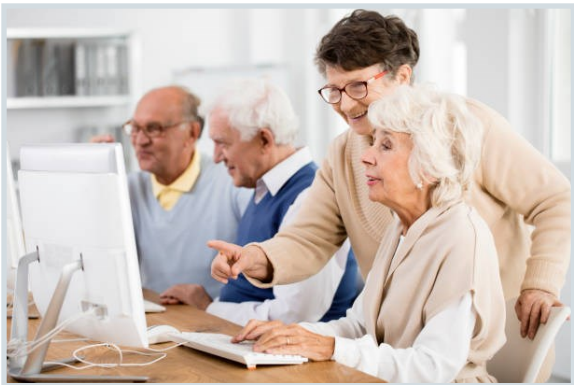


**For more information
about volunteering with
Area 1 Agency on Aging
please contact**

**Shauna McKenna at
707.502.7688**

email volunteer@a1aa.org

**or visit our website at
a1aa.org to fill out our
Volunteer Interest Form**



OUR VISION AND MISSION

*Area 1 Agency on Aging
envisions a community where
older persons and those with
disabilities have access to
resources that promote quality of
life*

-

*Area 1 Agency on Aging provides
leadership and services that
support and promote healthy
aging*

333 J Street

Eureka, CA 95501

Phone: 707.442.3763

Fax: 707.442.3714

a1aa.org

Serving Humboldt and Del Norte Counties since 1980



VOLUNTEER INFORMATION GUIDE

WHY VOLUNTEER?

PROVIDES A SENSE OF PURPOSE

Helping others can give your life new meaning.

PROVIDES A SENSE OF COMMUNITY & CONNECTION WITH OTHERS

If you're feeling lonely, isolated, or want to widen your social circle, volunteering is an important and fun way to meet new people.

IMPROVES SELF-ESTEEM & SELF CONFIDENCE

Doing good for others and the community helps to create a sense of accomplishment, a sense of pride and identity that helps to boost your self-confidence.

TEACHES NEW SKILLS

The training and hands-on experience you gain while volunteering can help you learn new skills as well as build upon ones you already have.

MOTIVATES AND INSPIRES

Volunteering provides you with a renewed sense of creativity and motivation.

INCREASES HAPPINESS

Volunteering provides the tools you need to be happy.

IMPROVES HEALTH

Volunteering has distinct health benefits that can boost your mental and physical health.

VOLUNTEER OPPORTUNITIES

HICAP REGISTERED MEDICARE COUNSELOR

Become a registered Medicare counselor and help older adults understand and access Medicare benefits.



LONG TERM CARE OMBUDSMAN

Become a state certified Ombudsman and advocate for residents in long-term care facilities. Regularly visit a facility, get to know the residents and help resolve their concerns.



NORTHCOAST HOMESHARE MATCHMAKER

Set your own schedule to assist with processing applications and conducting an in depth matching process to help older adults find a mutually beneficial living arrangement.

VOLUNTEER OPPORTUNITIES

SAIL (STAYING ACTIVE AND INDEPENDENT FOR LIFE)

Learn to lead weekly evidence based exercise classes under the supervision of a physical therapist.



SENIOR PLANET TECHNOLOGY TRAINER

Become a Senior Planet Technology Trainer and deliver innovative classes to older people who want to use technology to change their lives and stay active and engaged.



VOLUNTEER DRIVER PROGRAM

Set your own schedule to provide rides to medical appointments, pharmacies, and grocery stores to people 50 years or older who don't drive anymore.

