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.

Volunteer Information Guide

333 J Street
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a1aa.org

Serving Humboldt and Del Norte Counties since 1980

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.
**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.

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**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.

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**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.

**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.