



**THANK YOU LOCAL  
VOLUNTEERS!**

# YOUR NEIGHBORS NEED YOU!

Living in a small community is wonderful—but for older adults who can no longer drive, staying independent can be tough. The ADRC offers services to help people remain in their homes, but we depend on volunteers to make that possible. Can you help? Your time—no matter how much—truly makes an impact.

**How can you help? Well...thanks for asking!**

## ADRC Transportation Program

- Use your own vehicle and receive optional mileage reimbursement.
- Pick the hours and rides that work for you—flexible is our middle name.

## ADRC Meals on Wheels Program

- Deliver meals to your homebound neighbors (reimbursement available).
- Routes run 30 minutes to 2 hours, four days a week.
- Prefer to be a back-up driver? YES, please—we love back-ups!
- Not into driving? You can help our kitchen staff prepare and package meals or assist at our congregate dining sites.
- We also have occasional special projects for those who like to mix things up.

## And one more thing...

- Could you drop off our monthly newsletter to a few local businesses? It's a small task with a big impact.



**WE APPRECIATE YOU!**

***"WE ARE ALL SO GRATEFUL TO YOUR  
VOLUNTEER SERVICE AND WE PRAY  
FOR BLESSINGS IN YOUR LIFE, AS YOU  
HAVE BEEN A BLESSING TO OURS."***  
**-ADRC PARTICIPANT**



Please Call **877-485-2372**  
with any questions or to talk about  
any—or all (we love over-  
achievers!)-of these opportunities.