

Meals on Wheels Program- Holiday Help

During the December holidays we'll need additional volunteer support to deliver meals to people in our community. We're looking for addition support from volunteers to drive or run meals during the last 2 weeks of December.

Meals on Wheels is an important community service that helps seniors and people with disabilities maintain independence. This brief, but essential delivery is often a highlight in the day of our members and is a wonderful opportunity for volunteers to support their neighbours.

Sign up for one or more days of volunteering this holiday season!

Volunteer Duties & Responsibilities:

Drivers:

Volunteer Drivers use their own vehicle to deliver meals. A detailed map is supplied of the route to be covered, with all stops clearly marked. A "MEALS ON WHEELS" sign is used on the windshield to alert other motorists that a delivery is in progress. The Driver may assist the Runner deliver meals when the route includes an apartment building.

- Assist volunteer Runner with any client information
- Inform the Meals on Wheels staff at least three days in advance if unable to drive
- Must have valid driver's license, vehicle and vehicle insurance

Runners:

Volunteer Runners accompany the Driver, helping to direct them if necessary. The Runner greets meal recipients and observes the general condition of each person.

- Report back to staff when finished with any observations, and relaying any messages.
- Collect the route book and any letters, bills or messages to be given out that particular day. Distribute the meals carefully, watching for special diet.
- Return stacked empty trays to the Meals on Wheels lounge (reporting any that are missing).

Skills Required:

- Enjoy working with people
- Have an interest in seniors and disabled persons` issues
- Be friendly, reliable, patient, non-judgmental and non-discriminating

Orientation, Training and Benefits:

- Staff provides orientation and training before volunteers are placed in the program
- On-going support provided by staff
- Mileage stipend provided

Program Time and Location:

Monday - Saturday: 10:30 am - 12:30 pm - December 18th - 31st (except Dec 26th)
248 Ossington Ave. (at Dundas St West)

Contact Information:

Volunteer Program
(416) 532-4828 ext. 105 or 171
Email: volunteers@westnh.org, cristinato@westnh.org