

Volunteer Opportunities for Seniors

UNITED WAY . . . TOGETHER WE CAN DO MORE

The United Way Volunteer Center is focusing on what matters in Utah County by promoting effective service and connecting community members to volunteer opportunities that will have the greatest impact.

These suggestions are an excellent opportunity for senior citizens who want to get involved in helping a non profit organization in your area. Please call the agency contacts a few weeks in advance to schedule visits and to see what opportunities are currently available. Visit our Web site at www.unitedwayuc.org, or call 211 for additional monthly opportunities.



Foster Grandparent Program

The Foster Grandparent Program provides individuals, ages 60 and older, with the unique opportunity to be intergenerational mentors for children and youth.

- Tutor at-risk children.
- Uplift children who have been abused or neglected.
- Guide at-risk teens and young mothers.
- Care for premature infants or children with physical disabilities.

Foster Grandparents serve 20 hours a week in schools, hospitals, correctional institutions, daycare facilities and Head Start centers. A small stipend is available for volunteers who qualify.

For more information, contact Carol at 851-7784

Retired Senior Volunteer Program (RSVP)

The Retired Senior Volunteer Program (RSVP) connects individuals, ages 55 and older, to countless community-building opportunities, such as organizing neighborhood watch programs, tutoring or mentoring children, renovating homes and teaching English to speakers of other languages.

- Tutor in schools by reading one-on-one to students or teach music, art or math.
- Act as tour guides in government agencies.
- Make quilts for Utah State Hospital.
- Make daily contact by personal visit or phone call to a homebound individual.
- Play with disabled children, assist in therapy if able and provide compassionate services for parents through Family and Friends.

For more information, contact Jean at 229-3810



Senior Companion Program

Through the Senior Companion Program, individuals provide companionship and assistance to homebound seniors.

- Help homebound seniors with grocery shopping.
- Assist individuals with other tasks such as paying bills.

Senior Companions spend 20 hours a week helping two to four clients live independently within their own homes. Senior Companions also provide relief to care givers and inform doctors and family members of potential health or safety risks. A stipend is available to those who qualify.

For more information, contact Carol at 851-7766

American Red Cross

The American Red Cross assists disaster victims, provides emergency utility assistance and health and safety services, and offers emergency communications and counseling to past or present members of the military and their families.

- Phone homebound individuals to provide a social contact and assistance if necessary.
- Provide meals to disaster victims.
- Collect personal hygiene items and fill Comfort Kits with boxes provided by Red Cross.
- Provide assistance to blood donors by handing out juice and cookies or donate blood.

For more information, contact Nancy at 373-8580

Library Volunteer Programs

Utah County libraries frequently have volunteer opportunities for individuals.

- Check out, clean and count library materials.
- Work once a week shelving and mending books.
- Help with children's reading program and story hour.

Contact your local library for more information

American Fork Library.....763-3070
Lehi Public Library.....768-7150
Orem City Library.....229-7050
Payson Public Library.....465-5220
Pleasant Grove Library.....785-3950
Provo City Library.....852-6650
Santaquin City Library.....754-3030
Spanish Fork Public Library....798-5010
Springville Public Library.....489-2720

United Way Volunteer Center

United Way Volunteer Center can assist individuals in locating volunteer opportunities as well as provide assistance making gift-in-kind donations by distributing donations to organizations with the greatest need or by choice of the donor.

- Collect and donate basic household items, laundry supplies, baby items, etc.
- Donate your professional services or individual skills and talents such as computer or clerical support, plumbing, construction, electrical, etc.

For more information, contact United Way Volunteer Center at 377-6600.