

**HOME
DELIVERED
MEALS**
Volunteer
GUIDE



Thank you for your interest in volunteering with Schuyler County Office for the Aging (OFA). OFA volunteers are making a huge difference in the lives of older adults, age 60+ in Schuyler County.

Delivering meals is a rewarding position! OFA volunteers deliver a nutritious and delicious meal to older adults in need. This provides a safety check, socialization and gives them the independence to remain in the place they love most, home!

This handy guide will provide you with all of the essential information to help you decide if meal delivery is the right position for you. Please feel free to contact me with any questions.

Best regards,

Holly Patelunas

Holly Patelunas

Volunteer Coordinator

hpatelunas@co.schuyler.ny.us

607-535-7108

History

Schuyler County Office for the Aging was established as a result of the Older Americans Act of 1965 with the core function being provision of information/referrals and services for county residents age 60 and over, as well as their caregivers. A variety of programs are offered through nutrition services, in-home services, benefits assistance and general services.

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The Office is funded by the Administration on Aging, the NYS Office for the Aging, County of Schuyler, client contributions, sponsorship, and general donations.

Mission



To advocate for, educate and assist the senior and disabled populations of Schuyler County to live in the most independent and integrated setting through community collaboration providing for well-being/health, security, dignity, autonomy and choice through innovative home and community-based services.

Benefits of Volunteering

MIND



- Improve your mood
- Reduce stress & anxiety
- Combat depression

BODY



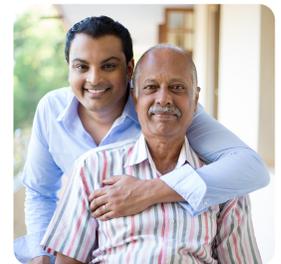
- Stay active
- Reduce risk of high blood pressure & heart disease
- Live longer

SOCIAL



- Create new connections & friends
- Develop emotional stability
- Combat loneliness/isolation

CAREER



- Build confidence
- Develop skills
- Build your resume

What is Home Delivered Meals?

Home delivered meals are an economical long-term service that can often substitute for or delay the need for more extensive services.

Home delivered meal service is a key component of in-home services for older New Yorker's who require long-term support for a chronic condition or for post-hospital nutritional assistance.

Schuyler County Office for the Aging Home Delivered Meals team currently has 10 volunteers and 11 paid staff members providing over 126 meals/day, 630 meals/week and over 2520 meals/month. Without the help of volunteers, clients would be on a waitlist to receiving meals.

Position description

VOLUNTEER JOB DUTIES:

- Deliver nutritious meals to those in need in Schuyler County
- Volunteer regularly at least once a week
OR on a stand-by basis (M-F, 10:30 am-1 pm)
- Record your volunteer time on a timesheet and submit to the Volunteer Coordinator once a month

SKILLS REQUIRED:

- Friendly, courteous, patient, dependable and punctual
- Stand for long periods of time and walk long distances
- Bend, reach and lift up to 15lbs
- Communicate effectively with individuals of varying levels of function
- Fit up to 3 full size coolers and 2 hot meals boxes into vehicle (pictured on right)
- Valid drivers license and safe driving record
- Access to a vehicle that is reliable and clean



Home Delivered Meals Volunteer FAQs

WHY IS VOLUNTEERING WITH OFA IMPORTANT? Volunteering your time helps older adults age 60+ in Schuyler County remain safe, healthy and independent in the place they love most, home.

WHY IS THERE A VETTING PROCESS FOR VOLUNTEERS? Older adults are a vulnerable population and in order to protect our clients, we require all volunteers to complete a volunteer application, criminal background check, motor vehicle record check, reference check, phone interview and approval from both the Director of Office for the Aging and the County Administrator.

HOW LONG DOES IT TAKE TO BE APPROVED TO VOLUNTEER? It typically takes about 1-2 weeks to be approved.

HOW MANY HOURS AND HOW OFTEN WILL I BE EXPECTED TO VOLUNTEER? We require at least once a week on the same day.

HOW LONG DOES IT TAKE TO VOLUNTEER? It depends on the location and number of clients on your route, typically it takes about 2 hours.

HOW DO I SIGN UP? Call Schuyler County Office for the Aging at 607-535-7108 to request a volunteer application, or email hpatelunas@co.schuyler.ny.us. The volunteer application can either be printed and mailed or emailed.

WHEN DO I START TRAINING? Once OFA receives your completed volunteer application, they will review it and an OFA staff member will reach out to you when we have an open position and set up training.

WHAT IF I DON'T LIVE IN SCHUYLER COUNTY? We accept volunteers from outside of Schuyler County. Snowbirds are welcome too!

WILL I ALWAYS VOLUNTEER WITH THE SAME CLIENTS? Not always. While we do try to keep it consistent, it's not guaranteed.

CAN I RESCHEDULE IF SOMETHING COMES UP? Yes! Please give us as much advance notice as possible so we are able to find a backup driver.

DO I NEED A CAR? Yes! All vehicles must be in good working order and inspected as required by NYS law. All vehicles must be clean, with no loose objects in the interior of the car. Absolutely no smoking or electronic cigarettes are permitted in the vehicle. Drivers must drive their own vehicle.

WILL I BE REIMBURSED FOR MILEAGE IF I DRIVE? Yes! All volunteers wishing to receive mileage reimbursement must initially complete a W9 form. Volunteers must submit mileage reimbursement form to the Volunteer Coordinator once a month, and will receive a reimbursement check in the mail.

ARE FACE MASK, GLOVES & HAND SANITIZER PROVIDED? Yes! Please call 607-535-7108 to request masks, gloves and refillable hand sanitizer bottles & refills and we will prepare it for you, marked with your name to pick up from the deputies at the front desk in the Human Services Building located at 323 Owego St., Montour Falls.

Volunteer Opportunities



HOME DELIVERED MEALS- deliver delicious & nutritious meals to homebound older adults.



SHOPPING ASSISTANCE - Assist older adults with grocery shopping and/or medication pick up.



PERSONAL & MEDICAL TRANSPORTATION - provide transportation to meet the personal needs of clients such as medical appointments, ride to grocery store, pharmacy, banking, hair appointments & more.



CONGREGATE MEAL SITE ASSISTANT & KITCHEN HELPER - Assist at congregational meals sites with various kitchen related duties.



ENTERTAINMENT - Professional performers volunteer their time to provide entertainment.



EDUCATION - Professional educators to provide both virtual or in person courses to older adults For example history, writing club, book club, arts & crafts.



HEALTH & WELLNESS - Health & Wellness professionals volunteer their time to provide a program or service.



VIDEO CAMERA OPERATOR/VIDEO EDITING - Assist with operating and shooting video and/or video editing for social media and other special projects.



HELLO NEIGHBOR - Friendly phone chat and safety check once a week to homebound older adults.



HEALTH INSURANCE COUNSELORS - provide free, unbiased Medicare counseling to Medicare beneficiaries.



CLERICAL - Handling all types of office duties including but not limited to making phone calls, filing, data entry, preparing mailings.



ADVISORY COUNCIL - Voluntary group that provide information, guidance, advice and support to the Office for the Aging to develop, coordinate and administer services to older persons.



PUBLIC RELATIONS - Public relations including the Golden Glow newsletter and many other custom opportunities available.

LEARN MORE
CALL 607-535-7108 or
kpound@co.schuyler.ny.us