



EMPOWERS.
GUIDES.
PROVIDES.

Services and
Support for Seniors



volunteers



CVAA is a nonprofit organization that empowers seniors to live well. We work with seniors and caregivers, offering guidance and providing the support and services they need, when they need them. With the help of our community partners and volunteers, we serve over 10,000 seniors. Established in 1974, we are known as *the* resource for seniors in the Champlain Valley (Addison, Chittenden, Franklin, and Grand Isle counties).



CVAA depends on its volunteers who help provide services and support to seniors in the Champlain Valley. As a volunteer, you are on the front line, interacting directly with seniors, changing lives, and giving hope. The simple delivery of a meal brings not only food, but also a bright smile and a friendly greeting that can lift spirits. Whether it's delivering or serving meals, visiting, or helping with events, volunteers play a vital role in achieving our goal – empowering seniors to live well!



802 865 0360

senior helpline

1 800 642 5119

www.cvaa.org



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VISIT

HELP

SHARE



1 800 642 5119 www.cvaa.org

Help Build CVAA's Volunteer Network

CVAA has one of the largest volunteer programs in Vermont with volunteers ranging from 9 to 93 years old. Some of our older volunteers are also clients, showing that anyone can help. If you volunteer for CVAA, thank you. And if you would like to volunteer, we would love to have you! Many hands make light work.

CVAA serves four counties (Addison, Chittenden, Franklin, and Grand Isle) and one-third of Vermont's seniors. We depend on volunteers to help reach seniors who need services and support.

No experience or special skills are needed – everyone has something to offer. Our volunteer opportunities offer flexible schedules – you can volunteer one time, once a week, every other week, or whatever fits into your life. If you want to volunteer, we have an opportunity that will suit your interests and your schedule.

Visit our website at www.cvaa.org or call CVAA at 802 865 0360 or our Senior HelpLine at 1 800 642 5119 for more information.

CVAA Volunteer Opportunities

Friendly Visitor

Provide companionship and support to area seniors through one-on-one visits. Each Friendly Visitor volunteers with one senior on a regular basis doing one of the following tasks: visiting, grocery shopping, organizing paperwork or belongings, yard work/snow shoveling, going on outings, balancing a checkbook, etc. Volunteers and seniors are matched on the basis of the task involved and the senior's location.

Meals on Wheels Driver

Deliver hot nutritious meals to homebound seniors in your community. Time commitment varies from one day per week to one day per month, for approximately one hour around weekday lunchtime.

Special Events Volunteer

Assist with special events and fundraising. Volunteer activities may include planning, setting up or breaking down at the event, selling raffle tickets, soliciting/picking up donations, assembling mailings or other materials, distributing publicity materials, and other tasks.

Community Meals Volunteer

Help at senior community meals by checking in participants and acting as greeter/host. Volunteers may also help coordinate programs or events.

Other

If you have skills or experience that can benefit seniors, please call and talk to us about how you'd like to help. We have volunteers who provide computer tutoring, do handyman tasks, help seniors prepare a budget, play musical instruments, and much more.