

## MEAL PROGRAMS

### Home Delivered Meals

Pick up meals at the assigned site location, deliver to program participants, check on their well-being, and report concerns to the ADRC. Serve as a social contact for the day and provide a homebound person with a nutritious meal.

### Dining Sites

Assist staff at one of our county dining sites. Duties may include packaging meals for home delivery, preparing the dining site for lunch, cleaning up, or offering activities (calling bingo, leading crafts, etc.).

### Frozen Meal Rural Delivery Route Driver

Pick up meals from the ADRC of the Lakeshore Kewaunee office and deliver them to home-bound participants in the rural areas of Kewaunee. This opportunity is on Mondays only. Available only in Kewaunee County.



## ALZHEIMER'S/DEMENTIA

### Lakeshore Memory Cafe

Provides a comfortable and nonjudgmental environment in which persons with dementia, their families, and their caregivers can interact and enjoy the company of others experiencing similar challenges. The Memory Cafe meets once a month in Manitowoc for approximately 2 hours.

## NEWSLETTER/OUTREACH

Assist the ADRC with our outreach efforts. Prepare our bimonthly newsletter for mailing or help deliver newsletters to area businesses.

## GET INVOLVED:

### Outreach Coordinator ADRC of the Lakeshore

Monday-Friday  
8am-4pm  
1-877-416-7083



# Volunteering Opportunities

## ADRC of the Lakeshore

Serving Manitowoc and Kewaunee  
Counties



## MOBILITY DRIVERS

Provides transportation for eligible individuals who can no longer drive, so they may get to appointments and other activities, allowing them to remain an active part of their communities.

- Available in Manitowoc County only
- Use County vehicles
- Flexible hours - as few or as many hours per week as volunteer would like
- Guided training required

## ADRC ADVOCACY

Help represent the ADRC of the Lakeshore at regional and state meetings.

### Commission on Aging

Attend public hearings and quarterly meetings to help the Commission on Aging make informed decisions.

### Nutrition Advisory Council

Assist in evaluating, planning, and advocating for the nutrition programs.

### Transportation Coordinating Committee

Attend quarterly meetings to help the Transportation Coordinating Committee make informed decisions. Available in Manitowoc County only.



## HEALTH AND WELLNESS WORKSHOP FACILITATORS

### Powerful Tools for Caregivers

Provides family caregivers with communication tools and methods of caring for themselves. This is a six-week workshop, meeting once a week for 1.5 hours.

### Stepping On Workshop

Designed to build strength and balance in individuals at risk for falls. This is a seven-week program, meeting once a week for 2 hours.

### Sip & Swipe

Offers those who have never used a tablet or smartphone a safe way to learn basic skills, such as: turning a tablet on/off, searching the internet, creating an email account, and more. Each course is based on individual needs/skill levels. Sip & Swipe is a two-day course, meeting for 2 hours each.

### Bingocize

Combines the game of bingo with strength and balance exercises, for a great way to get moving, get socializing, and win some prizes! This is a 10-week course that meets twice a week for one hour.