



Volunteers are a vital resource and provide needed services, particularly to frail and economically disadvantaged seniors. Our Volunteer Programs offer both personal rewards and fulfill needed public services.

Volunteers provide dependable and dedicated service to residents of the City of Richmond and Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent and Powhatan Counties.

Senior Connections has numerous opportunities available. We have the right opportunity for you. Call us today and find out where your skills may be most effective. Make a difference in the life of a senior in your community! 804-343-3024

Volunteer Opportunities:

Agency Outreach: Schedule and deliver presentations promoting community awareness of Senior Connections, client services, and volunteer opportunities.

Clerical Assistant—Assist with office duties including data entry, filing, mailings, and answering phones.

Friendship Café Volunteer—Share talents, crafts, storytelling, music, and/or skill based projects with participants at one of Senior Connections' Friendship Cafés - where older adults enjoy lunch, friendship and more.

Healthy Habits for Adults offers wellness workshops for adults (50+) taught by volunteers (50+). The program is offered in various locations in the metro Richmond area. Workshops focus on better health through improved nutrition behaviors and increased physical activity in older adults. Each workshop consists of a nutrition lesson, healthy snack and safe, effective physical activity.

TeleBridges Volunteer- provides friendly reassurance phone calls to seniors 2-5 days per week, by offering a listening ear and an encouraging word. *(Limited availability)*

VICAP (VA Insurance Counseling Assistance Program): Counsel on Medicare, Medicaid, supplemental and long term care insurance issues. Provide information, assistance and referral services to callers on an information hotline. *Please note: Insurance agents, employees or brokers, and financial planners are not eligible to serve as VICAP Volunteers.*

***Volunteer Money Management:** An in-home check writing and financial management service for people 60 and over. Most people served by this program are low income or disabled and are having difficulty meeting monthly expenses. **Background check required.**

*(Volunteer opportunities are during business hours, M-F. Opportunities with more flexible hours are marked by *.)*