



**Senior Connections**  
1300 Semmes Avenue  
Richmond, VA 23224  
(804) 343-3000 [www.seniorconnections-va.org](http://www.seniorconnections-va.org)

*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. Call us today and find out where your skills may be most effective. Make a difference in the life of an older adult in your community!*

*Feel free to contact Shana Beverly, Volunteer Services Manager with any questions. 804-343-3024, [sbeverly@youraaa.org](mailto:sbeverly@youraaa.org). Thank you.*

#### **Volunteer Opportunities:**

- ◆ **Clerical Assistant Volunteer**—Assists with administrative support, could include filing, data entry mailing, answering phones, etc.
- ◆ **Friendship Café Volunteer**—Assists with activities and programs at Senior Connections' Friendship Cafés where older adults enjoy lunch, friendship and more.
- ◆ **Long-Term Care Ombudsman Volunteers (LTCOV): Long-Term Care Ombudsman Volunteers (LTCOV):** Work to protect the rights of residents in Long-Term Care Facilities such as Nursing Homes and Assisted Living Facilities. They help residents & their families understand their rights that are guaranteed by Federal Law in Nursing Facilities and by State Law in Assisted Living Facilities. Volunteers act as a link between Residents, the Ombudsman Program and Facility management if needed. Initial training is 36 hours. More details are available. **Minimum one year commitment preferred. Background check required.**
- ◆ **TeleBridges Volunteer**- provides friendly reassurance phone calls to seniors at least twice a week, by offering a listening ear and an encouraging word. **Background check required. Minimum one year commitment required. 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. Minimum one year commitment required. Background check required. (Check for availability).***
- ◆ **\*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. **Minimum one year commitment preferred. Background check required.**