



# WE'VE GOT THE MEALS,

# WE NEED THE WHEELS!



## COLUMBIA COUNTY OFFICE FOR THE AGING

### WHY VOLUNTEER WITH US?

- ✓ **Make a Positive Impact**  
Your efforts will directly support the health and well-being of older adults in our community.
- ✓ **Flexible Schedule**  
Choose delivery times that fit your availability.
- ✓ **Meet New People**  
Connect with fellow volunteers and the seniors you serve.
- ✓ **Community Connection**  
Help combat loneliness and isolation among older adults in Columbia County.

### What You'll Do:

- Deliver nutritious meals to homebound seniors in your area.
- Provide a friendly visit, offering companionship and a listening ear.
- Follow safety and health protocols to ensure the well-being of all.

### Requirements:

- Valid driver's license and reliable vehicle.
- Ability to lift and carry meals (generally 5-10 lbs.)
- Warm and friendly attitude!

### How to Get Involved:

Contact the Office for the Aging at **(518) 672-2353** or **ofa@columbiacountyny.gov**. You can also visit our website at <https://tinyurl.com/ColumbiaCountyOFA> or follow us on Facebook for more information.

*"Caring For Those Who Cared For Us"*