

I'm Interested in Volunteering, What Do I Do?

- ◇ Look at the variety of volunteer opportunities available on the inside pages of this brochure.
- ◇ Contact **Tim Ruis**, Activities/Volunteer Coordinator at 619-235-6538 ext. 327 or tim.ruis@servingseiors.org to discuss the volunteer activity you are interested in.
- ◇ Go to our website at www.servingseiors.org and download the volunteer registration form. Fill out the form and return it to our administrative offices before your first day of volunteering.

Mission

Provide quality and compassionate services for the survival, health and independence of seniors living in poverty.

Vision

Create an environment where seniors, living in poverty, are respected and live free of fear with pride and dignity.



Volunteer Opportunities



Volunteer Services

Phone: 619-235-6538 ext. 327

Fax: 619-544-9811

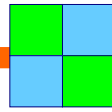
Administrative Offices

Phone: 619-235-6572

Fax: 619-235-9829

525 14th Street, Suite 200
San Diego, CA 92101

www.servingseiors.org



Serving Seniors

Our Serving Seniors program is made up of corporate and community members who serve lunch to seniors at one of our congregate dining sites.

Typically groups serve once a month and each lunch seating is one hour. Aside from serving meals, the Serving Seniors program gives volunteers the opportunity to interact with and get to know the seniors.



San Diego Padres employee, Darius, takes a moment in between serving meals to have a conversation with two of our senior clients.

Organize a Donation Drive

Gather your family, friends, neighbors and co-workers to collect personal and household items that seniors often cannot afford due to their limited income.

Items needed include:

- Toiletries
- Clothing
- Blankets
- Non-perishable food
- Bingo prizes (gift cards, tote bags, umbrellas, etc.)

Organize a Social Activity

The seniors really enjoy activities where they can interact with their peers and volunteers. Volunteers can add some fun to the activities by donating prizes and bringing in baked goods. Favorite activities include:

- Bingo
- Ice Cream Social
- Theme Parties
- Arts & Crafts

Adopt-A-Program

Support seniors in our Home Delivered Meals (HDM), Transitional Housing (THP) or our Supportive Housing Programs.

You can decorate placemats and prepare tray favors for seniors in our HDM program **or** fill laundry baskets with soap, towels and pillows for THP clients **or** organize activities for seniors at one of our two affordable supportive housing complexes.



San Diego Downtown Breakfast Rotary "beautifies" the rooftop terrace at Potiker Family Senior Residence.

Host a Holiday Party

The holidays can be a difficult time for the seniors we serve. Many live alone and don't have family living nearby. Holiday parties are just the thing to lift their spirits. Hosting responsibilities include:

- Decorating the dining room
- Bringing treats
- Music/ Entertainment
- Raffle prizes



The seniors at the Broadway Center enjoy the festive decorations and sweet treats provided by National Charity League—San Diego chapter for their annual Valentines Day party.

