

# Make A Difference Volunteer with MVES!

Volunteers at Mystic Valley Elder Services are...



Compassionate



Reliable



Helpful



Skilled

These are just a few words to describe the more than 300 individuals who are currently making a positive difference at Mystic Valley Elder Services.

**Do these words describe you? Get involved!**

The volunteer programs at Mystic Valley Elder Services provide meaningful opportunities to engage with your community and use your skills and talents to help others. There are a variety of opportunities, so contact us to find the one that is best for you!

Social Engagement • Money Management • Healthy Aging • Special Projects/Office • Meal Sites • SHINE

# Volunteer

with Mystic Valley Elder Services!



**Healthy Aging** group leaders facilitate workshops to promote health and wellbeing, including physical activity programs, healthy eating, chronic disease management, pain management, fall prevention, and more.



**Social Engagement** volunteers connect with consumers through face-to-face visits, phone calls, card and letter writing, and email correspondence.



**Money Management** volunteers help elders and adults living with disabilities maintain their independence by assisting with bill-paying tasks, such as organizing the consumer's bills, preparing checks, and balancing a check book.



**SHINE** (Serving the Health Insurance Needs of Everyone) counselors help Medicare participants of all ages understand their Medicare benefits and other health insurance options by providing information and assistance about health insurance and public benefit options.



**Special Projects and Office** volunteer opportunities are available throughout the year. These positions contribute to healthy aging initiatives, resource development, administrative support, and other areas of impact.



**Meal Site** volunteers help elders and adults living with disabilities access nutritious food and provide valuable opportunities to socialize at any of the weekday lunch sites. Volunteers have a variety of responsibilities such as setting tables, managing reservations, serving lunch, and cleanup.



Mystic Valley Elder Services is a non-profit agency that provides essential home and community-based care and resources to more than 20,000 older adults, adults living with disabilities, and caregivers annually living in 11 communities north of Boston and beyond.

**Contact us today to find the best option for you!**

Call the Volunteer Engagement Manager at 781-388-2375 or visit our website at [www.mves.org/volunteer](http://www.mves.org/volunteer).

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