

DECEMBER 2025

# VOLUNTEER NEWSLETTER

*Dear Volunteers,*



Welcome to our first monthly newsletter!

In this newsletter, you will find:

- monthly program spotlights
- volunteer shoutouts
- upcoming volunteer opportunities and trainings
- general events
- volunteer feedback form

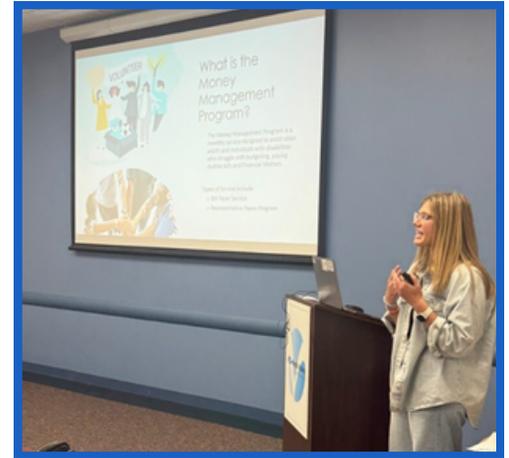
We hope this newsletter helps you stay informed, connected to the impact you're making, and inspired as part of our volunteer community.

We are so grateful for all of the work you do to support the older adults in our communities! Thank you for volunteering with us.

All the best,

*McKayla Arnold & Mia Gutarra*

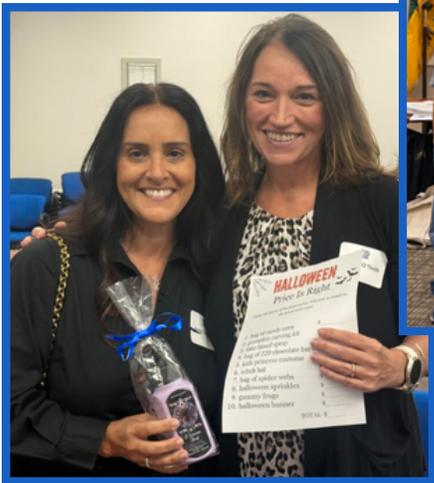
MVES Volunteer Services



# BIG & SMALL WINS



Thanks to our volunteer program! Approximately 400 older adults were assisted through Medicare Open Enrollment, 100 older adults received healthy aging education, 3 new consumers were assigned Money Management volunteers, 12 older adults were assisted by technology volunteers, and so much more.



# PROGRAM SPOTLIGHTS



## MONEY MANAGEMENT

Please remember to submit your documentation to the Money Management Team by the 15<sup>th</sup> of each month.

- Submit monthly visit reports on JotForm: [HERE](#)
- Please submit bank statements through Encryptscan directly from your phone.
- OR manually fill out forms and email them to [moneymangement@mves.org](mailto:moneymangement@mves.org).

Thanks to your referrals, we were able to recruit and train 5 new Money Management volunteers and assign 3 volunteers to consumers this month.

We are so thankful for all of your hard work for our wonderful consumers. You all make it possible for this program to continue to run and thrive.





## HEALTHY AGING

This past month, Healthy Aging reached 133 older adults. Healthy Aging ran a Diabetes Self-Management class on Zoom for all 11 communities we serve; Matter of Balance classes in Melrose and North Reading; and Tai Chi in Wakefield, Stoneham, Melrose, Malden, Medford, and North Reading.

## TECHNOLOGY ACCESS PROGRAM (TAP)

The Technology Access Program is licensed to run AARP's Senior Planet courses in our communities including G-Mail Tips & Tricks, Getting to Know Your iPhone, Smartphone Photography, Getting Creative with Canva, Zoom, MyChart, and many more. Please look out for emails regarding volunteer opportunities.

If you are interested in becoming a Senior Planet Trainer, email [technologyaccess@mves.org](mailto:technologyaccess@mves.org) for information on the training process.



# UPCOMING VOLUNTEER OPPORTUNITIES



## Bombas Socks Prep

## SPECIAL PROJECTS

We're excited to announce that MVES will be receiving a large donation of Bombas socks before the end of the year.

Want to help make a difference? We'll need volunteers to assist with sorting and preparing these socks for distribution to the community on **Wednesday, January 14<sup>th</sup>, anytime between 9am-12pm.**

If you're interested in lending a hand, please contact us at [volunteer@mves.org](mailto:volunteer@mves.org) for more information.



## SHINE

SHINE will be recruiting new volunteers for training as counselors in Spring of 2026. If you are interested in getting on our list for SHINE training, email [SHINE@mves.org](mailto:SHINE@mves.org).

SHINE training usually begins in mid-April and lasts about 6 weeks. This year, the training will be hybrid (part online and part in person at our office in Malden). SHINE counselors provide an important service to the community, helping people navigate the complex world of Medicare.



# NUTRITION

## Ensure Delivery Drivers

Help deliver cases of Ensure to older adults in any of our 11 cities and towns—Revere, Everett, Chelsea, Malden, and Melrose need the most support right now.

- Deliveries happen on the first of each month.
- Pickup at 300 Commercial St. #19, Malden MA.
- Each volunteer covers about 10–12 stops and commits 1–2 days, based on availability.

For current volunteers, email [volunteer@mves.org](mailto:volunteer@mves.org).

New volunteers:

1. Visit [www.mves.org](http://www.mves.org).
2. Select Join Us → Volunteer Opportunities → Volunteer Application.
3. Choose ENSURE PROGRAM DRIVER as your first choice.
4. Once submitted, a coordinator will contact you.



Your help matters! Currently, Meals on Wheels drivers handle these deliveries on top of their regular routes. Volunteers ease this heavy load and make a real difference for people who need support.

*A general flyer to share is attached to this email!*

# MONEY MANAGEMENT

## Money Management Bill Payers Needed

We are still working on opening new consumers and are always looking for more volunteers. Please continue to spread the word about this program so we can continue to meet the needs of consumers.

*A general flyer to share is attached to this email!*



# TECHNOLOGY ACCESS

**TAP is will be running many courses and tech cafés in December and January.**

**Getting Started on Zoom Workshop** Melrose COA - 12/2, 2-2:30pm

**Getting to know your iPhone Workshop** N. Reading COA - 12/9, 10-11:30am

**Getting to know your iPhone Workshop** N. Reading Library - 12/11, 10-11:30am

**Using Voice Commands & Siri Workshop** Chelsea COA - 12/15, 12:30-2pm

**G-mail Tips & Tricks Workshop** N. Reading COA - 12/16, 10-11:30am

**Tech Café** Reading YMCA - 12/18, 10am-12pm

**Facebook Workshop** Chelsea COA - 1/5, 12:30-2pm

**Smartphone Photography 5-Week Course**

Winthrop COA - 1/7, 1/14, 1/21, 1/28, 2/4, 1-3pm

**Facebook Lecture** 630 Salem St., Malden - 1/15, 10-12pm

**G-Mail Tips & Tricks Workshop** Everett Library - 1/15, 12-1:30pm



**Please email [technologyaccess@mves.org](mailto:technologyaccess@mves.org) if you are interested in volunteering as an assistant/tech trainer.**

# LEGACY50 SUMMIT

**June 4<sup>th</sup>, 2026 11:00am-3:00pm**

The Legacy50 Summit, our grand finale of 50th festivities, will feature a Keynote Presentation by Ashton Applewhite, award-winning author, TED mainstage speaker, and anti-ageism advocate.

We're looking for enthusiastic greeters and event setup volunteers to bring this milestone event to life!

If you'd like to contribute your time, please reach out to the Development Office at [development@mves.org](mailto:development@mves.org).



## QUARTERLY MEETING: TREATS, TEA, AND TEES



**JANUARY 8<sup>TH</sup>, 2026 2:30-3:30pm**

Mark your calendars and stay tuned for more information on our quarterly meeting which will take place at MVES:

300 Commercial St. #19, Malden MA.

Enjoy tea, coffee, pastries,  
and help us design our new MVES volunteer t-shirt!





# THE SHINE PROGRAM

## VOLUNTEER SHOUTOUTS

Special shout out to all of our SHINE volunteers who went above and beyond during a very busy open enrollment season for 2025-26!

– Mary Ruhl



# RICK D.

## VOLUNTEER SHOUTOUTS

Rick D. has done a phenomenal job as an Ensure volunteer. Rick shows up the first of each month, loads his truck and delivers all of Stoneham and Wakefield. At the end of the day he reports back which consumers were not home to receive the delivery, any consumers that may have too many cases and require a change in their plan, he updates the delivery order for better optimization, and above all is a consummate professional. We are happy to have Rick representing MVES.

– Brian Bird



## TRAINING OPPORTUNITIES

### MEDICARE TALK – MEDFORD

The SHINE Director, Mary Ruhl, will be presenting a talk about Medicare at the Medford library on December 4th at 4PM. This is a talk for people who are turning 65 or new to Medicare. Click [HERE](#) to register.



## VOLUNTEER FEEDBACK FORM

**HAVE FEEDBACK/QUESTIONS FOR VOLUNTEER SERVICES? SHARE YOUR THOUGHTS BY [CLICKING HERE](#).**

We'd love to know how you are enjoying volunteering with us and ways that we can improve! Please share any sweet volunteer stories, big and small wins, and honest feedback at the form above!



## HOLIDAYS

Christmas Book Day	12/1
World AIDS Day	12/1
Hannukah	12/14-12/22
Winter Solstice	12/21
Christmas Eve	12/24
Christmas	12/25
Kwanzaa	12/26-1/1
New Year's Eve	12/31