



Contact:
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Mission of Age Well Arrowhead

Age Well Arrowhead supports older adults and caregivers, connecting them to services that support healthy aging and independence. We do this by assessing the client's needs and surroundings and then working together to ensure they have access to services, resources and people that will help provide a continued quality of independent living.

AWA Volunteer Opportunities – *Small Commitment, BIG Rewards!*

Groceries-To-Go

Do you enjoy shopping? Want to get a little exercise? Our Groceries-To-Go program offers two unique opportunities including grocery shopping and/or delivering groceries on Wednesday mornings to older adults in our community.

Household Services

Help clients with regular household tasks that may include vacuuming, helping to change bed linens, mopping a floor, meal preparation, laundry or organizing closets, completing forms or other necessary paperwork.

Chore, Snow, Garden & Yard Care

These tasks are a little more involved and can entail lawn mowing and trimming, snow shoveling, moving furniture, changing light bulbs out of reach.

Errands

Transportation service to various non-medical appointments, to pick up prescriptions, go to the bank, etc.

Senior Wheels - Transportation

Our clients need drivers to help transport them to and from medical appointments and in some cases assistance with maneuvering complicated medical facilities. This service is vital to the overall health of older adults and supports their independence and well-being.

Companion

Whether you live across the country or across the street from your aging family and friends, it helps to know they have someone nearby if they need support. Sometimes that need is just having a friendly compassionate companion who visits regularly to sit, chat, play a game or reminisce.

Time Commitment

- Our schedules are flexible and based on client need and **your** availability. We can set a regular schedule or work on call!

Benefits

- An opportunity to give back to our community, develop new skills, meet new people
- Enhance the quality of life for older adults and caregivers who are our friends and neighbors
- Ongoing support, volunteer education and contribution recognition