



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.

Providing Meaningful and Fulfilling Volunteer Opportunities

Groceries-To-Go Shopping/Delivery

Do you enjoy grocery shopping? Would you like to help others have access to sound, nutritious food? We have the volunteer opportunity for you. Each Wednesday or Thursday, volunteer shoppers will fill grocery orders for older adults in our community. Shop as often as you'd like! Once a week or once a month - we are happy to accommodate your busy schedule.

Shopping Opportunities include:

Kenwood Super One- Wednesday Morning

Cloquet Super One- Wednesday Afternoon

West Duluth Super One- Thursday Morning

Superior Super One- Thursday Afternoon

Groceries-To-Go Remote Order Taking

Each Monday or Tuesday morning, volunteers are assigned a list of clients to contact and record their grocery order right from your computer. Take orders in your pajamas at home, on your lunch break, or while traveling. It is easy, rewarding, and can be done anywhere including the comfort of your own home, work, or while vacationing. Must be able to hear well and pay attention to detail with accuracy and a friendly, patient disposition! Training available. (Order taking also available from the Age Well office with staff support.)

Household Services- Help in the Home

What many of us think of as simple tasks may be a challenge for those in the aging community. Basic housekeeping, vacuuming, dusting a ceiling fan, changing linens, or carrying a laundry basket may not always get done with physical and mobility challenges as we age.

Chore- Snow, Garden & Yard Care

These tasks may entail lawn mowing and trimming, snow shoveling, moving furniture, changing light bulbs or other tasks around the home. The client provides all equipment, you provide the energy.

Transportation- Non Medical/Errands

Transportation service to various non-medical appointments including to pick up prescriptions, go to the bank, shopping, or just a ride around the town. * *Drivers must possess a valid, unrestricted driver's license and automobile insurance that meets the minimum requirements by the State of Minnesota.*

Transportation- Medical

Our clients need drivers to help transport them to and from medical appointments and in some cases assistance with maneuvering within complicated medical facilities. This service is vital to the overall health of older adults and supports their independence and well-being. * *Drivers must possess a valid, unrestricted driver's license and automobile insurance that meets the minimum requirements by the State of Minnesota.*

Companionship

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.

Office Assistant at Age Well Office

Answer incoming calls, accurately take grocery orders from clients for volunteer shoppers, call clients to determine needs, file and maintain volunteer and client records, arrange for the delivery or fax grocery orders to designated grocery store, enter client data into a data base, provide follow-up customer assistance as necessary, copy materials as needed, compile billing information. Reception and greeter duties for the organization as needed.

Evidenced Based Workshop Leader

This is a great opportunity to help older adults gain education, strength, coordination, and balance through teaching evidenced based workshops. Ideal candidates are motivated to learn and lead others, preferably with experience teaching physical activities. Training provided.

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