

Are you looking for a way to contribute to your community, but don't have the "time"? Do you want to make a difference, but don't want to make a commitment?

Everyone is busy nowadays. Overbooked even. But, we all still have a sense of wanting to help others and make a difference in someone's life. You can do it....read more to find out how.

The Sherborn Council on Aging is the perfect place for you to give back to your community and contribute only as much as you are able to fit into your busy schedule. We've created "opportunity areas" where you can be on a master list of helpers and when the need arises and we send out our request for help, you can either sign up if it fits into your schedule, or pass until the next opportunity comes up. There is always a need for help, and there will always be opportunities to contribute and give your time.

Please sign up for as many areas below as you can. The lists will be utilized to send out "requests" via Signup Genius when needs arise. Don't be afraid to sign up for more than one. Remember, you may not be able to volunteer your time one month, but may find you have more availability the next. Please be as generous as you can, and PLEASE spread the word to your friends. We are trying to build a huge database so that the seniors in our community never feel as though people aren't thinking of them and willing to help.

If you are going to transporting a senior or spending time one on one with a senior, you must complete a CORI check. Even though many of you have already filled one out for the schools, we still need a separate one for the Town of Sherborn Council on Aging.

There are so many seniors with a need; we just don't have the people who can help. You can help us fill that gap. No prior experience required. We'll fill you in on anything and everything that's involved. It's never been easier to help! Thank you in advance.

If you have any question or need to speak with someone, please call the office or send us an email.

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Click [HERE](#) to go directly to the Signup Genius, or copy and paste the following link into your web browser:  
<http://www.signupgenius.com/go/20f054eadad2aaafe3-sherborn4>

### **I LOVE to talk on the phone!**

Could you make a call or two from your own phone to check in on a homebound senior? You can call from home or while you're on the road; it's never been easier! You'd have a day of the week (weekly, bi-weekly or monthly) where you call on someone (or two) and just see how they're doing or how their day is going. You send an email back to the office, or complete our online form just letting us know how the senior is doing. It's simply a "check in" call. A call could take a mere 3 minutes. Could you spare just that?

### **Meal Delivery**

No, you don't have to make the meal, you just have to deliver it! The COA offers a program where we deliver meals to homebound seniors who request the service. Meals are picked up at lunchtime at Leonard Morse Hospital in Natick and delivered to Sherborn seniors at their homes. Pick up, drop off, share a smile, and drive home. It's never been easier to help out. Often times, our meal delivery route is ONE PERSON and with enough people willing to help out, you may only have to drive once every one to two months. Please indicate in your comments what days you are available/unavailable.

### **Leftovers anyone?**

Did you make a meal and then find out that everyone had other plans? If you're making 4 stuffed peppers, could you make 2 more? Instead of cooking for 5, could you cook for 7? There are so many seniors in Sherborn that could use a meal just once a month. Many seniors are caring for an ailing spouse, or simply just can't find the energy to cook a meal after a day at the doctor's office or at other appointments. Perhaps a senior lives alone and cooking a meal for one seems like too much work so they end up not eating at all. Meals don't have to be fancy, in fact, the leftovers from your own family meal would be perfect! Please consider adding a little extra to your family dinner one night....

### **Hop on in....**

Could you drive a senior to an appointment? Often times, the appointments are quick and you can be back home in no time at all. Other times, you could drop someone off, and then run a few errands and head back for pickup! All appointments would be local (Sherborn, Natick, Framingham, Ashland). Could you drive someone just once every 2 months? Maybe even less if enough people sign up. A CORI check will be required for this job. Large SUV? No worries....just bring a step stool and you're on your way!

### **Lend a Hand**

Sometimes there are odd jobs that seniors need help with. Moving a pile of wood. Bringing in plants for the winter. Moving lawn furniture to the garage. Even simpler....moving a box from one room to another. Things we take for granted are very difficult for seniors. Have an hour to spare? That's probably all you'll need. We'll work around your schedule. A perfect job for a High Schooler. A CORI check will be required for this job.

### **Grocery Trip – Who doesn't love to shop? (for food!)**

Could you pick up a few more things at the grocery store? Many seniors just can't get to the grocery store as easily as we can. While they don't need to do a BJ's run, they do need the basics from the market. You can offer to help 1x/month or even once every 2 months. Just do what you can.....knowing that every little bit helps. Clients will pay for all of their groceries.

### **Snow Shoveler**

Calling all school-aged children (and parents)! We're not looking for driveways to be shoveled, but simply clearing a walkway of snow and ice, or clearing a path for an oil delivery will make all the

difference in the world to a senior. We don't want our seniors outside shoveling snow, especially not if they live alone! Are you willing to be paired up with a local senior (one that lives near you) where you "adopt" them for the winter and just check in on them during storms to see where they need a little extra help with shoveling? We have a very big need for this, and what better way to teach our younger generation the benefit of helping others. Often times, these working relationships turn into so much more. Hey, you may even end up with hot chocolate and fresh baked cookies!

#### **Chocolate Chip? Oatmeal? Molasses? Sugar?**

Can you bake 2 dozen cookies? Want to try a new recipe? This is a great way to bond in the kitchen with your child while making a difference for some seniors. We have many programs and gatherings where the seniors would enjoy some fresh baked goods. While we try and provide as many goodies as we can, we often have to resort to store-bought treats. As we all know....there's nothing like fresh, home cooked goodies. Consider baking your favorite recipe or that one you've been dying to try. Important note: NOT limited to cookies only; breads and pies are welcome too!

#### **#Technology Help**

Can you spend 1/2 hour helping a senior set up their email account? Create a facebook account? Get Wifi? Heck, make a phone call on an iPhone!!!! We have seniors that need help!

#### **Handyman (or woman!) to the rescue!**

Are you handy with a screwdriver? Know how to drill a pilot hole? Can you hang a picture hook? Fix the chain in a toilet? No major repairs - we promise!

#### **Sit and Chat**

Could you spare an hour to visit a homebound senior? Could you spend an hour brightening their day? Talk about the weather, talk about current events, talk about anything. Many seniors have been forced to give up much of their independence and staying home all day without interaction can be detrimental to their overall health. A simple visit from a volunteer can make someone so happy. Show them an interesting magazine article, talk about a movie you just saw. Ask them about their family. There's always something to talk about. And remember, even caretakers need a break from time to time! Stay with a senior for an hour so that a caretaker can get out and simply get a breath of fresh air!

#### **Meal Provider**

Grab a friend (or two) and help prepare a meal for the weekly Thursday "Senior Cafe". COA provides drinks, bread and dessert. You just need to come up with a salad and a meal. Soups, casseroles, new recipes, old favorites! 30-50 people. Don't be nervous – it's easy. Just make 4 times your normal recipe! It's so rewarding when you see how grateful the seniors are.

Click [HERE](http://www.signupgenius.com/go/20f054eadad2aaafe3-sherborn4) to go directly to the Signup Genius, or copy and paste the following link into your web browser:  
<http://www.signupgenius.com/go/20f054eadad2aaafe3-sherborn4>