



July/August 2011

Ongoing Volunteer Opportunities

- * **Community Centers & ACC (Charlottesville, Albemarle, Fluvanna, Greene, Louisa, Nelson):** Activities with Seniors
- * **Health/Nutrition:** Food Bag Program, Home Delivered Meals, Congregate Meals, Local Food Initiative
- * **Companionship/Outreach:** Friendly Visiting, Ombudsman, VICAP, Friends in Schools Helping
- * **Building Community:** Admin/Office help, Boards & Councils, Special Events, Twice Is Nice

VOLUNTEERS
are the ♥
of JABA
www.jabacares.org



Immediate Opportunities

Help at-risk seniors
beat the heat by
donating to JABA's

Cool Aid

- * \$20 buys a fan
- * \$150 buys an air conditioner
- * \$200 keeps cooling and other life-saving equipment running



Contact: Martha Williams
434-817-5245
mwilliams@jabacares.org

www.jabacares.org

- **Twice Is Nice**, JABA's upscale resale shop in Preston Plaza needs volunteers for various tasks around the store. All proceeds from TIN go to Mountainside Senior Living in Crozet. Contact Martha Williams at 434-817-5245 or mwilliams@jabacares.org.
- Be a voice for those in long-term care by becoming a **Volunteer Ombudsman**. The Fall 2011 training program is coming up in September. For more information, contact Beth Hochstetler at JABA, 434-817-5271 or bhochstetler@jabacares.org.
- **Wanted: Health Insurance Guides.** Volunteers needed to help seniors make informed choices during Medicare Part D open enrollment. Minimum commitment includes a one-time half-day training and volunteering three hours per week between October 15 and December 7, 2011. Contact Phyllis Payne at JABA 434-817-5248 or ppayne@jabacares.org.
- JABA's **Friends in School Helping (FISH)** program is recruiting tutors and mentors for the 2011-12 school year. Help bridge the achievement gap by helping teachers in our public school system address the needs of students from preschool through middle school. Call Marguerite David at JABA, 434-817-5229 or mdavid@jabacares.org.
- JABA is looking for a **Volunteer Services** volunteer to assist community residents who are looking for an opportunity to serve. Position requires contacting volunteers, publishing volunteer opportunities on Websites, and providing administrative support. Knowledge of Facebook and ability to produce flyers is a plus. For more information, contact Martha Williams at JABA, 434-817-5245 or mwilliams@jabacares.org.

