

PRESS RELEASE

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5 Ways to “Spring” into Volunteering

(May 27, 2022 – Contra Costa County) - If you are searching for [an exciting way to give back this Spring season](#), [Meals on Wheels Diablo Region](#) invites you to volunteer to support their [senior services](#)!

Here are five exciting volunteer opportunities to get you out of the house and into the community this Spring:



[1. Become a Friendly Helper Volunteer](#)

Meals on Wheels Diablo Region has a long list of seniors across Contra Costa County who need of help from Friendly Helpers. As a Friendly Helper, you can help run errands for seniors. A typical errand may include picking up a prescription, getting stamps from the post office, or picking up groceries. Seniors reimburse for all items picked up. Friendly Helpers are asked to complete at least two errands each month, making it perfect for people who want to make a difference despite busy schedules. This program allows seniors to continue to live independently and with dignity.

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[2. Become a Volunteer Coach: Matter of Balance Classes](#)

Volunteer Matter of Balance Class Coaches help participants become more confident about managing falls, help to identify ways to reduce falls, and lead exercises to help increase strength and balance. These virtual classes are held on Zoom twice a week for a little over four weeks or once a week for nine weeks. MOW Diablo Region offers free training to volunteers interested in becoming Certified Coaches and provides all the tools needed to lead classes.



[3. Become a Volunteer Coach: Young at Heart Strength Training Classes](#)

Volunteer Young at Heart Strength Training Coaches support senior health and wellness by assisting older adults in building strength, improving balance, and maintaining flexibility. Classes meet weekly for one hour (time commitment of one and a half to four and a half hours per week depending on placement). Classes are currently only offered in East and West County.

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Volunteers must be willing to drive to Concord, San Pablo, Rodeo, Bay Point, or Pittsburg. MOW Diablo Region offers free training to volunteers interested in becoming Certified Coaches and provides all the tools needed to lead classes.



[4. Become a Volunteer Meal Delivery Driver](#)

Meals on Wheels Diablo Region's volunteer drivers deliver nutritious meals to seniors in our community that are homebound and unable to cook or shop for themselves. The driver's visit also serves as a health and wellness check and as an extra source of social connection.

Meals are pre-packaged in coolers and are ready to be packed in your car when you arrive. Most delivery drivers usually volunteer once a week for about 90 minutes. The Meals on Wheels Diablo Region team has designed specific routes for each driver to save time and encourage a streamlined experience for our drivers.



[5. Become a Volunteer Friendly Caller](#)

If you prefer to create friendships over the phone, you can become a Friendly Caller, by providing seniors a connection to another person even though they might not be able to go out. This is a great opportunity for



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anyone who wants to brighten a senior's day through friendship and conversation. Our seniors experience a lot of joy from conversations with our Friendly Callers.

If you are interested in learning more about becoming a volunteer with Meals on Wheels Diablo Region, please visit <https://www.mowdiablregion.org/sign-up-volunteer> .

Your caring and dedication allows Meals on Wheels Diablo Region to help elders in our community maintain the best quality of life possible. All of these amazing volunteer opportunities support Meals on Wheels Diablo Region's ability to provide #MoreThanAMeal.

[Don't forget to give us a "LIKE" on Facebook for updates on senior supportive services provided by Meals on Wheels Diablo Region.](#)