



## Tri-County Office on Aging Volunteer Application

(Please type or print)

Date \_\_\_\_\_

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Middle Initial \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Day Time Telephone \_\_\_\_\_ Cell Phone \_\_\_\_\_

How did you hear about Tri-County Office on Aging volunteer opportunities? \_\_\_\_\_

**Volunteer Experience** (Agency/Organization Name and Volunteer Role)

**Employment Background** (Present and Past Employers and Positions Held)

**Personal References** (Name, Email, Telephone Number for Two or More Individuals Other Than a Relative)

## Volunteer Positions:

- Nutrition/Meals on Wheels: Drive your own car or go with a partner and deliver hot lunches to clients who are unable to prepare their own meals. Most volunteers drive one lunch hour a month, others prefer to deliver more often. Mileage reimbursement is available.
  - Nutrition/Dining Sites: Help dish up food at dining sites across the tri-county area. Also needed are individuals to help with educational and entertainment programs for the sites.
  - Nutrition/Central Kitchen: Help prepare food or package individual meals.
  - Medicare/Medicaid Assistance Program (MMAP): Meet with clients and take hotline callers who have questions and concerns about Medicare, medical bills, long-term care insurance, Medigap and Medicaid.
  - General Administrative Volunteer: Participate in general office duties such as data entry, stuffing envelopes, and/or placing phone calls to gather and update resource information.
  - Snow Shoveling and Lawn Care: Shovel snow, rake leaves, mow lawns and/or do other yard work for older adults who are unable to do this work on their own.
  - Events-Golf Outing, Dinner & Auction, and 5K Run for the Ages: Participate in planning annual fundraising events by soliciting prizes and sponsors, selling raffle tickets, and/or volunteering on event day.
  - Workshop Facilitators/Trainers: Share health and wellness information, lead groups, and/or facilitate evidence-based workshops or programs. Specific topics may include: caregiver support, the fear of falling, fitness, and diabetes management. Training is provided.
  - Senior Proxy Project: Deliver boxes of food and fresh produce to seniors' homes, assist in the office, or help with outreach for this new project.
  - Propose your own Volunteer Role:
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### Privacy Agreement/Permissions

- By checking this box, I understand that Tri-County Office on Aging conducts criminal history background checks on all volunteers, and that additional information may be requested in order to review my driving record and/or "conviction only" criminal history. I understand that the information provided here and any additional information obtained by Tri-County Office on Aging will be kept strictly confidential.
- By checking this box, I agree to maintain confidentiality in the event that I come into contact with any personally identifiable information and/or protected health information of clients.
- By checking this box, I give permission to Tri-County Office on Aging to contact my references using the contact information I provide on this form.

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Please return this application to the  
Tri-County Office on Aging, attn: Volunteer Specialist, 5303 S. Cedar Street, Building 1, Lansing MI 48911  
Or Fax to TCOA at 517-887-8071