



Volunteer Opportunity

Meals on Wheels Assessor



Play a supporting role in our life-saving Meals on Wheels Program by assessing the nutritional needs of homebound seniors to determine eligibility for the Meals on Wheels program and/or other program needs.

- Make home visits to collect pertinent information to further assess the consumers' eligibility for the program
- Confidential information is collected using a variety of easy to understand forms
- Information may include observations about general health, physical condition, frailty, mental health problems, or domestic conditions
- A follow-up 6-month reassessment will be conducted over the telephone
- A yearly in-home reassessment visit is required
- Work under the supervision of the Nutrition coordinator

To volunteer today, please contact the Volunteer Liaison at your closest Spectrum Generations Community Center www.spectrumgenerations.org/volunteer

Muskie Community Center, 38 Gold Street, Waterville
660-9263

Cohen Community Center, 22 Town Farm Road, Hallowell
626-7777

Southern Midcoast Community Center, 12 Main Street, Topsham
607-4406

Somerset Community Center, 30 Leavitt Street, Skowhegan
474-8552

Waldo Community Center, 18 Merriam Road, Belfast
930-8080

Coastal Community Center, 521 Main Street, Suite 8, Damariscotta
790-6022