



# Volunteer Opportunity

## Meals on Wheels Drivers Needed



**Spectrum Generations Meals on Wheels Drivers** are concerned individuals who deliver a hot nutritious meal prepared daily by our Nutrition Department to frail, older, homebound persons. You will help an older person retain their independence, maintain their physical and emotional well-being, and maintain a higher quality of life through social interaction. Often times, Meals on Wheels drivers are the only daily contact our recipients see.

Our volunteers are a group of special people which span all ages and all backgrounds who volunteer some of their time to help others while finding personal fulfillment.

### Duties May Include:

- Delivering a hot, nutritious meal to home bound seniors and adults with disabilities.
- Act as a safety "check-in" person for home bound seniors and adults with disabilities.
- Reporting to Spectrum Generations if recipient does not answer their door.

**To volunteer today, please contact the Volunteer Liaison at your closest Spectrum Generations Community Center [www.spectrumgenerations.org/volunteer](http://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