

**Volunteers:** Volunteers are instrumental in our work. They come to us through many channels. Orientation is provided for all of our volunteers. We have many long-term, dedicated volunteers, who last year provided more than 2,000 hours of their valuable time. Some of our drivers have been delivering Meals on Wheels for more than 10 years. Our outreach plan is supported by our staff and our volunteers, including our volunteer Board of Directors.



ASI Volunteers serve in many capacities, including in our dining room. Orientation is provided for our volunteers. Those volunteers working in the meal program have duties that include check-in at desk against reservation list for Congregate Meals; two volunteers together count the suggested donations at the end of each lunch period; volunteers also set up the dining room for lunch and clean the tables afterwards. Meals on Wheels volunteers deliver our meals – we maintain a roster of committed volunteers and backup volunteers for this purpose.

For Matter of Balance, we have volunteer coaches who are trained to lead those classes. Monitoring does not utilize volunteers. Volunteers also play an essential role in building positive inter-generational relationships that are healthy for all age groups and which many of our isolated community members would not otherwise enjoy.

