

Make a Difference in Your Life and Others

Volunteer to help older adults in need

Become part of an award-winning organization that helps older adults maintain quality of life in their own homes. Verde Valley Caregivers Coalition has about 2,200 neighbors enrolled to receive services such as transportation to medical appointments, the grocery store, physical therapy, dialysis, and other important errands. Other services provided by volunteers include business assistance, handy person help, respite assistance, friendly visiting, pet assistance, and more. VVCC also loans Guardian Angel emergency alert units for eligible older adults at risk for falling.

VVCC's biggest need is for volunteer drivers. Imagine life in the Verde Valley with no car. Many older adults can no longer drive, but need to get to doctor appointments, do shopping, etc. The public transportation available is often not within walking distance. As a volunteer, you list the days and times that you will be available. You receive a call from the Call Center when a ride is needed at one of your available times. You will be scheduled to make that drive if you can at that time. Mileage can be reimbursed.

Volunteers get to meet a variety of interesting people. While most trips are to Sedona or Cottonwood, one volunteer, Hank Culbertson, enjoys getting to know the neighbors and hearing their life stories. He particularly likes the long trips and frequently travels from Verde Valley communities to Flagstaff. He's taken neighbors as far as Phoenix. Hank says, "I want to drive for Caregivers as long as I can."

While driving is an important part of VVCC services, there are many other opportunities to help. If you are handy around the house, there are small repairs to be made.

Love to shop? Volunteers are needed to pick up prescriptions, shop for groceries or other items.

Pet lovers can help with care of animals for neighbors recovering from illness or surgery. Pet care is important. One neighbor said of her three little dogs, "They are my only family."

Family caregivers need breaks to take care of their own needs. Volunteers provide respite for a few hours. Tony Isolda learned about VVCC respite care when his wife was very ill. She got so much out of the visits that when she passed away, he decided he would like to give the gift of respite to others. He has developed a friendship with a 95-year-old neighbor. When Tony visits they read, play games and "have a great time." Speaking from experience Tony says, "Those visits are better than a million bucks to a neighbor."

For information about VVCC services and volunteering please call (928) 204-1238. You may also visit our website at: www.vvccaregivers.org for a full list of volunteer opportunities. You decide when and how often you can volunteer.