

SENIOR CENTER RUTHERFORD COUNTY

OUR VOLUNTEER OPPORTUNITIES

Want to get involved?

- I would like to be contacted with more information about **BECOMING A VOLUNTEER:**

NAME _____

PHONE _____

ADDRESS _____

If you cannot become a volunteer at this time, please consider a tax-deductible donation. All donations will be used for Rutherford County Seniors.

- Please accept this **TAX-DEDUCTIBLE DONATION** to the **Rutherford County Senior Center Home Delivered Meals Program**. Donations can be made in memory or in honor of someone and an acknowledgment letter will be mailed to the family.

AMOUNT \$ _____


(circle one) **In Honor of / In Memory of:**

RETURN THIS FORM TO:

Rutherford County Senior Center
Attn: Nutrition Manager
193 Callahan Koon Road, Suite #132
Spindale, NC 28160

A UNITED WAY MEMBER AGENCY



Senior Center of Excellence | 828.287.6409 
www.RutherfordCounty.gov/departments/senior_center/index.php



Volunteer



SENIOR CENTER RUTHERFORD COUNTY NC

GIVE AN HOUR OR SO A DAY &
MAKE AN IMPACT IN YOUR COMMUNITY

WE NEED YOU!



In just over an hour a day, you can provide numerous seniors with much needed support and nutritional care.



Who We Serve

The Home Delivered Meals Program is non-profit, and is administered through the Rutherford County Senior Center.

We strive to provide proper nutrition to homebound seniors aged 60 and older who cannot meet this need on their own.

With your help, we can allow seniors to remain independent in their own homes and reduce premature placement in nursing and assisted living facilities.

Monday through Friday, program participants receive a fresh, nutritious meal delivered to their door, excluding state holidays. Each meal provides one-third of an adult's Recommended Daily Dietary Allowance and is designed under the supervision of a Registered Dietitian.

Along with delivering each meal, volunteers provide positive human contact to participants - from kind words to a warm smile.

Volunteers are always welcomed and needed to assist in the delivery of meals. Currently we are serving up to 200 seniors.

When We Serve

Meals are delivered from **10am to approximately 12 noon, Monday through Friday**. Each route is a little over an hour. Volunteer drivers are provided with training and recognition from the Rutherford County Senior Center.



Please fill out the attached card or call **828.287.6362** to learn more about this rewarding volunteer opportunity.