



Volunteer Drive on for additional Meals on Wheels volunteers!

The SeniorsPlus Meals on Wheels program delivers meals to homebound older adults in Androscoggin, Franklin, and Oxford Counties. Meals are not all we deliver. We also provide human contact, conversations, and a connection to the outside world that many of our neighbors would lack without our daily visits.

The heart of the program is the hand-delivery of nutritious meals by dedicated volunteers. Consumers look forward to these essential meals, and the personal visits help brighten their day. Volunteers are the vital link that adds immeasurable human value to the service.

SeniorsPlus provides training and mileage reimbursement from your home to the distribution site, for your route, and your return home.

Requirements:

- Deliver meals at least one weekday, starting at 10:00 am. Routes range from 45 minutes to 2 hours
- Your own vehicle, valid drivers license and proof of insurance
- Attend orientation and position training
- Warm smile, caring attitude
- Reliable and dependable
- SeniorsPlus is required to complete a background check on all volunteers

Current open routes:

Route	Time	Days Available	Distribution Site
Auburn	10:00 am-11:45 am	Thursdays	55 Alfred Plourde Parkway, Lewiston
2 Lewiston Rte	10:00 am– 11:00 am	Mondays	55 Alfred Plourde Parkway, Lewiston
Lewiston	10:00 am-11:15 am	Tuesdays	55 Alfred Plourde Parkway, Lewiston
Lewiston	10 am to 12 noon	Thursdays	55 Alfred Plourde Parkway, Lewiston

For more information about these opportunities, please contact Heather Brown
Coordinator of Volunteer Services 523-3710 or e-mail hbrown@seniorsplus.org