



## VOLUNTEER OPPORTUNITIES

### TRANSPORTATION

#### **Provide-A Ride Volunteers (PAR)**

Volunteers provide transportation for non-emergency medical trips.

### OMBUDSMAN VOLUNTEERS

Volunteers advocate for residents in the long term care setting.

### DISEASE PREVENTION AND HEALTH PROMOTION

Volunteers are trained to lead evidence based exercises and health programs.

### MISSOURI SENIOR MEDICARE PATROL (Mo-SMP)

Volunteer specialists receive training to work in their communities to help stop Medicare fraud and abuse.

### VOLUNTEER BOARDS

Volunteers are needed to serve on three Northwest Missouri Area Agency on Aging Regional Advisory Councils or on the Nutrition Project Council. Members of the Board of Directors are elected volunteers who serve for a three-year term.

### SILVER HAIRED LEGISLATORS

These are elected volunteer positions that promote conscientious advocacy for Missouri's older adults.

**(Annual elections for members of the Board of Directors and for Silver Haired Legislators are held in May)**

For more information on volunteer opportunities, please contact the Missouri Area Agency on Aging at 888-844-5626.