

# How Do I Volunteer?

Volunteering with Meals on Wheels is easy. Simply call Blair Senior Services, Inc., located in Altoona, to speak with the Meals on Wheels staff to review the program and to answer any questions.

**Following completion of paperwork, you determine:**

- **How many days you would like to volunteer**
- **Your availability**
- **Travel area preference**
- **Your preference for driving**


Volunteering for Meals on Wheels is perfect for: corporate teams, church groups and service clubs that can commit to providing Meals on Wheels drivers for one route, one day per week.

Each week, you send two employees or members of your group or club to deliver a route, beginning at 10 a.m. The route is the same each week, which enables volunteers to become familiar with the consumers on the route.

Deliveries take approximately 1 ½ to 2 hours door-to-door, depending on the route adopted with an average of 15 to 18 stops on a route.

Training is provided at your convenience.

**Call today to become a Meals on Wheels volunteer!**

814-946-1235 / 1-800-245-3282  
[www.blairsenior.org](http://www.blairsenior.org) | 



**BLAIR SENIOR SERVICES**

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**OUR SENIOR POPULATION IS INCREASING.**

***WE NEED YOUR HELP.***


It takes a lot of volunteers to care for our seniors and we're looking for more! If you have a few hours to share, one day a week or one day a month, you are needed.

Call Blair Senior Services, Inc. today to get started as a Meals on Wheels volunteer. We promise you'll receive more than you give!



**Meals on Wheels Program**

**814-946-1235**  
**1-800-245-3282**

Blair Senior Services, Inc.  
1320 12th Avenue  
Altoona, PA 16601  
[www.blairsenior.org](http://www.blairsenior.org) | 

# Helping Neighbors, Every Day

**“Coming to see the people makes my day. We get far more out of this than we give.”**

*Dr. Edmundo Grab,  
Meals on Wheels Volunteer*



The older population in Blair County continues to increase, with many wanting to stay in their own homes where they are most comfortable. This means the need for nourishing home delivered meals is growing. In order to fill this need, many more volunteers are required.

For our volunteers, it isn't just delivering meals to older adults in Blair County. It's changing lives and connecting with neighbors... an overall rewarding experience.

**Please consider becoming part of our Meals on Wheels team. Together, we can make a significant difference.**

**“You become attached to the people, they become like extended family.”**

*Mrs. Elena Grab,  
Meals on Wheels Volunteer*

**Call today to get started!  
814-946-1235**

# Meals on Wheels Program

Offered by Blair Senior Services, Inc., the Meals on Wheels program delivers meals throughout Blair County to home bound older adults, providing them with nourishing meals that gives adequate nutrition.

**To be eligible for Meals on Wheels, a person must be:**

- **A Blair County resident**
- **60 years or older**
- **Considered homebound**
- **Unable to prepare one's own food**

A Blair Senior Services' Case Manager will complete an assessment to determine if a consumer is eligible.



**Please contact the Intake Office  
at Blair Senior Services, Inc.  
at (814) 946-1235 to see if you  
or a loved one is eligible.**

# About Meals on Wheels

Meals on Wheels ensures that seniors in Blair County receive adequate nutrition for good health, including: mental acuity, resistance to illness and disease, energy levels, immune system strength, recuperation speed and the ability to manage chronic health problems.

Dedicated volunteers and staff who are committed to supporting their older neighbors deliver meals throughout Blair County. A hot meal is delivered Monday, Wednesday and Friday. A frozen meal is delivered on Monday and Wednesday for Tuesday and Thursday.



# Benefits of Meals on Wheels

- **Nourishing meals delivered right to the consumer's front door**
- **Regular check-ins from volunteer staff to ensure consumer safety and well-being**
- **Provides a warm smile and friendly conversation for the consumer**
- **Ensures that consumers have access to adequate nutrition even when family support, mobility and resources are lacking**