

# VOLUNTEER

A network of over 600 volunteers creates a community of care, friendship and support for frail older adults in Orange County.

Volunteers play an essential role in nourishing the well-being of O.C. seniors and help keep them living connected lives in the community and homes they love.

**600 VOLUNTEERS**  
**7500 HOURS EACH MONTH**



**ERASING SENIOR HUNGER AND LONELINESS**

Individuals and groups deliver meals through our Meals on Wheels program, serve lunch in senior centers, and provide companionship and acts of service to isolated older adults through our Friendly Visitor program.

## **Adopt-A-Route Sponsorships**

Your business can help erase senior hunger and loneliness in your community.

**Meal Delivery Volunteers:** Commit time for your staff to deliver to 6 to 8 homebound seniors on a Meals on Wheels route in your city.

**Fund-A-Route:** Financially support the meals for the seniors on a route in your city.

You are like the second sunrise when you come.

- Meals on Wheels Recipient

Volunteering is very enriching. They get a lot, but I get much more.

- Volunteer Denise

**Find out how you can help - 714-229-3349**