



# Volunteer Opportunities

Join the team of volunteers that  
***Nourishes the Human Spirit*** at LifeCare Alliance!



*Serving The Local Community Since 1898*

# Help us Nourish the Human Spirit!

**Volunteers are the heart of LifeCare Alliance, and allow us to continue serving clients without a waiting list**—keeping homebound older adults and individuals with a medical challenge or disability safe, independent, and in their own homes, where they want to be! We welcome individuals and families, as well as companies, schools, and community groups to serve in a variety of ways, from delivering Meals-on-Wheels to helping onsite in our kitchens or food pantry.

## Individuals and Families

- **Meals-on-Wheels Delivery:** Deliver hot, nutritious meals to homebound neighbors during the lunch hour, using your own vehicle. Shifts available on weekdays, weekends, and holidays.
- **Meals-on-Wheels Kitchens:** Help behind the scenes to portion, pack, and prep Meals-on-Wheels for delivery.
- **Groceries-to-Go Food Pantry:** Serve our Columbus Cancer Clinic and Project OpenHand-Columbus clients by filling grocery orders, restocking pantry shelves, and/or hosting a pantry drive.
- **Senior PetCare:** Deliver AniMeals routes to provide supplemental pet food for homebound clients' pets, and/or host a pet food drive.
- **Other Opportunities:** Assist with a variety of areas, volunteering in the office, the Columbus Cancer Clinic, Senior Dining Centers, or Wellness Centers.



“It makes my heart warm.”

—Lakin, Youth Volunteer

“When kids like this come to see me, I know there is good in the world.”

—Helen, Meals-on-Wheels Recipient



“The NiSource Meals-on-Wheels team exemplifies what “Columbia Cares” is all about—we see the need in our community and our volunteers are passionate about serving the clients. What do our volunteers receive in return? A smile and a heartfelt “thank you” from our clients; it doesn’t get any better than that!”

—Jayne Metcalf, Meals-on-Wheels Volunteer



## Corporate and Group Opportunities

- **Adopt-a-Route:** Team up with co-workers to cover a nearby Meals-on-Wheels route, and deliver on your lunch hour! Teams can adopt 1 day a month to 5 days a week, and we bring the training to you.
- **Schedule a Group:** Bring your team for a one-time volunteer experience, to deliver Meals-on-Wheels or help in our kitchens and food pantry.

## Youth and Schools

Service learning is a great way to train the next generation of volunteers to “Nourish the Human Spirit” and serve the community!

**Students can get involved in a number of ways, including:**

- **Adopt-a-Route**
- **Host a Pantry Drive or Adopt-a-Family**
- **Collect Pet Food**
- **Visit LifeCare Alliance for a tour and volunteer activity**



## Volunteer Facts

*LifeCare Alliance clients report that volunteers may be the only people they see in an average day.*

*For every Meals-on-Wheels route covered by volunteers, LifeCare Alliance saves \$12,000 annually.*

## How to Get Involved

**Visit us online:**

**[www.lifecarealliance.org](http://www.lifecarealliance.org)**

**Contact us at:**

**[volunteer@lifecarealliance.org](mailto:volunteer@lifecarealliance.org)**  
**or 614-444-MEAL (6325)**





*Call 614-444-MEAL (6325) to volunteer today!*  
*Call 614-278-3130 to sign up for services today!*

1699 West Mound Street, Columbus, OH 43223  
 614-278-3130   info@lifecarealliance.org   www.lifecarealliance.org



Formed in 1898, LifeCare Alliance provides a comprehensive array of health and nutrition services to older adults and individuals living with a medical challenge or disability in central Ohio—keeping them safe, independent, and in their own homes, where they want to be! LifeCare Alliance operates a national model for its programs, leading in volunteer engagement, effective mergers, and social entrepreneurship. A not-for-profit organization, the Agency's mission is to *lead the community in identifying and delivering health and nutrition services to meet the community's changing needs.*

**Meals-on-Wheels— Franklin, Madison, Marion, Champaign, and Logan Counties | Senior Dining Centers**  
**Wellness Centers | Help-at-Home | Visiting Nurses | Columbus Cancer Clinic | Project OpenHand-Columbus**  
**Groceries-to-Go | IMPACT Safety | Central Ohio Diabetes Association | Senior PetCare | L.A. Catering**  
**L.A. Wellness Works | Travel Vaccines and Immunizations | Meals-for-Kids | Carrie's Café**