

“There is no better exercise for your heart than reaching down and helping to lift someone up.”#- Bernard Meltzer

Volunteer Opportunities:

Visitor Friends

Neighbor Friends

Lend a Hand Friend

Respite Care Friend

Culinary Assistant

Meal Delivery Driver

Dining Room Assistant

Volunteering as a corporate, faith based, school, or friend group.

HOW WE ARE FUNDED

Volunteer Connections is primarily funded by a grant from the Area Agency On Aging & Disabilities Of Southwest Washington. Other funding sources are local donations and/or grants.

Donations are always welcomed.

Volunteer Connections Klickitat County Senior Services

115 W Court St. Suite 101,
Goldendale WA 98620

501 NE Washington St
PO BOX 1877
White Salmon WA 98672

Goldendale Phone
509-773-3757

White Salmon Phone
#509-493-3068

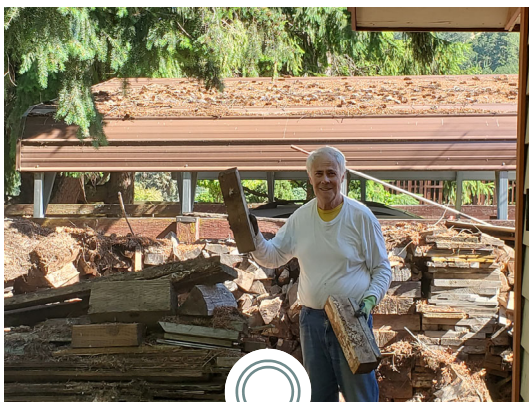
Email:
isaiasg@klickitatcounty.org



Program Information



“No one is more cherished in this world than someone who lightens the burden of another.” Unknown Author



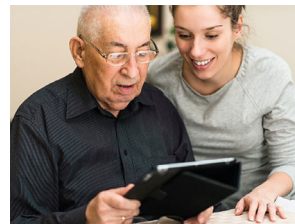
What we do:

Our mission is to honor our seniors and disabled citizens of Klickitat County with friendly volunteer services so they can continue enjoying independent living in their own home.



VOLUNTEER SERVICES

Visitor Friend: Visits that are social in nature. They may include tv watching, board games, reading books, reminisces, trips to hair salon, trips to community events, crafting, porch sitting, and etc.



Neighbor Friend: Visits that include collecting and or sorting your mail, filling out forms, help with technology, help with building a calendar, shopping list and etc.

Lend a Hand Friend: Visits that involve helping with minor chores around the home, either inside or outside. These visits may also include lawn work, light fixes around home, shopping, and etc. Some work that is more involved like fire hazard and hoarding mitigation can be done on a case by case based on volunteer and resource availability.* some projects may have a suggested minimum donation.



Respite Care: This service is for helping caregivers get a break once in a while. If you need to go out, take a break, take a nap, or other self care you may request a volunteer to stop by and give you a respite. No caregiving services are done like medication admin, diaper changes, laundry, bathing or other things that require a license. You mainly get a volunteer to watch for emergencies while you are out.

Nutrition Program:

Klickitat County Senior Services has a nutrition program that sends out home delivered meals, and has meal sites throughout Klickitat County. This program is primarily staffed by volunteers.



Volunteer Driver: Our volunteer drivers work with Mt. Adams Transportation. They primarily get assigned to give medical appointment, shopping, and pharmacy rides.