

# VOLUNTEER WITH US

Volunteers support the emotional, social, and physical well-being of seniors, adults with disabilities and those who care for them.



Island  Senior Resources

P.O. Box 939 Freeland, WA 98249  
360-321-1600 • 360-678-3373  
[www.senior-resources.org](http://www.senior-resources.org)

## Do you want to remain active and help others?

Volunteering is good for your health, connects you to others, and helps others.



Call us or submit a Volunteer Application on our website to get started.

## Many ISR volunteer opportunities can fit your schedule

- Meals on Wheels through ISR's Nutrition Department
- Medical Transportation, (on or off island, you choose), essential errands, and yardwork through ISR's Volunteer Services Department
- Sorting donations, being a cashier, or filling the shelves at Senior Thrift
- Become a trained "Powerful Tools for Caregivers" facilitator
- Help others understand Medicare (we train) through the SHIBA program
- Volunteer opportunities exist throughout Island County

### ELIGIBILITY:

All volunteers complete an application, a background check, and an interview with a Program Director.

Some programs require an additional screening to meet driver safety standards.

Our staff and volunteers practice the highest level of COVID-19 health precautions.



You are welcome here.



You are  
safe here.

Your needs  
are important.

We at Island Senior Resources value, respect, and support individuals of every race, color, ethnicity, gender identity, sexual orientation, ability, age, socio-economic status, religion, non-religion, and national origin, who make up the whole of our community.

Island Senior Resources is the trade name for Senior Services of Island County. We are the only private nonprofit in northwest Washington that provides the array of resources we do. Established in 1972, Island Senior Resources is a private 501 (c)(3) not-for-profit organization.

## Our Mission

To provide resources that enhance the emotional, social, and physical well-being of seniors, adults with disabilities, and those who care for them.

## Our Vision

Island Senior Resources envisions strong communities where seniors, adults with disabilities, and those who care for them are valued, heard and seen, cared for and about, afforded respect, treated with dignity, and supported to live their best life.

