



WAYS TO VOLUNTEER

LIVE UNITED®



Deliver Meals to Homebound Seniors

11 a.m. to 1 p.m., Monday through Friday

Volunteering with Meals on Wheels is easy and even more fun with a friend. Pick up the hot meals at an assigned location, deliver them to approximately eight seniors on an appointed route and finish in about an hour. Please commit to at least one delivery route per month.



Volunteer as a Tax Preparer or Greeter

In-person Training Sessions in November and December

If you like working with people and are comfortable with tax software, this is for you! You'll get free IRS training and save tax filers money, too. Home-study training options are also available.



Help Seniors Navigate Medicare Coverage Options

Year-round Opportunities, Including Medicare Open Enrollment, October 15th to December 7th

After free training to become certified, volunteers work with Medicare beneficiaries to gather information and guide them through enrollment, offering unbiased advice on coverage to suit their needs. Volunteers may also assist with marketing, education and administrative duties.

Help Seniors Obtain Affordable Prescriptions

Ongoing Volunteer Opportunity

Learn to collect information from seniors, on the phone or in person, to determine whether they qualify for SenioRx, a prescription drug-assistance program offered by the state of Alabama to help qualified individuals receive free or reduced-cost medications.

Advocate for Seniors in Long-term Care Facilities

Ongoing Volunteer Opportunity

As part of the Ombudsman program, volunteers visit nursing homes, boarding houses and assisted living facilities to monitor quality of care and residents' rights, according to existing guidelines. After completing training, volunteers typically conduct two visits per month.

Be a Long-term Care Ombudsman Pen Pal

Ongoing Volunteer Opportunity

Volunteers are partnered with one or two residents at a long-term care facility, and communicate with them by letter, email, text, social media or phone, helping them maintain a connection to the community and forming new friendships.



Help Kids Learn To Ride Bikes Safely

Multiple Dates throughout the School Year

Volunteer at any of our Bike Rodeos at area elementary schools, where you'll help set up obstacle courses, teach kids to ride and focus on safety. Bike Rodeos are part of a pedestrian and bike-safety education program that encourages children to get healthy exercise.

Read to a Pre-K Classroom

Multiple Dates and Locations in September and October

Participate in United Way's partnership with the Jefferson County Committee for Economic Opportunity to read themed books to 20 Pre-K classrooms (four-year-olds) at Head Start and Early Head Start sites throughout Jefferson County.



Assemble Bags of Books for Pre-School Students

Three Days in August, December and April

Volunteer to prepare 300 to 400 bags stuffed with books and other educational materials, which will be distributed to children to help improve their school readiness.



Create Care Kits for People in Need

Ongoing Volunteer Opportunity

Assembling United Way Care Kits allows groups to work together and impact the lives of those in our community from age four to 94. Let us know your area of interest and we can provide a list of items needed for homebound seniors, pre-schoolers or veterans.



Visit <https://uwca.givepulse.com> to learn more and sign up!

United Way
of Central Alabama, Inc.