

# AVP VOLUNTEER PROGRAM

## Become a Joiner; Commit, Connect, Flourish

If the emotional long-haul of the pandemic has you feeling stuck, unable to focus, lacking drive and shy on motivation... a positive remedy is within reach. Purge stagnation and emptiness by becoming a joiner.

Get started by introducing a small way to experience a small win into your week. Commit to doing something and connecting with another person. You will find that you will begin to flourish and you will realize the beauty of the feeling. Small attainable opportunities follow.

### Alliance Phone Buddy Program

#### PHONE BUDDY

Many homebound seniors continue to muddle through the day with one simple wish... a buddy to chat with. Share stories about pets, hometowns, occupations, hobbies, favorite food, favorite movies etc. by engaging in a phone call once a week.

### Senior Farmer's Market Nutrition Program

#### MARKET AMBASSADOR

Enjoy social exchanges with fans of the market, inform the curious and collect farmers' market coupons at the close of the event.

#### PROGRAM BOOKKEEPER

Balance the books and compile required reporting one time each month.

#### MARKET PROXY

Stand-in for a senior. Wander through a local farmer's market, purchase and deliver fresh produce to a homebound senior.

### Alliance Pantry Pals Grocery Shopping Program

#### PANTRY PAL

Lend a hand to a senior citizen who needs a Pal to do their grocery shopping. Make a difference by committing 2.5-3 hours of your time twice a month.

### Alliance Meals on Wheels Program

#### DELIVERY DRIVER

Billings, Billings Heights  
Weekdays  
10:00am-12:00pm

Delight in the long-lasting impact that comes from meeting and delivering a meal to a homebound senior citizen.

### AARP Tax Aide Program

#### TAX PREPARERS

Plan to include a brain building activity in your weekly routine later this year. Calculate basic tax returns for senior citizens. Training begins in November.

### Alliance Quilters

Gather each week to share your passion for quilting with other seniors who delight in the handcraft. Inexperienced and experienced are welcome.

*Become a Joiner*  
Call 245-6177 to make an appointment  
and begin to flourish!

*"Not sure who is happier, Billings VA Clinic for having our AVP volunteers back or the AVP volunteers coming back to serve at the VA. You just can't wipe the smiles off our faces!"*

— MARY K., QUALITY MANAGER, BILLINGS VA CLINIC