



## Make a difference! VOLUNTEER!

---

Contact: Kristine Wiegman, Volunteer Coordinator  
811 Harding St. Waupaca, WI 54981  
Phone: 715.258.6277  
E-mail: [Kristine.Wiegman@co.waupaca.wi.us](mailto:Kristine.Wiegman@co.waupaca.wi.us)



Like our Facebook page! [Waupacacountydhhsvolunteerprogram](#)

**Meals on Wheels:** Be the Sunshine in your neighbor's day! All you need is a willing heart, a vehicle in safe working condition & 1 hour to help enrich your neighbor's life! Choose the days you are able to deliver. Lunch is delivered to home bound residents Monday – Friday. Time & length of route vary by nutrition site. Volunteering even just one hour a month will make a tremendous difference in someone's life!

**Senior Nutrition Sites:** Do you enjoy the company of seniors? If so, please join us at any of the seven Senior Nutrition Sites located in Clintonville, Iola, Manawa, Marion, New London, Waupaca & Weyauwega. Assist with meal set up, serving & clean up. Offer your talents to the participants through music, art or professional abilities. Hours are approx 10:00 am – 1:00 pm, Monday – Friday. Flexible schedule!

**Volunteer Driver:** Are you retired or looking for something rewarding to do? Enjoy meeting new people? Maybe this is for you! Provide safe & dependable transportation to Waupaca County residents who are elderly or disabled primarily for medical, nutrition or employment needs. Volunteers are paid for mileage. A Wisconsin driver's license & proof of insurance is required.

**Health Promotion Co-Leader:** Improve your health & well being and help others do the same! Become a trained leader in any of our evidence-based programs geared for older adults. Training is required & paid for. Stipends are offered for select leadership opportunities. Current evidence based workshops offered are:

**Stepping On Falls Prevention:** A seven-week interactive workshop to help older adults prevent falls. We focus on how strength and balancing exercises, medication management, home safety, footwear, vision, and mobility all play an important in falls prevention.

**Living Well with Chronic Conditions:** This six-week program teaches new strategies that will give participants the confidence and skills needed to manage the challenges of living with a chronic health condition such as pain and fatigue, diabetes, arthritis, high blood pressure heart disease, chronic pain or anxiety.

**Healthy Living with Diabetes:** If you have diabetes or care for someone with diabetes, you may be ideal for co-leading this 6 week self-management workshop! This researched and proven, peer-led workshop is designed to help adults with type 2 diabetes or pre-diabetes learn skills for managing their diabetes.

