

Do you know what three hours of your time could mean to our kupuna?

A HUGE DIFFERENCE!

Every three volunteer hours:

- provides meals for a senior in need
- keeps our cost down so we can purchase more meals
- brings a smile to someone's face and keeps them from hunger and isolation
- helps seniors live independently in their own home with dignity

What a difference your three hours could make!

Current Volunteer Opportunities

We are looking for dependable, compassionate, and friendly volunteers to help with meal delivery island-wide and class instruction on our online dining sites.

Deliver Meals to Homebound Seniors

Volunteers deliver meals Monday-Friday between 8:00 AM - 1:00 PM. Meals are picked up between 8 and 9:30 am. We have pickup sites across the island. Orientation and Training is provided.

Teach Online Classes or Lead Online Activities

Lanakila MOW's Kupuna Connect is an online group dining experience with seniors throughout the island. Guest presenters lead sessions for healthy exercise, to educate, and to socialize. Share your skills and talents with the *kupuna* today!

Volunteer...and make a HUGE DIFFERENCE!

For more information please contact

**Volunteer Coordinator at 356-8527
or volunteer@lanakilahawaii.org**

Building Independence for Challenged Lives

Lanakila Meals on Wheels
www.lanakilahawaii.org
356-8519

Lanakila's mission is to build independence and an improved quality of life for seniors and individuals with cognitive, physical, social or age-related challenges..