

# We Value Our Volunteers!



Volunteers make things happen at Highland Valley Elder Services and we appreciate your hard work, dedication and devotion.

Volunteers receive invites to our fantastic summer picnic and our festive holiday party!

We can't thank you enough!



We are building caring communities for quality long living in these communities:

Amherst • Blandford • Chester • Chesterfield  
Cummington • Easthampton • Goshen  
Granville • Hadley • Hatfield • Huntington • Middlefield  
Montgomery • Northampton • Pelham • Plainfield  
Russell • Southampton • Southwick • Tolland • Westfield  
Westhampton • Williamsburg • Worthington

320 Riverside Drive, Suite B  
Florence, Massachusetts 01062  
Telephone: 413.586.2000  
Fax: 413.584.7076  
Agency Hours:  
Monday-Friday, 9 a.m. - 5 p.m.



Highland Valley  
ELDER SERVICES



## Why Volunteer at HVES?

Volunteers are essential to HVES.

Older adults and their families trust HVES' resources, options and services.

Many of our programs that make a difference in the lives of our consumers are staffed by volunteers.



## Mission Statement

*Highland Valley serves older adults and their families through collaboration, education, advocacy and a range of programs designed to support them where they live.*

320 Riverside Drive, Suite B Florence, MA 01062  
413.586.2000  
info@highlandvalley.org www.highlandvalley.org

# Volunteer Programs

## Home Delivered Meals Drivers

Volunteer drivers deliver meals to HVES' Home Delivered Meals consumers throughout the communities we serve. They generally volunteer about 2 hours a day. A valid driver's license, a reliable vehicle to transport meals and proof of insurance are needed.

**Call: Jen Trovato @ 413.588.5765**

**email: [jtrovato@highlandvalley.org](mailto:jtrovato@highlandvalley.org)**

## Money Management

Bill payer volunteers assist HVES Money Management consumers with basic finances such as balancing a checkbook, organizing bills and preparing checks for signature. Volunteers generally contribute a few hours of their time per month.

**Call: Scott Gullett @ 413.582.9313**

**email: [sgullett@highlandvalley.org](mailto:sgullett@highlandvalley.org)**

## Ombudsman

Ombudsman volunteers act as advocates for skilled nursing facility and rest home residents. They are fully trained according to state regulations to ensure residents are treated with dignity and respect. At least 1 hour per week is required for volunteers.

**Call: Michele Wolf @ 413.588.5755**

**email: [mwolf@highlandvalley.org](mailto:mwolf@highlandvalley.org)**



# Thanks to our Board of Directors

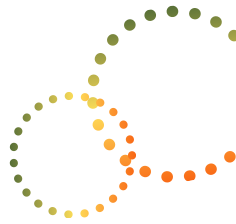
## (They volunteer!)

Estelle Stasz - President

Patrick Brough - Vice President

Nilda Cohen - Treasurer

Kathryn Service - Secretary



Robert Dionne Marianne Drake Dana Litturi Polly Ryan

## Volunteers are also part of our...

- Title III Advisory Council
- Nutrition Project Council
- Money Management Advisory Council
- RSVP Partnership
- Evidence Based Programs



## Volunteering Keeps You Vital!

Volunteering keeps you happy, healthy and active.

Researchers have found that being helpful to others makes us happy!

### Other Benefits of Volunteering



- Learning new skills
- Making new friends
- Connecting with the community
- Strengthening self-esteem



To Report Elder Abuse: 1.800.922.2275