

# COMMUNITY SERVICE OPPORTUNITIES

for Burlingame Rotary Club Members

Rotary  
Club of Burlingame



September 2020



## FOOD DISTRIBUTION TO HOMEBOUND SENIORS

Peninsula Volunteers, in partnership with Meals on Wheels, needs volunteers and there are 3 opportunities to help:

### Food delivery to seniors in Burlingame and Hillsborough involves:

- Pick up frozen meals at either San Mateo or San Bruno drop off centers between 10am-10:30am.
- Deliver to approximately 20 homes; participants who must have a table near door so the volunteer can just place on a table. CDC requires minimal contact/interaction.
- Routes are 3X/week; Monday, Wednesday, Friday **or** Tuesday, Thursday, Friday schedules.
- Gloves and masks provided.
- DMV and criminal background checks required for all delivery volunteers.
- Requirement commitment is a minimum of 3-4 delivery days/month for at least 2 months due to costs of background checks and managing the countywide schedules.

### Meal assembly

- Assembly and packaging takes place 7:30am-9am in Menlo Park.
- Pre-made frozen meals are packaged for each home and delivery route.

### Callers

- On the days between the meal delivery days, each senior receives a call.
- Volunteer callers are assigned either a Tuesday, Thursday call schedule **or** Monday, Wednesday call schedule.
- Call approximately 20 seniors each session.
- Training is provided via a Zoom link; a script is provided for guidance; average time required is one hour-most calls end up on message machines; some seniors like to talk.

Contact: Ann Eisenberg, (650) 272-5108, [Aeisenberg@penvol.org](mailto:Aeisenberg@penvol.org) (Ann welcomes any and all questions.)

## MEMORY CAFÉ

Help promote this opportunity to your family, friends and neighbors.

Everything is now all virtual through Zoom so there is lots of room for more participants and their care partners; however, there is no need for more volunteers at this time. Programs have been shortened to one hour and will now take place twice a month-1st & 3rd Wednesdays. There will be an updated flyer coming soon.

For more information or to RSVP call (650) 558-7300



*“Flowers brighten up  
the environment and  
certainly the spirits of  
the residents.”*



## BRIGHTEN UP A SENIOR LIVING FACILITY WITH FLOWERS

Consider delivering flowers to a skilled nursing, assisted living, or subacute care facility—in fact any congregate living facility. Here are a few ideas:

Place an order with your favorite florist—one large or multiple small arrangements can be put to good use.

If you're still doing Costco runs, buy a few of the pre-made small round bowl arrangements (about \$20 each.)

When you are leaving Safeway and see small pots wrapped in seasonal paper, grab some.

Suggested facilities include Atria, Mills Estate Villa, Peninsula Sub-Acute, Sunrise, or The Trousdale.

Be sure to call ahead so that the front desk person can keep an eye out for you.

## VIRTUAL COMPANIONS

Virtual Companions is a new non-profit, founded under the leadership of Burlingame resident, Andrea Pappajohn. It is run by Stanford students, with the goal of connecting older and younger generations through conversation and the arts. Here are three programs that may be of interest:

**Pen-Pal Program**—complete a simple online questionnaire, and then you'll be matched with a “Pal”. The Program promotes intergenerational connections; however, you can state your preferred generation.

**Cards & Crafts**—send one-time letters, friendly cards or crafts.

**Virtual Concerts**—help promote prerecorded virtual concerts on YouTube, or join in on a live one if you play an instrument.

Visit Virtual Companions online to review their programs and consider one that interests you.

<https://www.virtualcompanions.org>

