



## Volunteer Opportunities

- **More Than a Meal – Delivery Drivers** – Deliver meals to homebound older adults weekdays in Lawrence or Morgan County.
- **State Health Insurance Assistance Program (SHIP)** Assisting Medicare beneficiaries. Opportunities to make presentations, provide administrative assistance or counsel.
- **Ombudsman Program** – friendly visitors for Nursing Home and/or Assisted Living residents
- **Mr. Fix It** – groups are needed to do minor home repairs and construct steps, handrails and wheelchair ramps.
- **Special Projects** – Health Fairs, Wellness Programs, Christmas Events, etc.

These are just a few of the opportunities we have at NARCOG. Call for more information.

**North Central Alabama Regional Council of Governments**

216 Jackson St. SE, P.O. Box C  
Decatur, AL 35602  
256.355.4515  
[www.narcog.org](http://www.narcog.org)