



## Seeking Volunteers for helping Older Adults in Cannon Falls

Three Rivers Community Action is currently seeking volunteers to assist older adults who are in need of help with yard work, laundry, cooking meals, and other tasks in Cannon Falls. Our goal with these new services is to better connect older adults with students and community members to help them remain independent in their homes. If you are looking for an opportunity to make a direct positive impact over summer break, Three Rivers Community Action wants your help! Whether it is for one hour or multiple hours every week, we have opportunities to empower volunteers to make a difference. Please reach out to our Volunteer Coordinator David, at 507-321-0404 or by email at [dkujawa@threeriverscap.org](mailto:dkujawa@threeriverscap.org) for more information and sign up. Check out [threeriverscap.galaxydigital.com](http://threeriverscap.galaxydigital.com) for opportunities in Cannon Falls.

If you are an older adult, who has found that remaining independent in your home has become more and more difficult, please reach out to us at 507-316-0610 or email at [oas@threeriverscap.org](mailto:oas@threeriverscap.org). We will have one of our Older Adult Advocates connect with you and set up a time to come to your home to hear your needs directly. Three Rivers Community Action also provides energy assistance, SNAP application assistance, housing assistance, Meals on Wheels, and many other vital community programs. If you are in need of assistance that we can't offer, we will try to help you find an agency that does.

**Chore Services:** (Including but not limited to)

Leaf Raking

Hedge Trimming

Moving furniture within a room or from one room to another

Assembling furniture

Lawn Mowing

Snow removal

Weed whacking

Mopping

Window Washing\*

Wall washing

Hanging pictures

Planting flowers

Weeding

Pet care: walking, picking up the yard

Rug dusting

Brush clearing

Tree trimming

Moving boxes to and from storage within the home

Watering outdoor plants

Jumpstarting a car

Putting a spare tire on a car

Washing a car

Seasonal clean up: fall and winter clean up of garages (sweeping), moving lawn or patio furniture into or out of seasonal storage

Installing smoke detectors / carbon-monoxide detectors (semiannual)

Covering the interior windows in plastic to better keep in heat during winter months.

Cleaning gutters

Homemaker services offered: (Including but not limited to)

Taking out the trash/recycling bin to the curb

Washing dirty dishes

Vacuuming

Laundry (folding, drying, washing)

Tidying rooms

Sweeping floors

Checking Voicemail

Setting up Voicemail greetings

Writing voicemails down for the hearing impaired

Making phone calls

Helping write letters and send mail.

Assisting in ordering groceries online

Picking up pre-ordered groceries

Helping make arrangements for pharmacy delivery of prescriptions

Dusting

Preparing meals

Cleaning counter tops

Watering indoor plants

Changing lightbulbs

Changing bed sheets and making the bed

Pet care: cleaning the litter box

Testing smoke detectors/ CO1 detectors (semiannual)

Changing smoke/ CO1 detector batteries (semiannual)

Cleaning out a refrigerator

# Accepting Older Adults for Services in Cannon Falls

Contact: Older Adult Services

 507-316-0610

 [oas@threeriverscap.org](mailto:oas@threeriverscap.org)



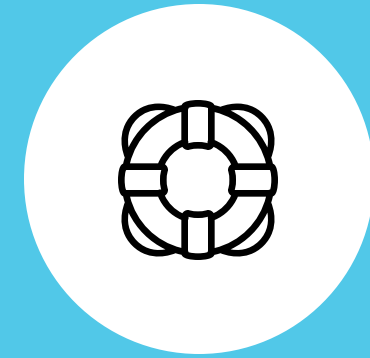
## Homemaker

Vacuuming, Meal Preparation, Laundry, Room Cleaning, shopping assistance and light housework



## Chore Assistance

Lawn Care, Snow Removal, Moving Furniture, Basic Home Maintenance.



## Respite (Coming Soon)

Trained volunteers offering Caregivers a much-needed break while preserving Older Adult safety.



Interested in volunteering?  
Scan this QR code!




# MAKE A DIFFERENCE!

**For this community, your time means Older Adults remain independent.**



**Call David, Volunteer Coordinator, at 507-321-0404 to learn more about volunteer opportunities in Cannon Falls!**



Scan this QR code to sign up to volunteer! ...  Make a difference in your community right away!

