

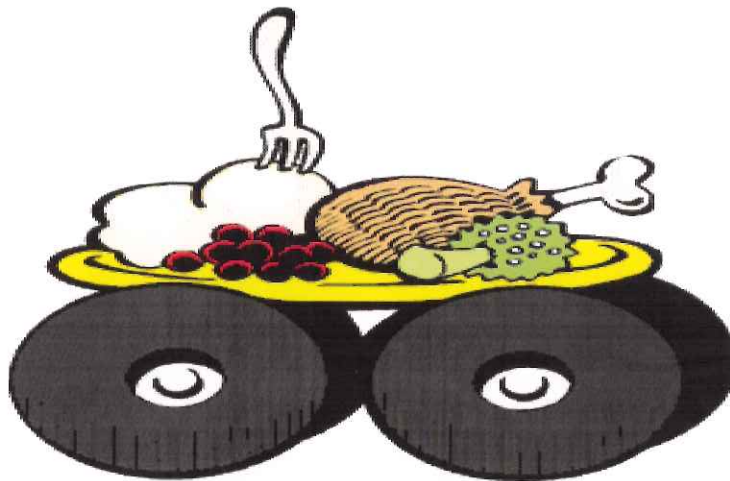
In response to community needs, the Danforth Livable Communities has been working with the Eastern Area Agency on Aging to develop a community wide Meals on Wheels program.

The meals are developed to meet all dietary and personal restrictions (diabetic, gluten free, vegetarian etc). They can be delivered directly to your home. They come frozen (similar to a “TV dinner”) with microwave instructions on each meal. All meals come with bread, milk and dessert. You will be able to choose from a wide variety of meal options and what frequency you would like to receive them. Some will qualify for full funding but for those that do not, the maximum cost will be \$5 per meal.

Please contact Ardis Brown at 448-2321 to pre-register.

All calls are confidential.

We hope that you will participate!



**MEALS
ON
WHEELS**





Walking Club

Sponsored by



Gathering at the
Baptist Church on Maple Street
Join us Wednesdays at 10am
Starting May 11, 2022





Become a Volunteer Driver



**A rewarding opportunity to give
back or pay it forward
in your community!**

With the help of our Lifelong Maine AmeriCorps Program members, Danforth Livable Communities has organized a volunteer driver program to assist our older, non-driving neighbors with getting to and from medical appointments.

To volunteer, you must have a clean driver's license and own a vehicle (with insurance coverage) and be willing to assist a neighbor in need while providing some friendly conversation along the way.

As a volunteer you will receive *mileage reimbursement* and grateful passengers. Very rewarding!

For more information, please contact
Mary MacDonald at (207) 538-1469.



AmeriCorps



Danforth Volunteer Driver Program



The Volunteer Driver Program is a Danforth Livable Communities program made possible by grants and individual contributions. The program's mission is to provide safe traveling options for those who cannot drive, at *no cost*.

Who can use the service?

We offer service to residents (50 years and over) in the Danforth area who need transportation due to inability to drive or who have no vehicle.

Where will the driver take me and how often can I go?

Rides to medical appointments, personal business and support services may be arranged 3 times a month or more depending on the rider's individual needs. We ask that you give us ***at least*** 5 business days' notice of your appointment when possible.

Who is driving me?

Service is provided by neighbors that have received driver safety training, passed background checks, have valid Maine Driver's licenses, their own vehicles with current insurance, inspection, and registration, and have agreed to keep confidentiality.

What can the volunteer driver assist me with?

We try to match our volunteer and vehicle to your needs. Our volunteers CANNOT DO LIFTING so you MUST be able to get in and out of a vehicle with MINIMAL arm assistance. If you require a low vehicle or cannot use a step stool, or a wheelchair, please let us know. Our volunteers can escort you into your appointment, and, if you like, stay with you as allowed by the facility's rules.

Who can I contact for more information or to apply?

The Program is coordinated through the Danforth Town Office in association with the East Grand Health Center. Please contact Mary MacDonald at (207) 538-1469 for more information!



Danforth Livable Communities' Handy Helpers Program

Been meaning to take that old armchair to the dump? How about getting the garden in? Or, moving the refrigerator and cleaning the coils again...Don't worry! Whether it's installing an air conditioner or repairing a railing on your front stoop, our group of volunteers can assist you!

What Handy Helpers DO:

- Help with weatherization
- Repair or replace door locks, handles, springs and closers
- Fix broken railings
- Remove banking
- Rake
- Plant flowers
- Haul trash or clear clutter
- Remove/ install window air conditioners or screens
- Till small garden

What Handy Helpers DO NOT DO:

- Electrical, plumbing, or heating repairs
- Any projects that requires a permit
- Install or repair flooring
- Provide services on a regular basis

How does it work? Community volunteers come to help you in your home. There is NO charge for the assistance but you must pay for any parts needed to do the job you want completed.

Who will come? Community volunteers are faces you probably know- they are neighbors who want to help their neighbors!



**For More Information or to sign-up, call the Danforth
Town Office at 207-448-2321.**