

# Adults

## ***VOLUNTEER DRIVERS NEEDED***

### ***Get Up & Go Senior Transportation***

PJCC



## ***Have a Heart!***

**Be part of a team to help seniors stay in their homes.**

***Imagine you are an older adult and:***

- You live alone in a house or apartment...
- Your children have moved to the far reaches of the country...
- You feel isolated and alone...
- You don't drive anymore...
- You're on a fixed income and can't afford to take a cab to your medical appointments or to go grocery shopping...

**THERE IS AN ANSWER...AND IT INCLUDES YOU!**

Volunteer to be part of the team of *Get Up & Go*, the PJCC's award -winning transportation and socialization program for older adults who no longer drive.

### **VOLUNTEER DRIVERS**

In the comfort of your own car, drive someone to medical appointments or to the market for groceries.

Driver Requirements: Clean driving record, reliable car, a few hours a week on Mondays, Tuesdays or Fridays.

### ***WHAT'S IN IT FOR YOU TO VOLUNTEER?***

- Satisfaction of helping frail seniors stay in their homes instead of moving to an institution.
- Joy in "giving back" to someone who needs help.
- Opportunity to get to know interesting and experienced people.
- Being productive in your spare time.
- Cultivating a warm and supportive community.
- "Paying it forward" so someone will be there for *you* one day when you need it!

- **Call Betty Burr at 650.378.2698**