

# Essential Services



Event Volunteers



Transportation



Youth Volunteers



Honey-Do Helpers



Shop & Drop



One-On-One Matches



Meal Prep/  
Hospital to Home



Friendly Visits



Dementia-Friendly  
Relief Volunteers



Donors Who Underwrite  
Operations



Tons of Support from Board  
Members & the Office Team



150+ Community Partners



Phone Friends

**MORE THAN 350,000 VOLUNTEER CAREGIVERS ARE SERVING VULNERABLE AMERICANS ACROSS THE COUNTRY.**

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## I can volunteer...

- 1-4 hours per week
  - weekdays
  - weekends
- To prep meals
- To use my car to take seniors to appointments/errands
- I'm handy with small repairs
- For companionship

# VOLUNTEER!

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-Mail \_\_\_\_\_



## I can donate!

**Make your check payable to:**

**NVCN**

1765 Goodyear Ave., Ste. 204  
Ventura, CA 93003

- Please designate this gift for my local program.

[nvcnetwork.org](http://nvcnetwork.org)

Tax ID : 26-2650290

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