

Nutrition and Dementia Services Coordinator VISTA at CICOA Aging and In Home Solutions 2020

Join our pioneering initiative! Discover the relationship between nutrition and dementia and then create menus, recipes and resources to help improve the nutrition of individuals with dementia.

- Term of service: June 8, 2020 – June 7, 2021
- To apply: <https://my.americorps.gov/mp/listing/viewListing.do?id=93283&fromSearch=true>
- For more information: Mary Hayes, VISTA Coordinator, Indy Hunger Network / mary@indyhunger.org

Service Description:

In this role, you will create resources to improve the nutritional intake of the client with dementia. Through research, education and the distribution of materials/resources, you will also impact caregiver stress. You will witness the Dementia Friends movement in Indiana and expand your skills under direction from our Registered Dietician. You will have the opportunity to apply your creativity and energy in ways that will be recognized long after your term. We need someone who is passionate about improving seniors' food security and wants to learn to develop new programs.

This project will build capacity for the Meals and More Program, a service that provides nutritional meals to low-income seniors at neighborhood meal sites and through home delivery. Meals & More is a program of CICOA Aging & In-Home Solutions, the local area agency on aging that also houses the regional Aging & Disability Resource Center.

The position also offers:

- Camaraderie with 5 other VISTAs working under the Indy Hunger Network umbrella
- Team engagement activities, including bi-weekly meetings to discuss projects, socialize, and hear from guest presenters
- Mentoring, one-on-one coaching, and professional development trainings
- Assistance preparing for life after VISTA (resume review, interview prep, etc.)
- Opportunities to work with leaders in the hunger relief space, including current and retired corporate executives and non-profit agency heads
- Opportunities to work independently and lead on projects

CICOA is located in beautiful office space on the north side of Indianapolis, with easy access to shopping, downtown, and the popular village of Broad Ripple. CICOA perks include free coffee/tea, appreciation events, committee involvement, flexibility and diversity.

Member Duties:

The Coordinator will be a member of the Meals & More department at CICOA. You will:

- create a repository of research, then work with our Dietician to formulate menus, recipes, shopping lists and possibly a dementia-friendly cookbook
- collaborate with Dementia Friends Indiana to identify/establish a Memory Café in Central Indiana

- transition the materials and infrastructure you created to the Care Aware program for ongoing use long after your VISTA term

While you will be based at CICOA, you will be one of 6 VISTAs working under the umbrella of the Indy Hunger Network (IHN). IHN regards its VISTAs as a cohort moving through a transformational year-long experience. To help maximize your experience, they employ a VISTA coordinator to provide mentoring and professional development to the team. See the benefits in the Service Description!