

Senior Health & Wellness Coordinator VISTA at CICOA Aging and In Home Solutions 2020

CICOA is instrumental in the quality of life of seniors and those with disabilities. Be the VISTA who can boast that you improved the overall health/nutrition of low-income seniors in Central IN!

- Term of service: June 8, 2020 – June 7, 2021
- To apply: <https://my.americorps.gov/mp/listing/viewListing.do?id=93282&fromSearch=true>
- For more information: Mary Hayes, VISTA Coordinator, Indy Hunger Network / mary@indyhunger.org

Service Description:

By reaching new audiences and increasing nutritional programming, you will help us serve more meals to some of the neediest seniors. Your research will help break down language barriers with non-English speaking seniors, introduce/continue fun nutrition programming, and help us expand into nearby underserved counties. We need someone who is energetic, innovative, outgoing and passionate about improving seniors' food insecurity, health and wellness through exercise and education. While not required, an ideal candidate would be bilingual in Russian, Chinese, Spanish and/or Burmese. By the end of your term you will have gained invaluable experience in program planning and implementation, as well as made significant connections in Central Indiana.

In this role, you will help expand the Meals & More programs of CICOA Aging & In Home Solutions. CICOA is the local area on aging in Central Indiana, that also houses the Aging & Disability Resource Center. The Meals department provides nutritional meals at neighborhood meal sites and through home delivered meals to home bound seniors.

The position also offers:

- Camaraderie with 6 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:

This position will help expand the Meals & More programs of CICOA Aging & In Home Solutions. You will

- Expand the Bingocize program
- Recruit and train volunteers to teach Bingocize

- Perform creative outreach to increase attendance at CICOA's 25 neighborhood meal sites and grow the number of non-English speaking seniors in the neighborhood and home delivered meal programs

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 this end, they employ a VISTA coordinator to provide mentoring and professional development to the team. See the benefits in the Program Description!