

Nutrition and Dementia Services Coordinator VISTA at CICOA Aging and In-Home Solutions 2022-2023

Help older adults break the stigma of dementia! Provide nutrition resources and connections as well fight social isolation through our dementia friends' activities!

- Term of service: June 6, 2022 – June 5, 2023
- To apply: <https://my.americorps.gov/mp/listing/viewListing.do?fromSearch=true&id=109466>
- For more information: Caleb Kulinski, VISTA Coordinator, Indy Hunger Network, caleb@indyhunger.org

Service Description:

CICOA's mission is to empower older adults, those of any age with a disability and their caregivers by providing the innovative answers, services, and support they need to achieve the greatest independence and quality of life. In this role, you will create resources to improve the nutritional intake of clients with dementia. Through research, education, and the distribution of materials/resources, you will also impact caregiver stress. You will witness the Dementia friend's movement in Indiana and expand skills under the direction of our Nutrition team and Dementia programs supervisor. 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, nutritional status and wants to learn to develop programs and partnerships. This is a great opportunity for someone who enjoys writing. This project will build capacity for the Meals & More Program, a service that provides nutritionally balanced meals to low-income seniors at neighborhood meal sites.

The position also offers:

- Camaraderie with several other VISTAs serving 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 a beautiful office space on the north side of Indianapolis, with easy access to shopping and downtown. CICOA perks include committee involvement, flexibility, diversity and a work culture that allows individuals to learn and grow. Candidates are assured that current COVID restrictions will be taken into account and member activities will be adjusted to assure the safety of vistas and participants.

Member Duties:

The Nutrition and Dementia Services Coordinator VISTA will:

- Collect a repository of research and collaborate with the Nutrition Team to formulate caregiver tip sheets, blogs and resources
- Collaborate with CICOA's Dementia Programs Supervisor to increase public awareness and understanding of Memory Cafes and other dementia-inclusive programming
- Prepare materials and infrastructure created for the Care Aware Program to ensure ongoing use long after the VISTA term

While you will be based at CICOA, you will be one of several VISTAs serving 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.