

CICOA Aging & In-Home Solutions Nutrition & Wellness Coordinator VISTA 2022-2023

Help older adults succeed! Fight social isolation, inactivity and enhance the lives of older adults through our exciting nutrition and exercise program that they will enjoy

- Term of service: June 6, 2022 – June 5, 2023
- To apply: <https://my.americorps.gov/mp/listing/viewListing.do?fromSearch=true&id=109464>
- 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 help expand the Meals & More programs of CICOA. The Meals Department provides nutritionally balanced meals at Neighborhood meal sites. By reaching new audiences and increasing nutritional programming you will help us serve more meals to some of the seniors most in need. Your research will help breakdown the language barriers with non-English speaking seniors, introduce/continue fun nutrition programming, and help us to expand into nearby underserved counties. We need someone who is energetic, innovative, outgoing, and passionate about improving seniors' food insecurity, nutrition and wellness through exercise and education. 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.

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 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, 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:

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

- Expand the Bingocize program
- Recruit and train volunteers to teach Bingocize
- Perform creative outreach to increase attendance at CICOA's neighborhood meal sites and grow the number of non-English speaking seniors in the neighborhood and home delivered meal programs
- Help provide an excellent experience to CICOA's clients

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 this end, they employ a VISTA coordinator to provide mentoring and professional development to the team.