



## **Care Resources Seeks College Student Volunteers to Support Growing Health and Wellness Program for Older Adults**

### ***Internship Credit Available for Variety of Academic Backgrounds***

Care Resources, a community-based program for people 55 years and older, is seeking college student volunteers interested in gaining skills, experience and internship credit for a variety of academic backgrounds.

With locations in Grand Rapids and Lowell, Care Resources is an innovative program that promotes healthy and independent living while working to prevent nursing home placement. The program provides a Day Center and clinic, medical care and home health services annually to participants.

The nonprofit's volunteer program provides students the flexibility to fulfill internship requirements within a semester while gaining valuable experience in their chosen field. Because Care Resources provides a wide range of health care services to participants, volunteer opportunities are diverse and not restricted by skill level or degree.

Students can volunteer with departments that provide nutrition, nursing, pharmacy, health management and social work services, as well as recreational, physical, occupational and speech therapy. Additionally, administrative and participant programming roles are also available.

"We welcome students from various academic backgrounds and levels to join us in supporting our participants," Office Manager and Volunteer Coordinator Karen Altom said. "Whether you're interested in health care, nonprofit administration or simply spending time with our participants, we have roles that cater to diverse interests and skill sets."

Volunteer hours must be completed during business hours, which are 8:00 AM–4:30 PM Monday through Friday. To ensure compliance with safety standards, all volunteers undergo Program of All-Inclusive Care for the Elderly (PACE) training, background checks, including fingerprinting and tuberculosis testing, facilitated by Care Resources at no cost to the student.

Additionally, all volunteers are responsible for receiving the flu vaccine during the flu season, which is from Sept. 1 to March 31. Please note that Care Resources does not cover the cost of the vaccine.

“This is a great opportunity for a student, or anyone interested in sharing their time and talents to help older adults in our community,” Altom said.

Individuals who are interested in volunteering may contact Karen Altom by email at [karen.altom@careresources.org](mailto:karen.altom@careresources.org) or by phone at 616.800.6299.

### **About Care Resources**

Care Resources is a community-based program for people 55 years or older that promotes healthy, independent living and helps prevent nursing home placement. The Care Resources team of healthcare professionals works with older adults and their families to develop a comprehensive care plan — helping participants to make medical decisions every step of the way. For more information, visit [careresources.org](http://careresources.org).

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