



AgeOptions (<http://www.ageoptions.org/>) helps older adults in suburban Cook County live their lives to the fullest by empowering them with information and resources. As our nation deals with the pandemic, AgeOptions is taking appropriate steps to ensure the health and safety of our staff and volunteers while remaining committed to meeting the needs of older adults - those most vulnerable.

Please see below opportunities to help meet the needs of those we serve.

1. **Volunteers** – all volunteers/staff are required to pass a criminal background check. Volunteer opportunities include:
 - a) Drivers to deliver meals to home-bound older adults – especially in the Calumet, Phoenix and Chicago Heights area.
 - b) Assist senior service agencies to distribute shelf stable meals that are being delivered the week of 3/23/2020
 - c) Phone calls to home-bound older adults to serve as a “well-being check”
*Interested volunteers can click on this link and we will follow up as soon as we can: [VOLUNTEER HERE](#)
2. **Catering** -
 - a) Ethnic Restaurants to develop pre-packaged meals that meet Daily Intake Requirements (DRIs) – especially for meals for Chinese older adults in the northwest suburbs.
 - b) Develop “to-go” meals that can be made that meet 1/3 of DRIs that could be shelf-stable, cold, hot or frozen meals.
 - c) For the restaurants that are looking to prepare meals with surplus food they currently have, our network could help deliver these meals to home-bound older adults. The meals would need to be pre-packaged and follow IDPH sanitary and temping guidelines. These meals would not be required to meet DRIs.
3. **Donated freezer space** for our caterers to store their frozen meals.
4. **Potential employers** - AgeOptions primary caterers are Hoffman House and Georgis. If staff are looking for positions, we can share information with our caterers.

For items 2-4, people can submit interest to reports@ageoptions.org.