

Volunteer Position Description

Stepping Up Your Nutrition Position (SUYN)

Position Title: Program facilitator

Purpose: The program facilitator helps older adults manage older adults understand the importance of balanced nutrition for fall prevention and identify key factors that contribute to malnutrition. Topics discussed during the program importance of muscles for strength, key nutrients for older adults.

Location: 15 Salt Lake County Senior Centers and virtual

Key Responsibilities:

- Deliver the program as set in the leader manual
- Keep all participants identity and contact information confidential
- Prepare all materials at least two days before teaching a workshop series
- Basic use of computer
- Discuss any problems with the program coordinator
- Keep track of the require paperwork for the class
- Have reliable transportation
- Arrive 15-30 minutes before each workshop
- Be a positive role model
- Respect each other and the diversity of the participants

Reports to: Program coordinator, Erika Thompson in Health Promotion Program

Length of Appointment: The program is offered one session with multiple sessions throughout the year.

Time commitment: One day per week (M, Tue, Wed, Thu or F) for 2 ½ hrs. for a minimum of one year.

Qualifications: Possess life experience, enjoys working with older adults, has basic knowledge of nutrition and, hydration to encourage older adults to engage in a well balance diet. The facilitator should also have good listening skills and be non-judgmental, be dependable and consistent, must be literate, ability to lead entire workshop.

Support: A three-hour online training for this position will be provided. In addition, Salt Lake County training for all new volunteers, and quarterly training. Leader manual and other materials will be provided. The program coordinator is also available for questions and assistance.

Benefits: Your life will be enriched by knowing that you use your knowledge and skills needed to help older adults to understand the importance of balanced nutrition for fall prevention. This position will also help you in your own personal goals and stay motivated to improve your health.