

Meals on Wheels for Santa Cruz County Internship and 2-unit Field Study

Background

Meals on Wheels for Santa Cruz County, is a non-profit organization that serves meals to seniors who have trouble meeting their own nutritional needs. The mission of the program is to help enhance the lives of older adults by offering quality meals and caring human contact. Meals on Wheels has been providing meals in Santa Cruz County for over 35 years, serving roughly 600 meals to senior every weekday, with the number of people in need growing almost daily. Despite this growing need, funding for the program has been dramatically cut. In the past decade alone, Meals on Wheels has lost \$500,000 in annual funding, representing a loss of 25% of program revenue.



The internship program in collaboration with the Sociology department at UCSC, will be affording student interns an opportunity to assist Meals on Wheels with required program activities while providing students meaningful contact with the elderly community in Santa Cruz County. Student interns will be engaging in activities that provide opportunities to directly observe the challenges and issues of aging in our society.

Internship Position & Eligibility

The (unpaid) internship positions will begin at the start of each quarter, and will last the full 10 weeks of the quarter. Eligible applicants will be interviewed (phone) by the Meals on Wheels of Santa Cruz program manager prior the start of the quarter. Students must be available via email and phone. The majority of communications will be done via email. Chosen interns will also need to go through the background check, which generally takes about 10 processing days.

Applicants should have a car, a valid CA driver's license, and car insurance as you may be making home visits with the members in Santa Cruz, Watsonville, Ben Lomond, or Live Oak. Students must be in good standing, be a Junior or Senior, commit to about 6 hours of work/tasks a week, complete the academic portion of the 2-unit internship, and have interest or previous experience working with the elderly community, health care, food, or social work.

Duties of the positions may include:

- Four home visits per week, using health and nutrition screening tools
- Make phone assessments
- Working in the dining center for at least two lunches per week at Loudon Nelson Center
- Meals on Wheels office work

Apply:

If you meet the eligibility criteria, please submit the following items to the Undergraduate Sociology Advisor, tboom@ucsc.edu or in person in Rachel Carson College Rm 226. When the office is closed, you can slide your application materials under the door or use the locked drop box at the beginning of the hall, next to Rm 235.

Deadline to apply for Winter Quarter: By Noon on Monday, December 3rd

1. Meals on Wheels Application Checklist
2. Resume (cover letter optional)