



# Services for Seniors



## Senior & Disabled Volunteer Services

- Well-trained volunteers help low-income seniors (60+) and disabled adults (18+).
- Services include: transportation to medical appointments and essential errands, yard work, light housekeeping, minor home repair, moving assistance, firewood provision, and more.

[SeniorServices@CommunityActionSkagit.org](mailto:SeniorServices@CommunityActionSkagit.org) or (360) 588-5745

## Free Monthly Food Box Delivery

- Food boxes include the following:
  - 30 pounds of shelf-stable foods such as canned produce, cereal, juice, rice or pasta, milk, and protein such as canned turkey or chicken.
  - 10 pounds of fresh fruit and vegetables

[CSFP@CommunityActionSkagit.org](mailto:CSFP@CommunityActionSkagit.org) or (360) 410-5023

**“I’m glad I called  
Community Action!  
Their staff and volunteers  
put my mind at ease,  
and helped me with  
transportation and saving  
money on bills.”**



## Energy & Utility Assistance: Contact us in September!

- Help for low-income households with assistance to pay utility bills including water/sewer, electricity, natural gas, and other heating sources.
- Seniors (60+) are encouraged to contact us in September for priority scheduling in October and November.

[Energy@CommunityActionSkagit.org](mailto:Energy@CommunityActionSkagit.org) or (360) 428-1011

## Volunteer Opportunities

- Make a difference for your community!

[VolunteerCenter@CommunityActionSkagit.org](mailto:VolunteerCenter@CommunityActionSkagit.org) or (360) 588-5753

 (360) 416-7585

 [www.CommunityActionSkagit.org](http://www.CommunityActionSkagit.org)

 [SeniorServices@CommunityActionSkagit.org](mailto:SeniorServices@CommunityActionSkagit.org)

## Contact a Friendly Resource Center



“This program is supported with funding from Washington’s Climate Commitment Act. The CCA supports Washington’s climate action efforts by putting cap-and-invest dollars to work reducing climate pollution, creating jobs, and improving public health. Information about the CCA is available at [www.climate.wa.gov](http://www.climate.wa.gov).”