

Organization Name: **Our Family Services**

Level of Expertise Needed: Undergraduate Public Health Program Intern Internship Project Title: Las Comadritas/Freedom Senior Club Intern Project Description:

Las Comadritas South Tucson Senior Program seeks to keep adults over 55 in the City of South Tucson engaged in their community by providing educational, socialization, and recreational programming. The program creates a source of social interaction for seniors to avoid isolation. Nutrition is also a goal of Las Comadritas and home cooked meals are provided at each meeting along with light snacks. Participants meet twice weekly at the House of Neighborly Service on Mondays and Thursdays 9:00 AM – 12:30 PM.

The Freedom Center Senior Club program enhances the quality of life for persons 50+ by providing socialization, recreation, education, information, nutrition, social services and support. They include seniors in programming decisions in a clean, safe, pleasing and inclusive environment.

The position would involve working with both programs to extend the range of activities for participants. As the Comadritas intern, you will be tasked with developing activities for the Comadritas seniors to do as an alternative to Bingo, such as arts and crafts, and developing more educational opportunities. For Freedom Park, your main goal will be to work with seniors to find out what their interests are and then develop classes that center around those interests.

Student Characteristics: Creativity and crafting skills would be helpful along with experience and/or coursework in nutrition, exercise, or related fields. Self-transportation to sites is necessary. For the position you should have at least a decent knowledge of the Spanish language. In addition, the successful applicant must be flexible and have enthusiasm for working with senior citizens.

Organization Background:

Our Family Services is a Southern Arizona-based nonprofit providing a continuum of services to people in every stage of life. Our mission is making our community a better place to live, to grow up, and to grow older.

We offer a wide variety of services including: Shelters/Affordable Housing, Community Mediation, and Prevention and Community Education. The Las Comadritas Senior Program falls under the prevention department of Our Family Services and it has been a part of the South Tucson community for decades.

The Freedom Senior Club is a program that is run by Freedom Recreation Center on 29th Street. Freedom Park was built in 1976 and over the years has grown to offer a variety of services and activities for residents of the 29th street area.

Where: Las Comadritas is located at the House of Neighborly Service at 243 W.

33rd St. in the City of South Tucson. The Freedom Center Senior Program is located on 5000 E 29th St. Program offices are housed at Our Family's Bellevue location, 3830 E. Bellevue St.

Supervision: On-site program supervision would be through the Las Comadritas staff person, Jesse Flores. Department oversight is provided by

Compensation/Benefits: There is no pay or stipend available for interns at Our Family Services. However, interns can attend any Our Family Services trainings for free.

Application Contact Information: Potential interns may contact Shelby Salemi (ssalemi@ourfamilyservices.org or 323-1708) to discuss their potential fit with the program. A resume and intern application (found at <http://www.ourfamilyservices.org/volunteer.html>) are required prior to acceptance.