



MEMBER POSITION TITLE: Health and Wellness Educator AmeriCorps Member

HOST SITE: Soar Fox Cities, 211 E. Franklin Ave., Appleton.

OVERVIEW: SOAR Fox Cities is looking for a full-time member to coordinate and implement health education programming focused on healthy weight, physical activity and/or healthy eating habits for individuals with disabilities.

DESCRIPTION OF DUTIES:

- Implement and conduct group sessions related to healthy eating and healthy food/drink choices.
- Work with our adult participants to develop goals and plans for daily physical activity within participant restrictions (i.e. some members have mobility issues therefore experience challenges related to physical activity).
- Work with our youth participants and their peers, some of whom are not disabled, to educate them on healthy eating habits and the need for physical activity.
- Create, implement and evaluate health education programming for the Adult Education Program including nutrition, healthy food choices and portion.
- Assist in the development and expansion of a comprehensive year round fitness and wellness programming for SOAR participants.
- Assist in the planning and implementation of programming during camps that lend themselves to education regarding healthy weight, physical activity and/or healthy eating habits.
- Create and implement health education programming for Special Olympics athletes including nutrition, healthy food choices and hydration.
- Develop handouts and content related to maintaining an active lifestyle outside participation in Special Olympics team practices and competitions.
- Develop stretching and exercise programs for Special Olympics athletes that can be done at practice, the gym or at home.
- Work to recruit new Special Olympics athletes, or first time participants, to promote healthy lifestyles for individuals with disabilities that may not be meeting the CDC recommended amount of daily/weekly physical activity.
- Recruit, train, and utilize volunteers to assist with health/nutrition education programming
- Administer and collect data for health/nutrition education programming
- Track health/nutrition education recipients, volunteers, and survey results
- Maintain attendance logs for health education/nutrition recipients and volunteers

QUALIFICATIONS:

- Experience and passion for working with individuals with developmental and/or intellectual disabilities
- Experience coordinating and implementing programs and services for individuals with disabilities
- Experience leading and/or facilitating groups with and for individuals with disabilities as well as their non-disabled peers
- Passion for health and wellness initiatives
- Must have a high school diploma or equivalent



- Associates or Bachelor's degree in: Community Health, Health Promotion and Wellness, Health Science or related background and experience
- Be 18 years or older at the beginning of their service
- U.S Citizen, U.S National, or Lawful permanent resident alien of the U.S

TRAINING: On-site training with opportunities for additional professional development. WOTFV AmeriCorps Program will offer additional opportunities for professional development including conflict resolution, citizenship, and volunteer management trainings.

OTHER INFORMATION:

- **Member Term of Service:**
 - WOTFV AmeriCorps Program year of service runs from September 4th, 2018-August 15th, 2019.
- **Time requirements**
 - Full-time members will serve 1730 hours during the year, averaging 34.5 hours/week.
- **Benefits**
 - Members will receive a living allowance while serving, which is paid on the 15th and last day of each month. Full-time members will receive a gross living allowance of: \$572.16 per pay period
 - Segal Education Award upon successful completion of hourly requirement described in Time Requirements: \$5,920.00 for full-time members.
 - Forbearance on qualified student loans while serving and interest accrual payments.
 - Full-Time Members are eligible for basic health insurance and childcare reimbursement (if eligible).
 - On-site training.
 - Paid mileage.
 - Flexible work schedule.

CONTACT INFORMATION AND APPLICATION DUE DATE (if applicable):

- Erin Schultz, Executive Director SOAR Fox Cities. Email: erin@soarfoxcities.com OR mail or in-person delivery to: SOAR Fox Cities, Attn: Erin Schultz, 211 E. Franklin Ave., Appleton, WI 54911
- Amanda Ross, WOTFV AmeriCorps Project Manager: email: amanda.ross@unitedwayfoxcities.org OR mail or in-person delivery to: United Way Fox Cities, Attn: Amanda Ross, 1455 Midway Road, Menasha, WI, 54952