

Mobility Matters and COVID-19

I have been an older volunteer driver for Mobility Matters since early 2019, who typically provided 1-2 rides per week before the COVID-19 pandemic. As with many other volunteers, in addition to my age, I have other co-morbidities to the virus and was fully supportive of Mobility Matters decision to suspend services when we were first told to shelter in place. For me it meant more time to fill with other activities. However, losing our services had a much greater impact for many of those who depended on a Mobility Matters' ride a week to the doctor or to go shopping. It was a hard decision to make, but the correct and necessary one. Immediately after the suspension staff began working diligently to find a way to continue to help those who depended on us.

Within a matter of weeks the folks at Mobility Matters were pursuing a way for our volunteers to do grocery shopping for our clients. This shopping is done during senior hours twice a week with groceries delivered to our clients door step. Mobility Matters made arrangements with various Safeway Markets to work with our volunteers on this program to arrange a uniform method for paying for groceries and getting reimbursements to Mobility Matters. This program has been operating for a couple of months and has served clients throughout Contra Costa. This has allowed volunteers, such as myself, to safely provide needed assistance to our clients.

More recently Mobility Matters has expanded the program to provide rides to necessary medical appointments. Protocols are in place to reduce risks as much as practical. All volunteers and riders must wear masks. Vehicle surfaces that our riders may come in contact with are sanitized before and after each ride. Our drivers and riders each use hand sanitizer before each entry into the vehicle. Taking these precautions has allowed drivers, like myself, to feel they are reducing transmission risks to a low level while being able to provide a much needed service to our riders. I know from personal experience that our riders greatly appreciate that we are making these efforts for them.

I get a feeling of accomplishment and enjoyment each time I complete a ride or a shopping trip knowing I am helping others. Mobility Matters is such a worthwhile program for which I am proud to be a member. The one thing that prevents us from serving more of our seniors and disabled veterans is a lack of volunteer drivers. If you are interested in helping others by shopping for them and/or taking them to necessary medical appointments please contact Mobility Matters at the number below.

I encourage all to volunteer. As the Dalai Lama once said: "If you want to be happy, help someone."

Mobility Matters

To Volunteer Call: (925) 284-2215