



VOLUNTEER OPPORTUNITIES

Transportation

Volunteer drivers provide door-to-door transportation. Rides are provided for trips that are routinely scheduled, periodic, or last-minute. If requested, the volunteer driver should help the member to/from the door of their home, and help carry packages. Trip destinations typically include:

- ❖ grocery stores
- ❖ medical appointments
- ❖ worship services
- ❖ social and educational events

In-Home Assistance

Activities that once seemed easy become harder for members as they grow older. Help with once-simple household chores means the difference between a day of frustration and one of accomplishment. Members often ask for volunteer help, information and advice with needed home repairs or maintenance. Some tasks you will be asked to support members with may include:

- ❖ changing light bulbs
- ❖ flipping mattresses
- ❖ moving furniture
- ❖ replacing smoke detector batteries
- ❖ moving trash cans
- ❖ helping with seasonal decorations
- ❖ providing technical support for computers, cell phones, and TVs
- ❖ making simple repairs

Social and Cultural Programming

To live fully, Village members need opportunities to participate in a variety of social, cultural, and educational activities. Village in the Heights sponsors and recommends many programs, lectures, and other events each month. Volunteers help arrange potlucks, museum trips, theatre/movie outings, lectures and workshops, dining out, and small affinity groups based on members' shared interests. Village in the Heights needs volunteers who want to:

- ❖ research new programs and activities
- ❖ organize and staff large events
- ❖ identify potential speakers for educational programs
- ❖ host activities and events in your home
- ❖ contact local museums and other organizations to plan a tour



Other Services

A member normally capable of performing a task, may be temporarily unable to do so due to a medical condition, family emergency, scheduling problem, or another circumstance. Volunteers are needed to help with:

- ❖ mailing packages
- ❖ running errands
- ❖ preparing occasional meals
- ❖ organizing files and paperwork
- ❖ checking on houses when members are away
- ❖ waiting for a delivery or service repairmen

Gardening Advice and Assistance

The Village welcomes volunteers with “green thumbs” to help with small gardening chores. Members need help with:

- ❖ watering indoor houseplants or outdoor gardens
- ❖ sweeping and cleaning walkways
- ❖ weeding and planting
- ❖ recommending plants that are aesthetically pleasing and do well in our area

Professional Advice and Advocacy

For those services beyond the scope of our volunteers, a professional service provider may be needed. Village in the Heights maintains a list of pre-screened professional service providers in the future, for referral to our members.

Many people have had professional training and experience that is relevant to the needs of Village members, particularly in the form of advice, advocacy, and explanation. Village in the Heights needs volunteers who can advise individual members or conduct workshops on important issues. Topics include:

- ❖ preparing for a hospital visit
- ❖ discussing end of life issues, advanced medical directives, and hospice care
- ❖ forms preparation (wills, estate, tax).
- ❖ educating members about preventing identity theft
- ❖ explaining household budgets and financial management
- ❖ exercise, nutrition, and fitness programs

Office Support

If you have worked in a business office and have organizational, operational and administrative skills, we need your help in our own Village in the Heights office. Our hours are Monday through Friday, 9:00- 5:00. Examples:

- ❖ contacting members and volunteers to schedule appointments
- ❖ bookkeeping and filing
- ❖ data entry, processing forms and papers
- ❖ special projects