

The Value of Volunteering

Volunteering at Saint Elizabeth's

Volunteer opportunities abound at Saint Elizabeth's Medical Center. Saint Elizabeth's volunteers develop new skills and meet new people while learning more about medicine and the health care field.

Our volunteers are people of all ages committed to helping others. Retirees, parents, college students, and working professionals each offer something special.

Volunteers are important members of our healthcare team. They offer unique and special talents that support and supplement the skills of our staff.

Volunteer Opportunities

- *Assisted Living Resident Activities*
- *Clerical Support*
- *Gardening*
- *Guardian Angel Program*
- *Guest Services*
- *Long-term Care Activities*
- *Patient & Visitor Escorting*
- *Recreation Therapy (special events, activities, outings, etc.)*
- *Resident Feeding Program*
- *Resident Companion/Reading*
- *Special Events & Projects*

To learn more, contact:

Edna Mattison, Volunteer Coordinator
Saint Elizabeth's Medical Center
651-565-5660

Why do people volunteer?

- *To meet new people and make new friends*
- *To give back to the community*
- *To feel useful, needed, and appreciated*
- *To help another person*
- *To share talents, abilities, and experiences*
- *To grow personally*
- *To make a new transition in life*
- *To spend quality time with community members*
- *To get out and be active*
- *To build self-esteem & self-confidence*
- *To have fun*

Volunteer Registration

Name: _____

Daytime Phone _____ Evening Phone _____

Address: _____ Zip: _____

Email Address: _____

Volunteers **over 55 years of age** may become RVSP members. Please check if you are eligible: ___YES ___NO

Please check volunteer opportunities that interest you:

- Guardian Angels:** Escorting patients and visitors from vehicles to facility
- Guest Services:** Escorting within facility, deliveries, and other guest services
- Recreational Therapy:** Assist with activities, one-on-one visits, field trips, reading program, chapel, etc.
- Social Services:** Assist with activities, shopping for residents, one-on-one visits
- Nutrition Services:** Feeding program, beverage/snack cart, tray preparation
- Clerical/Special Projects:** Mailings, phone calls, data entry, copying, packet assembly, etc.

Availability: Mon. Tues. Weds. Thurs. Fri. Sat. Sun.
AM PM

How often would you like to volunteer at St. Elizabeth's:

- Once a week Every other week Once a month Other: _____
- Call me when you have something that fits my skills

Please list any additional special interests or skills that you would like to share with us.

Please list any physical limitations that may prohibit you from doing certain tasks? By doing so, we can match you with the volunteer duties that are the best fit for you.

RETURN TO EDNA MATTISON, VOLUNTEER COORDINATOR

"We make a living by what we get. We make a life by what we give." Norman MacEwan