

Volunteer Interest Form

VALLEY CARES NEEDS YOU

We have many opportunities at Valley Cares. We will provide you with training and support as needed. Please fill out the following information and we will contact you.

Name: _____ Today's Date: _____ Email: _____

Address: _____ Phone: _____

I can volunteer on a regular basis: Yes No (If yes, Daily Weekly Monthly)

I am generally available: Mornings Afternoons Evenings Flexible Times

Summary of Work Experience & Prior Volunteer Experience (use back of sheet if needed): _____

Some ways to get involved: (check if interested)

Social/Recreation

- Set up/Clean up One-on-One visits Reading aloud
 Playing Bingo Playing Cribbage Playing Trivia games
 Playing other games: _____

Arts & Crafts

Music

- Singing Piano Other instrument _____

Dance/Movement/Exercise

- Yoga/Stretching Tai Chi Dancing Walking program
 Other: _____

“Arm Chair Traveler”

- Share information, pictures, music, culture, food, etc. from your travels

Education

- I can teach about: _____

Spiritual

- Lead prayer group, meditation, Bible study, rosary Accompany residents to religious services

Transportation/Community Involvement

- Shopping trips Special excursions/Sightseeing Medical appointments Hair Appointments

Other

- Gardening Housecleaning Watering indoor plants Pet care

Other ideas you have: _____ (OVER)

Volunteer Interest Form (cont.)

Personal Reference

Since you will be volunteering in our home, we ask that you provide a personal reference whom we may contact.

Name: _____ Relationship to you: _____

Address: _____ Phone: _____

Please note: Since our residents are considered a “vulnerable population,” we also ask your permission to do background checks with the Adult and Child Abuse Registries as well as the Vermont Criminal Information Center. We will discuss this with you.

THANK YOU!

Please return this form to our Recreation & Volunteer Coordinator, Dawn Slade.

She can be reached at (802) 365-7190 ext107.