



VOLUNTEER OPPORTUNITIES

Volunteer opportunities abound at Minuteman Senior Services for individuals who have an hour or more each month to enrich the lives of homebound elders in their community.

- **Friendly Visitors** stop in once a week to chat, take a walk, share news of the day;
- **Grocery Shoppers** make it possible for elders to remain independent and in their own homes;
- **Medical Transport Drivers** provide necessary transportation to medical appointments;
- **Money Management Bill Payers** pay bills and balance checkbooks;
- **SHINE Counselors** assist elders in understanding medical insurance and benefits;
- **Meals-on-Wheels Drivers** deliver meals to homebound elders or meet and assist seniors at community meal sites.
- **Nursing Home Ombudsmen** advocate for quality care for nursing home residents;
- **Office Assistants** provide administrative and clerical support in our Burlington office.
- **Holiday Gift Project** volunteers sort and deliver wrapped, individualized gifts to seniors in December.

Volunteers can work independently or as a team, and at a time and place at your convenience for as little as one hour or more a month, a week...or a year!

Join the team of 600 Minuteman volunteers who invest in their communities each week and make a real difference in the daily lives of their neighbors.

Minuteman Senior Services acknowledges the diversity of our communities and respects people from all walks of life. We aim to foster inclusion by creating an atmosphere of understanding, safety and acceptance. Our mission is to help seniors remain in their own homes- safe, comfortable and independent-- for as long as they are able, and to support their caregivers as they face the challenges that are presented by competing needs of family, work and self.

For more information call:

Debbie Barr, Volunteer Services Coordinator
Minuteman Senior Services
(781) 221-7023 or toll free 888.222.6171
email: d.barr@minutemansenior.org

OPTIONS FOR EVERYDAY LIFE



Volunteer Application

Name:	Cell Phone:
Street:	Day Phone:
Town/ZIP:	Eve. Phone:
Birthday/Month	E-mail:
Languages Spoken:	Anticipated Length of Commitment:
Geographic Preference:	
Days and times available to volunteer:	
Education:	

Service Interests: Check all that apply.

- | | |
|--|---|
| <input type="checkbox"/> <u>Visit Homebound Elders</u>
<input type="checkbox"/> <u>Shopping Assistance with or for seniors</u>
<input type="checkbox"/> <u>Medical Appointment Driving</u> | <input type="checkbox"/> <u>Deliver Meals-On-Wheels; Lunch Assistants</u>
<input type="checkbox"/> <u>Office help: Reception, special events etc.</u>
<input type="checkbox"/> <u>Special Projects: Holiday Gift Project, Volunteer Celebration</u> |
|--|---|

What are some of your skills, hobbies, and interests?

Why would you like to volunteer with us?

How do you feel about interacting with frail or isolated elders and the issues they face?

What are your previous or present work experiences? (Employers Name; Your position and dates of employment)

What are your previous or present volunteer experiences? (Name of organizations; your position and length of service)

Please list two **non-family** members whom we may contact as personal references (i.e., current or previous employer or volunteer supervisor, clergy, or other.)

- | | | | | | | | | |
|----|-------------|---------------|-------------|--------------|-----------------|---------------|----------------------|----------------------------|
| 1) | Name: _____ | Street: _____ | Town: _____ | State: _____ | Zip Code: _____ | E-mail: _____ | Daytime Phone: _____ | Relationship to You: _____ |
| 2) | Name: _____ | Street: _____ | Town: _____ | State: _____ | Zip Code: _____ | E-mail: _____ | Daytime Phone: _____ | Relationship to You: _____ |

If you will be driving elders for any reason, please complete:

- | | |
|--|---|
| Do you have a valid driver's license? | Check type of vehicle: <input type="checkbox"/> car, <input type="checkbox"/> truck, <input type="checkbox"/> minivan |
| Adequate insurance? Please list auto insurer. | _____ |
| Any accidents within the last two years? If so, explain: | _____ |
| Have you ever been convicted of a felony? | _____ |
| If yes, attach explanation. | _____ |

SEND TO: Minuteman Senior Services, Attn: Volunteer Services Coordinator, 24 Third Ave Burlington MA 01803.
E-mail: d.barr@minutemansenior.org. **Your application must include a photocopy of your driver's license.**

Minuteman
SENIOR SERVICES



MINUTEMAN SENIOR SERVICES
24 Third Avenue
Burlington, MA 01803
(781) 272.7177 or (888) 222.6171

DIRECTIONS

FROM ROUTE 128, NORTH OR SOUTH

- ❖ Exit at 32B onto Middlesex Turnpike. Pass the Burlington Mall on the right.
- ❖ Proceed West on Turnpike to Third Avenue, which is the second left after Barnes and Noble (also on left). Large gray and red sign, NORTHWEST PARK marks Third Avenue entrance.
- ❖ MINUTEMAN SENIOR SERVICES (No. 24) is the second building on the right. Large sign on front identifies our offices.
- ❖ Parking area is adjacent.

FROM ROUTE 3, NORTH OR SOUTH:

- ❖ Follow Route 62 East to Middlesex Turnpike. Turn right. Follow Turnpike approximately on mile. (Large gray and red sign, NORTHWEST PARK marks Third Avenue entrance.)
- ❖ Turn right onto Third Avenue.
- ❖ MINUTEMAN SENIOR SERVICES (No. 24) is the second building on the right. Large sign on front identifies our office.
- ❖ Parking area is adjacent.

*Nearest Bus Stop: Alewife bus to Northwest Park, 1 minute walk
For maps or information, please see <http://www.mbta.com>*