

## Our Goals

- Assist in providing social, recreation and health oriented activities for the benefit of our residents and the community at large. This enhances their quality of life by reducing their isolation, thereby making their lives more meaningful and stimulating.
- Providing volunteers with an experience that adds to their personal growth and self-worth while improving the quality of life for our residents.



*"I volunteer because I like meeting and interacting with people. But the main thing is that it helps others attain a better quality of life and that is really what it is all about"*

*~Mary Zaplitny~*

## The Volunteer Spirit

*"There is no greater personal reward than to give freely of one's time and effort to improve the lives of others"*



**St. Michael's**  
HEALTH GROUP

## Join our Volunteer Team

St. Michael's Health Group  
7404 - 139 Avenue  
Edmonton, Alberta T5C 3H7  
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**St. Michael's**  
HEALTH GROUP

# VOLUNTEER SERVICES



**7404-139 Avenue**  
**Edmonton, Alberta**  
**Phone: 780-472-4534**



## Volunteer Opportunities

### Recreation Programs (day and evening)

- Crafts
- Games (e.g. bingo)
- Reading/writing letters/visiting
- Pet therapy
- Social events (e.g. musical entertainment)
- Outings
- Sing-a-longs (karaoke)



### Pastoral Care Programs

(non-denominational support)

- Portering to church services on site
- Pastoral visits (one-on-one)
- Assisting Pastor/Priests with programs
- Sharing gifts of music and song

### Occupational Therapy Programs

- Bringing residents to therapy rooms
- Assisting in monitoring exercises

### Resident Care Programs

- Loving Spoonful course (e.g. feeding residents)
- Assisting with meal service
- Accompanying residents to appointments
- Portering residents to activities

### General Services

- Assisting in kitchen with meal preparation
- Assisting in laundry/housekeeping
- Assisting maintenance personnel

### Fundraising - Bingos/Casinos/Events

- Friends of St. Michael's Society of Edmonton
- Working in community bingo halls and casinos
- Assisting with special events (e.g. raffles and dinners)

### Day Support Programs

- Assisting with programs for seniors from the community

### We provide volunteers with:

- An opportunity for personal growth/satisfaction
- An opportunity to meet new friends
- A sense of accomplishment
- An opportunity to utilize presentation skills
- An opportunity to develop new skills
- An opportunity to contribute to our community
- An opportunity to transition into the workforce
- An opportunity to volunteer in more than one of St. Michael's facilities

### Qualifications

- 14 years and older (parental consent required for those under 18)
- Sensitive to the needs of the elderly and the handicapped
- Reliable and punctual
- Responsible and show initiative, enthusiasm and interest
- Be willing to work under the guidance and direction of a supervisor(s)

*A meal ticket is provided to any Volunteer who spends at least 4 hours in any day at St. Michael's.*

### Volunteer Requirements

All volunteers must be screened for the safety of our residents and staff. To become a volunteer, you must:

1. Fill out a volunteer application form
2. Interview with Volunteer Coordinator
3. TB Test - will be done in our Family Health Centre
4. Security Check - will be done by Volunteer Coordinator

St. Michael's staff will provide:

- Orientation
- Training
- Ongoing Support

If you are able to assist on a regular basis, a schedule will be developed with you. If not, we will contact you on an as-needed basis.