

**St. Michael's Health Group** was established in 1976 and provides long term care, supportive housing, programs and services for seniors. We offer several levels of care and housing in Edmonton, Spruce Grove and Vegreville. Residents at all our sites are encouraged to be active and participate in community and civic life. Contributions to the residents' daily lives made by our volunteers helps residents stay active.

## Why Should I Volunteer with St. Michael's Health Group?

- Enrich residents' quality of life by providing additional activity and human contact
- Volunteering provides you with experiences to help with your personal growth objectives while contributing to the wellbeing of seniors in care
- Provide you with an opportunity to use your skills as you transition into or out of the workforce
- Meet new people and develop new friendships

**Volunteers are involved in a variety of programs and activities, tailored to resident needs and volunteer skills and preferences**



*Care with Love and Dignity*

## Join Our Volunteer Team

**Long Term Care Centre  
& Millennium Pavilion Seniors' Lodge**  
7404 - 139 Avenue, Edmonton, Alberta  
Tel: 780-472-4534

**Grove Manor**  
600 King Street, Spruce Grove, Alberta  
Tel: 780-962-6672 ext. 203

**Vegreville Manor**  
5913 - 49 Street, Vegreville, Alberta  
Tel: 780-632-3540 ext. 5

**Email: [volunteer@smhg.ca](mailto:volunteer@smhg.ca)**

 @StMichaelsHealthGroup

 @SMHG

[smhg.ca](http://smhg.ca)



St. Michael's  
HEALTH GROUP

## Volunteer Opportunities



**Edmonton, Spruce Grove  
& Vegreville**



# ✓ Volunteer Opportunities

The following are a few of the areas where you can make a difference. Opportunities vary at each site.



## Qualifications

- Sensitive to the needs of the elderly and the physically challenged
- Able to commit a minimum of 25 hours per year

## Requirements

All volunteers must be screened for the safety of our residents and staff

To become a volunteer:

- Complete a volunteer application form
- Provide a Police Information with Vulnerable Sector Check
- Provide references and TB screening
- Complete orientation

## Social Visits

- One-on-one visits and fellowship

## Resident Care

- Assisting residents with their meals, training provided

## General Services

- Hair salon
- Laundry/Housekeeping
- Kitchen

## Fundraising

- Volunteer at scheduled community bingo and casino events

## Bus Driver

- Drive our residents on outings  
**Please note:** Class 4 lic. and driving abstract required

## Day Support Program

- Assist with programs/activities for seniors attending day programming

## Recreation

- Crafts & games
- Exercise activities
- Gardening & pet therapy
- Musical entertainment
- Off-site outings/Shopping
- Porter residents to activities

## Pastoral Care

- Spiritual visits

Many Other Opportunities Available

♥ Join The Team!

