



VOLUNTEER OPPORTUNITIES 2017



This guide will provide you with the most up-to-date information regarding volunteer opportunities that are available either on the Charlestown campus, or off campus through Charlestown affiliations. If you are interested in an opportunity that you do not see listed, please feel free to contact the Volunteer Program Coordinator. Most positions can be accommodated to fit your schedule. Some of these positions require specialized training.

All of the Continuing Care positions require orientation, which can be completed right here on campus.

As always, please feel free to contact the Volunteer Program Coordinator (410) 737-8838 ext. 601-8133. Suggestions for other volunteer opportunities are always welcome!

Make sure you register!

Before beginning any volunteer position please register with the Volunteer Program Office. This helps us keep our records current! Contact the Volunteer Program Coordinator at (410) 737-8838 ext. 601-8133 to find out how to register!

TIPS ON VOLUNTEERING

Be Selective: Think about what matters to you, and be selective about where you spend your time. Choosing opportunities that make you feel good while helping other, builds stronger communities, and enriches your own life at the same time.

Consider the skills you have to offer: Find something you enjoy doing and enhance your skills through volunteering.

Learn something new: Volunteering can also teach you valuable new skills that you can use in other parts of your life.

Don't over-commit your schedule: Stick to a volunteering schedule that makes sense for you and leaves you time to enjoy the activity.

Consider volunteering as a group: Group volunteering is a wonderful way to bond with your family, friends or neighbors. Not only will you create lasting memories, but you will help someone in need.

VOLUNTEER OPPORTUNITIES IN CONTINUING CARE

For a complete list of Continuing Care volunteer opportunities, contact the Volunteer Program Coordinator at (410) 737-8838, ext. 601-8133.

BINGO HELPERS

- Run an afternoon or evening Bingo game or assist with various aspects of the game such as number calling, assisting residents to identify numbers, etc.

CARD PLAYERS

- Feel like trying your luck at cards? Poker, bridge, 500, pinochle? Residents love playing cards. Fish is not out of the question either!

CC CERAMICS GROUP VOLUNTEERS

- These volunteers get together to provide assistance (i.e. set up / break down of materials, meeting assistance) to the residents at Continuing Care during the weekly ceramic group meeting. Our residents look forward to painting many different pieces. Resident volunteers only.

CRAFT HELPERS

- Do you have a special arts and crafts talent? Share your talent with a fellow resident, either one-on-one or in a group setting.

DINING COMPANIONS

- Once a week or twice a month, join a resident at lunch or dinner for friendly companionship and conversation. Other duties may include escorting residents to and from dining rooms, providing assistance and support residents in creating a pleasing environment, assisting residents in opening their beverage cartons or serving their coffee or tea and encouraging residents to eat and provide conversation during meals.

ENTERTAINERS

- Do you have a unique talent, such as singing, dancing, storytelling or playing a musical instrument? Share your gifts. Also, a great opportunity to enhance the dining experience during mealtime!

EXERCISE VOLUNTEERS

- Keep residents active by leading an exercise group. Exercise is a great way to increase function. Yoga leaders are always welcome!

GAME VOLUNTEERS

- Chess anyone? Do you have a favorite board game, play cards or checkers? Are you looking for a partner or partners to join you? Why not join a resident after dinner?

MAIL DELIVERY VOLUNTEERS

- Assist the Programming staff with sorting and delivering the afternoon mail directly to the residents' rooms in Continuing Care. A quick and easy way to meet residents!

MEN'S CLUB ASSISTANTS

- To help provide assistance with the men's club so that male residents will have an opportunity to join together to participate in special selected activities.

PET VISITORS

- If you want to share the love you have for your pet and let them share their love with others, considering bringing your pet over for a visit. Pet visits can be arranged to fit your schedule. The pet should have a calm and patient temperament and a clean appearance. Pet guidelines must be met to include a pet screening which must be accompanied with certification from the pet's veterinarian.

PROGRAM HELPER

- Assist the Programming Staff with running a scheduled activity for a group of residents. Examples of activities include: bible study, word games, trivia, bingo, exercise, memory games, & much more!

READING VOLUNTEERS

- Spend some time reading one-on-one or in a group setting with a resident who is visually impaired. Residents love listening to current events, bible stories, traveling, poetry, etc.

SING-A-LONG VOLUNTEERS

- Do you enjoy singing? Why not facilitate a group sing-a-long to your favorite songs or join our group of singers. Residents love to sing-a-long, especially to the songs of their generation. No need to have a good singing voice; just a desire to make some joyful noise!

FRIENDLY VISITOR

- Volunteers establish one-to-one relationships with residents providing companionship, support, listening, and a way of touching someone just by being present at least once a week. Establishing a rapport with a resident who just needs a little attention benefits both parties.

SANDWICH MAKING

- Enjoy spending time interacting with staff and residents in our assisted living facility by making peanut butter and jelly sandwiches for individuals in need. Sandwiches are delivered to Our Daily Bread in Baltimore.

SIXTY MINUTE VISITORS

- Neighbors visiting neighbors in Continuing Care (assisted living). This group falls under the Our Lady of the Angels Catholic Community. Resident volunteers only.

WHEELCHAIR VOLUNTEERS

- Give the gift of mobility by assisting the Program Department in transporting wheelchair-bound residents to and from religious services, beauty salon, and entertainment events. The greatest need is on Wednesdays in the afternoon, Friday afternoon, Saturdays and Sundays. Wheelchair training required.

VOLUNTEER OPPORTUNITIES IN INDEPENDENT LIVING

For a complete list of Independent Living volunteer opportunities, contact the Volunteer Program Coordinator at (410) 737-8838, ext. 601-8133.

All volunteer service opportunities in Independent Living may not be listed. Other service group opportunities may also be found in the **Community Resources Handbook**.

BIRTHDAY ANGELS

- This volunteer team of anonymous resident “Angels” work together to put a smile on a fellow resident’s face on his or her birthday. Angels volunteer for various responsibilities and are designated by building throughout the community. Resident volunteers only.

BRIDGING GENERATIONS

- This group of volunteers goes to the Lansdowne Elementary School in Lansdowne. Transportation is provided. Residents volunteers only.

BULLETIN BOARD VOLUNTEERS

- Individuals on this committee are responsible for posting the flyers on the various community bulletin boards. Residents volunteers only.

CLERICAL VOLUNTEERS

- To assist various department staff with clerical duties (assembling, filing, typing, data entry, etc.).

COMMUNITY TELEVISION VOLUNTEERS

- The 972 staff is looking for residents to help create, film and edit television shows, as well as to provide voice over work. Opportunities include: electric bulletin board, camera technician, production assistant, program host / hostess.

CONCERT VOLUNTEERS

- These individuals perform a wide range of duties involved with our Auditorium and entertainment events including being greeters, ushers, ticket takers and providing support in the light and sound booth.

DINING AMBASSADORS

- This group is organized to introduce and familiarize new residents to the Charlestown Dining experience through their own “neighborhood” dining areas. Resident volunteers only.

FRIENDLY VISITORS

- This group is comprised of Charlestown residents who welcome new residents into the community. The friendly visitor greets new residents within a few days of their moving in and often dines with them. The new resident is given a booklet that contains quick reference information – such as clubs and organizations and the hours of operation of the restaurants. The friendly visitor can also provide support to a resident who may need some extra help in adjusting to community living. Resident volunteers only.

GET WELL VISITORS

- Volunteer to visit fellow residents who are recovering from an illness or surgery and need short term support (i.e. delivering meals, picking up mail, encouragement, etc.) . Resident volunteers only.

HAPPY FACES VOLUNTEERS

- Enjoy clowning around and spreading joy? This volunteer groups often gets together to bring smiles to their fellow residents' faces and will often volunteer at Continuing Care events. This group also teaches youngsters the art of clowning! Resident volunteers only.

INTERMISSIONS VOLUNTEERS

- Volunteer opportunities exist in the Intermissions Program, a program designed to meet the needs of those residents who may have difficulty in the larger community, memory problems, cognitive impairment, Alzheimer's Disease or other forms of dementia. As a volunteer you will have the opportunity to become a 'best friend' to a group member, engage in meaningful activities and share your talents with others. Whether your talent is woodwork, painting, arts & crafts, music or just listening, this opportunity is enriching to you and to those whose lives you'll touch.

LIBRARY VOLUNTEERS

- Volunteers serve as librarian for the community library and film library. Responsibilities include greeting patrons, checking in / out books, videos and dvd's etc. Resident volunteers only.

NATURE TRAIL VOLUNTEERS

- This group seeks to preserve and enhance the natural beauty of our nature trail by eliminating vines and weeds and replacing native wildflower plants as needed. Members also continue to maintain the Butterfly Garden for the enjoyment of the community. If you like to do a little manual labor, enjoy the outdoors and getting your hands dirty, this job is for you!

OPERATION WELCOME HOME VOLUNTEERS

- Become part of a group of residents welcoming home our troops at BWI. This is a heart-warming and patriotic experience! Resident volunteers only.

OUR DAILY BREAD

- Enjoy preparing meals? Once a month, resident volunteers prepare casseroles or provide "wish" items to individuals in the Baltimore Community in need of a meal. Meals are picked up by Our Daily Bread volunteers. Resident volunteers only.

PASTORAL MINISTRIES VOLUNTEERS

- Volunteers assist in various duties for the Catholic and Protestant Communities. Opportunities include clerical / receptionist functions, wheelchair escorting at Continuing Care, rosary leaders, bible study leaders, altar attendants, lectors, pianists, hymn singers, and Eucharistic ministers. Resident volunteers only.

PERFORMING ARTS VOLUNTEERS

- Consider sharing your talents by joining your fellow residents in any of the talented groups here on campus: Little Theatre Company, Chapel Concert Series, Community Concert Series, CUP Choir, OLOA Choir, CUP Hand Bell Choir, Harmonizers, or the Vesper Choir. Resident volunteers only.

PET LOVERS

- Enjoy spending time with pets? Pet sitters and pet walkers are always needed to assist fellow residents. Resident volunteers only.

PHOTOGRAPHY

- Enjoy taking photographs? Volunteers are needed to provide photo coverage for community activities. Resident volunteers only.

PRAYER SHAWL ANGELS

- Enjoy knitting or crocheting? This ministry provides hope and prayers by giving individuals in need (i.e. through illness) hand-made shawls. Resident volunteers only.

RESIDENT ENTERTAINMENT VOLUNTEERS

- Want to share your love of music with your fellow residents? Consider joining a group in the community. Groups perform in Independent Living and Continuing Care. Resident volunteers only.

ROTARY

- Current and former members of Rotary International, along with volunteers, work together to support local and international community projects. Resident volunteers only.

SALES AMBASSADORS

- Work with the Sales Department during marketing luncheons / tours for potential residents and families. Volunteer to show your apartment for potential residents and families. Resident volunteers only.

SEWING / NEEDLE WORK VOLUNTEERS

- There are various volunteer groups on campus that participate in various craft sessions and donate their hand-made goods to worthy causes. There are many groups to choose from depending on your interest, such as the Sew n' Sews, Stitches from the Heart, and the Quilters Group. Resident volunteers only

TREASURE SALE VOLUNTEERS

- This group of volunteers works at the Treasure Chest, Treasures Unlimited and the Ladies' Boutique during the week, and/or at the quarterly Treasure Sale. Many different job opportunities available. Resident Volunteers only.