

Volunteer Application Form

Personal Information and Contact Data

Name: _____ Date of Application: _____

Address: _____

Date of Birth: _____ Pronouns: _____

Telephone: _____ Email: _____

Check if you would like to receive the monthly electronic newsletter (SFCSH Happenings).

Emergency Contact Data

Name: _____ Telephone: _____

Name: _____ Telephone: _____

Availability to Volunteer *(Please circle the days and times you are available)*

Monday Tuesday Wednesday Thursday Friday Weekends

Morning Afternoon Evening Anytime

Comments: _____

References:

Name of Reference: _____ Phone Number: _____

Relationship to Reference: _____

Name of Reference: _____ Phone Number: _____

Relationship to Reference: _____

Background Information and Experiences

Languages Spoken: _____

Languages Written: _____

List your skills, strengths and interest:

Previous work or volunteer experiences:

List your hobbies/ recreational activities:

Do you have any health concerns or restrictions that we should be aware of to ensure your comfort during volunteer activities:

Any other information you would like to share with the Volunteer Coordinator:

What interests you about volunteering for SFCSC? (Identify all that apply)

- Contribute to community well-being
- Meet other community members and neighbours
- Opportunity to get out of the house, participate in activities
- Further employment goals (gain skills/experience, network, build references)
- Fulfill an education requirement
- Nurturing mental health and well-being
- Other: _____

Please indicate ALL areas of interest below:

Transportation (mileage and parking reimbursed):

- Drivers:** Drive clients to medical, shopping or, social appointments, SFCSC local programs, or deliver meals.
- Seniors' Program Driver:** Help local clients get to and from adult day programming at SFCSC. Program hours are 9:00 am – 3:30 pm, Monday - Friday.
- Meals on Wheels Driver:** Deliver hot or frozen meals to seniors in the community.

Kitchen or Meal Programs:

- Meal Service:** Assist with setting up, serving meals, and take down at one of our Diner's programs or SALT events (various locations).
- Kitchen Assistant:** Assist with cooking, baking, catering, dishes, or packing meals. *Training provided.*

Administration

- Meals on Wheels Administration Assistant:** Assist MOW by giving meals and notes to drivers, fulfilling frozen orders, and data input.
- Door Greeter:** Assist with administrative operations while welcoming visitors and clients.

Adult Day Service

- Activity Support:** An on-call list to provide staff and client support when needed.
- Weekly Program Assistant:** Assist staff with social, recreational, and physical activities. Socialize with clients and provide one-on-one support weekly.
- Entertainer:** Share your talents with a group of seniors in our Adult Day Program or Grace Programs. Ex. play an instrument, sing, share travel photos, or share a hobby.
- Activity Leader:** Lead seniors in a group or one-on-one in an activity of your choice. Ex: exercise, baking, craft, cards, or discussion topic.

Grace Social Activities:

- Café Leader:** Greet and welcome guests, chat with visitors and serve coffee and treats.
- Exercise Leader:** Lead exercise groups as per qualifications and need.
- Art Program Leader:** Work with our Arts Committee to share your artistic skills by leading a workshop.
- Tech Support:** Facilitate workshops and provide one-on-one tech support for older adults.

Food Security Programs:

- Transporting of Food:** Deliver food hampers and pick up food donations as needed.
- Food Bank:** Sort food, stock shelves, and assist clients with food a hamper pick up.
- Garden Team:** Support our work in the greenhouse, gardens, or flowerbeds (seasonal)

Community Promotions or Fundraising:

- Special Events Team:** Assist with special events, and select which ones to participate in as they arise. Ex: BBQs, fundraisers, parades, concerts, art shows, or community events.
- Gaming Centre Ambassador:** Greet players at Play Now Gaming Centre in Kingston, assist staff with Bingo call-back duties, and contribute in a big way to our fundraising!
- Fundraising Team:** Help organize and facilitate fundraising events.

Additional program needs:

- Reassurance Caller:** Offer a warm, friendly conversation via telephone to local area seniors.
- Grace Keeper Team:** Participate in the maintenance, repairs, and odd jobs of the SFCSC buildings.
- Light Snow Shoveling:** Assist seniors with light snow shoveling of steps, pathways, and small driveways. Based on an on-call list (seasonal).
- Hospice Volunteer:** Provide hospice and bereavement support to end of life clients.
Training provided.
- Income Tax Clinic:** Prepare income tax returns for low-income taxpayers (seasonal).
Training provided.
- Other:** Have an idea not listed here? Talk to the Volunteer Coordinator about your idea. We love to get creative with opportunities! Please describe your idea below:

Board of Directors or Committee: If you are interested in joining the Board of Directors or a committee that helps govern the organization, please let the Volunteer Coordinator know to discuss the next steps.

SFCSC's current committees include:

- Finance and Investments
- Planning and Development Committee
- Governance and Policy Committee