



Volunteer Position Descriptions

Current Opportunities

1. **Friendly Visits-** Spend time with one of our Participants, aged 60 plus, in their home. Develop a relationship over weekly visits with activities that include cards, movies, games, crafts and conversation. Friendly Visits are one to two hours, once a week. Our volunteers and participants often develop life-long friendships through this program.
2. **Transportation-** Provide safe, door-through-door transportation to medical appointments and other essential errands for people over 60 who no longer drive. Drivers have the choice of remaining with the Participant during his/her appointment or returning to the office when the appointment is over. Drivers use their own vehicle to transport mobile Participants to medical appointments as well as occasionally on errands such as banking, the post office, etc. Appointments usually take around 2 hours and may be scheduled as frequently - or as infrequently- as a volunteer would like.
3. **Shop from a list-** Volunteers shop independently using a list and means of payment provided by the Participant. This can take 1-2 hours up to twice a month, and volunteers often shop for a Participant while they are doing their own shopping. This is a great opportunity for a busy family who wants to help out an older member of our community!
4. **Light household chores-** Have you ever tried to carry your recycling bin while using a cane or walker? Help a person over 60 who needs a hand performing routine chores. Volunteers help Participants in their homes with dusting, changing the beds, taking out the trash, vacuuming, and doing in-home laundry. This usually takes 1-2 hours, once or twice a month, but may be more flexible.
5. **Fundraising-** We can't do anything without the support of our donors. Do you have skills in event planning or marketing? Do you enjoy speaking with previous donors? Want to help with a mailing? Join us for a few hours. Come once or take part in a long-term project to help us secure the funds

to continue and grow our mission.

6. **Administration-** Use your computer skills here in the office to help our staff. Work in our scheduling office to connect volunteer drivers with Participants, update our data base, maintain paperwork and enjoy the relaxed friendly atmosphere of the office and staff.
7. **Assessments-** Use your background in Social Work, Nursing, Case Management or a related field to determine a person's eligibility for our services. As an assessor, you must feel comfortable going inside a potential Participant's home and using your clinical skills to determine his or her suitability for our program.
8. **Social Connections-** Love to chat? Enjoy learning new things? Come join our Social Connections groups where people over 60 gather throughout our community to share life experiences and make new friends. We are always looking for new members, facilitators, and community partners.
9. **Grocery Day-** Every necessary chore is better when you are having fun! A volunteer will be matched with a Binghamton University student to take up to 6 participants, via the BC3 van or a personal vehicle, to a local grocery store. There, everyone involved will enjoy coffee and conversation before shopping.