Volunteer with us!



"I have volunteered at other places where I was made to feel the amount of time I had to give was not enough. CapitalCare respects whatever amount of time you are able to provide. I volunteer in the gift shop. Residents look forward to me simply being there, and the feeling is mutual."

- Sharron, Volunteer, Grandview

"Many of the residents have become close friends to me, and have taught me much in life. I'm just so blessed to have met all these wonderful people".

- Desmond, Volunteer, Dickinsfield

"I'm taking a break from school for health reasons. I was feeling down on myself for the things I can't do. Volunteering helps me see how the little things I can still do make a big difference to someone else's enjoyment of life. I leave here smiling and wanting to come back for more."

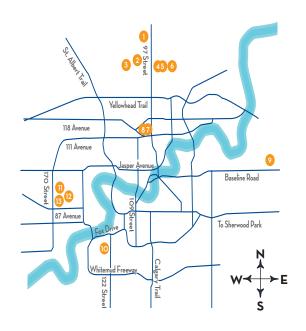
- Gabriella, Volunteer, Norwood

- 2 Kipnes Centre for Veterans 4470 McCrae Avenue Tel: 780.442.5720
- Dickinsfield
 14225 94 Street
 Tel: 780.371.6553
- 8 Norwood 10410 - 111 Avenue Tel: 780.496.3252

- Strathcona 12 Brower Drive* Sherwood Park, AB Tel: 780.467.3366
- Grandview
 6215 124 Street
 Tel: 780,496,7104
 - **Lynnwood** 8740 - 165 Street Tel: 780.341,2300



People Caring for People





W





capitalcare.net capitalcare.edmonton @capitalcareYEG

You Tube

youtube.com/user/edmontoncapitalcare

www.capitalcare.net

Why Volunteer

Volunteers are given the opportunity to meet new people and assist those in need while contributing to the community.

For some, it is a transition into or out of the workforce. Volunteering is an opportunity to use your skills, and experience growth all while making a difference in someone's life.

CapitalCare provides its volunteers with orientation, training, and continued support.

Volunteer Opportunities

Recreation Programs (days, some evenings, some weekends)

 Bingo, music activities, painting groups, out trips and many more planned activities



Resident Visiting (days, evenings, weekends and holidays)

Reading, playing cards or visiting with individual residents

Spiritual Care

Bible study, hymn sings, visiting, support groups

Physio Therapy

 Walking and exercise programs with residents

Pet Visitor/Therapy

Bringing your trained pet to visit residents

Fundraising

• Gift stores, Auxiliaries, or Special Events

Adult Day Support Programs

Assisting clients in activities, games or outings

Summer Youth Volunteer (June - August)

 At participating sites (Grandview, Lynnwood and Dickinsfield) we offer daytime scheduled programming for 12 yrs - into post secondary students
 *limited space available

Volunteer Qualifications

- Able to commit to 30 hours or more within a one-year time frame
- Punctual, independent and able to follow direction
- Able to provide a clear police information check
- Compassionate towards the elderly or disabled

All volunteers are interviewed and screened. The steps involved in becoming a volunteer are:

- Complete a volunteer application on our website
- Interview, tuberculosis screening questionnaire, reference forms provided
- Provide a Police Information Check
- Orientation (once reference checks and Police Information Checks are complete)

TO APPLY

www.capitalcare.net
Select the volunteer tab and choose
the centre you wish to volunteer.