

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

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| 2 Kipnes Centre for Veterans
4470 McCrae Avenue
Tel: 780.442.5720 | 9 Strathcona
12 Brower Drive*
Sherwood Park, AB
Tel: 780.467.3366 |
| 5 Dickinsfield
14225 - 94 Street
Tel: 780.371.6553 | 10 Grandview
6215 - 124 Street
Tel: 780.496.7104 |
| 8 Norwood
10410 - 111 Avenue
Tel: 780.496.3252 | 12 Lynnwood
8740 - 165 Street
Tel: 780.341.2300 |



People Caring for People



capitalcare.net



capitalcare.edmonton



@capitalcareYEG



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.

