



## Volunteer Opportunities Available

The people in our nursing home are our former neighbors, friends, our parents and grandparents. There is huge satisfaction in giving care to those who have come before us, and our goal is to ensure our Residents are surrounded by compassionate and engaged people from their community.

We are in need of Volunteers that can commit to at least two hours per week, ideally between the hours of 3pm – 8pm. This is the peak “sundowning” time for our Residents with Alzheimer’s Disease or other forms of dementia. Sundowning is the time that people “want to go home”. We try to ensure they feel loved and valued where they live now, to reduce the desire to “go home”.

### **What Our Residents Need From You:**

- ...one-on-one time with another person who will pay attention to them
- ...someone to help them feel valuable and cared for
- ...someone to “do something” with them (not just look at their phone all the time)

### **What You Will Be Doing:**

- ...spend one-on-one time with a Resident
- ...go for a walk in our beautiful garden or courtyards or around the facility
- ...play cards, checkers or other games
- ...do woodworking projects, crafts, knit, or other activities
- ...talk! Ask questions about the Resident’s life and listen

### **What You Will Get Out of This Experience:**

- ...a feeling of satisfaction that you have made a difference in someone’s life
- ...a new friend, or friends
- ...volunteer experience that will look great on a resume.

Please apply for this volunteer opportunity to Donna Miller-Wallace, Executive Director, via email at [millerwallace@vgm.ca](mailto:millerwallace@vgm.ca) or by calling 506-273-4885 ext 6 to find out more.