

GHLS Volunteer Position Descriptions

Title	Cookies and Conversation
Commitment	3 hours/week
When	Mid-morning, Mid-afternoon, After 6:00 p.m.
Description	Visit with Elders at table or in living room over a snack and coffee.

Title	Reader
Commitment	30 mins 3-5days/week
When	Mid-morning, Mid-afternoon, After 6:00 p.m.
Description	Reading short stories, poetry, humor or a continued novel to Elders for a half hour at a time. Flexible schedule.

Title	Walking Companion
Commitment	30mins-1hour 3-5 days/week
When	Mid-morning, Mid-afternoon (Weather dependant)
Description	Walking one on one with Elders usually outside around campus or patio area.

Title	Exercise Leader
Commitment	2 hours 1-5 days/week or PRN
When	10:00 a.m.-12:00 p.m.
Description	Leading 30 mins of exercises in each of four cottages. Exercise training provided.

Title	BINGO Caller
Commitment	1 hour 3-5days/week
When	1:00 p.m.-4:00 p.m. OR 6:00-8:00 p.m.
Description	Call numbers for BINGO game. BINGO equipment included.

Title	Pen Pal Helper
Commitment	30 mins 3-5days/week
When	Mid-morning, Mid-afternoon, After 6:00 p.m.
Description	Help write letters for Elders to their friends and family.

Title	Breakfast Guest
Commitment	1-2 hours 1-7 days/week
When	Normally 7:00-9:00 a.m. (Varies)
Description	Join us for a free unlimited homecooked breakfast and coffee and sit at the table with Elders.

Title	Garden Tender
Commitment	1+ hours/week
When	Flexible
Description	Check outdoor gardens and flowerbeds for water and some light weeding, possibly including an Elder along for a visit or holding the weed bag or tending elevated flower beds.

Title	Cottage Cleaner
Commitment	Flexible
When	Flexible
Description	Light cleaning of cottages at your convenience and preference of duties.

Title	Photo Taker
Commitment	2 hours/month
When	Weekend afternoons or weeknights at 6:00 p.m.
Description	Come enjoy a performance and take photos of the event and Elders.

Title	Beauty
Commitment	Flexible
When	Mid-morning, Mid-afternoon, After 6:00 p.m.
Description	File and paint fingernails while visiting. Supplies provided and training if needed.

Title	Music Performer
Commitment	2+ hours/month
When	Mid-morning, Mid-afternoon, After 6:00 p.m.
Description	Perform music for as little as 30 minute intervals (guitar, harmonica, stringed or brass instruments etc.)

Title	Pianist
Commitment	2+ hours/month
When	Mid-morning, Mid-afternoon, After 6:00 p.m.
Description	Play piano music for as little as 30 minutes at a time.