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| --- | --- |
|  | **ETHOS VOLUNTEER APPLICATION**  As a non-profit organization, Ethos would not be able to accomplish what we do without volunteers. Indeed, volunteers have been a critical component of our mission since our inception in 1973. This application is your first step to joining a committed corps of people who each day demonstrate the meaning of care, compassion and community for hundreds of homebound elders. Thank you for your interest! |

**TODAY’S DATE**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**BASIC INFORMATION**

Name (first, last): Phone Number & Type:   
Street Address: Alternate Phone Number & Type: \_\_\_\_\_\_   
City & Zip Code: Email Address: \_\_\_\_\_\_  
How Did You Hear about Ethos:   
Languages Spoken: \_\_\_\_\_\_\_\_\_\_\_\_

**DEMOGRAPHIC INFORMATION***Please note that this information is used strictly for reporting purposes and is kept confidential within the Volunteer Services Department.*

Date of Birth (mm/dd/yyyy):

Ethnicity:

White/Caucasian  
Black/African American  
Hispanic/Latino/Latina  
Asian  
American Indian  
Other:

Highest Degree of Education Obtained:

Currently in High School  
High School Diploma or Equivalent  
Associate’s Degree  
Bachelor’s Degree  
Master’s Degree  
Doctorate  
Other:

Please check this box if you would like to identify as LGBT (Lesbian, Gay, Bisexual, and Transgender).

**EMPLOYMENT AND VOLUNTEER EXPERIENCE**

Please check this box if you are retired.

Employer (or previous employer if retired or unemployed):   
Position Title: \_\_\_\_\_   
Employer’s Address:

Organization :   
Volunteer Position:

Organization :   
Volunteer Position:

**AVAILABILITY AND LOGISTICS**

How would you travel to your volunteer assignment?

Car MBTA Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What days and times are you available to volunteer (check all that apply)?

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Morning** | | **Afternoon** | | **Evening** |
| **Monday** |  | |  | |  |
| **Tuesday** |  | |  | |  |
| **Wednesday** |  | |  | |  |
| **Thursday** |  | |  | |  |
| **Friday** |  | |  | |  |
| **Saturday** |  | |  | |  |
| **Sunday** |  | |  | |  |
|  | |  | |  | |

**ADDITIONAL CONTACTS**

Emergency Contact: \_\_\_\_\_\_ Relationship:   
Phone Numbers:

Please List Three References (not related to you).   
*One reference should be a professional contact, such as a teacher, minister or employer.*

Reference Name: \_\_\_\_\_\_ Relationship:   
Phone Number: Email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Reference Name: \_\_\_\_\_\_ Relationship:   
Phone Number: Email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Reference Name: \_\_\_\_\_\_ Relationship:   
Phone Number: Email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**VOLUNTEERING INTERESTS**

Please check all volunteer positions that you are interested in:

**Friendly Visitor***Meet with an elder in his/her home to relieve loneliness, provide companionship, and share interests.   
Hours:* 1 – 2 hours per week; 6 month commitment.

**Medical Escort***Escort an elder to a medical appointment and back to his/her home.   
Hours:* On-call basis with the right to decline; generally 2 – 3 hours per week; 3 month commitment

**Shopper/Shopping Escort***Shop with or for a senior and assist in storing items at their home.  
Hours:* 1 – 2 hours per week; 6 month commitment.

**Telephone Reassurance Caller***Make telephone calls to elders on a weekly basis to help relieve loneliness and check on their wellbeing.   
Hours:* Flexible hours; 3 month commitment.

**Long-Term Care Ombudsman***Advocate for residents in long-term care facilities/residential care facilities, resolve complaints, monitor Federal & State laws regarding residents’ rights. Vehicle is essential.* *Hours:* 2 – 3 hours per week between 10:00 am and 8:00 pm; 1 year commitment. *Training and supervision:* A 3 full-day training provided by the state; 6 month probation period with supervision from staff.

**Money Manager***Assist an elderly or disabled person to manage their finances by developing a budget, helping with check writing, and balancing their checkbook.**Hours:* Once a month, flexible hours.  
*Training and Supervision:* A one-time group training is provided.

**Healthy Aging Course Leader***Demonstrate your leadership skills and teach one of our evidence-based programs! Our Healthy Aging programs help elders prevent or delay chronic diseases, learn skills and gain confidence to manage their health and live healthier, active lives.**Hours:* Generally 2 – 3 hours per week; 6 month commitment.*Training and supervision*: Group trainings in each Health Aging course are required; weekly supervision and support is provided to guarantee the workshops’ success.

* Computer Coach: Work one-on-one with seniors in their homes to help them learn to use the computer; topics of instructions include basics, email, Skype, Microsoft Word, and the internet!
* A Matter of Balance: Eight two-hour classes designed to reduce the fear of falling and increase activity levels among older adults.
* “My Life, My Health”: Six two-and-a-half-hour workshops designed to teach methods to deal with chronic diseases, pain, and fatigue, discover better nutrition and health choices, understand new treatment choices and learn better ways to talk to their doctor and family about their health.
* Healthy Eating: This six week program focuses on nutrition strategies for heart and bone health to help maintain or improve participants’ wellness and independence and to prevent the development of chronic disease.
* Memory Fitness: This four week program help elders develop critical good memory habits.
* PEARLS Case Worker: An evidence based program meant to teach healthy habits to deal with depression.
* Tai Chi: A twelve week, twice a week, program that helps elder move for better balance and prevent falls.

***Nutrition Program*** *Ethos holds over 20 daily, weekly, and monthly community cafes where local seniors can drop in for a free nutritious meal and some socialization.  Volunteers are needed to help set up, serve meals, socialize with seniors, and clean up after the meals.  
Hours:* Variesby meal site and volunteer role *Training and supervision:*  Varies by meal site and volunteer role

***Fundraising****Help us out with fundraising efforts such as appeal mailings, researching funding sources, and donor calls.  
Hours: Varies based on project and commitment*

**Intern** *Internships needs vary dependent upon season and current agency need. Potential internship focuses include marketing and communication, website development, community organizing and volunteer recruitment.  
Hours:* Varies per internship. *Training and supervision:* Varies per internship.

**Office Assistant** *Work on special projects, update databases, type forms, copy and file papers, or answer phone at Ethos.  
Hours:* 2 – 20 hours per week; 3 month commitment. *Training and supervision:* Varies per placement.

**Seasonal/One Time Volunteer Opportunities:**

**Thanksgiving Meal Deliver***Deliver meals to homebound elders at senior housing and/or individual homes on Thanksgiving Day.**Hours*: 2 – 3 hours the morning of Thanksgiving Day.

**Snow Shoveller***Help elders keep their sidewalks safe and clean this winter by shoveling snow.*  
*Hours:* On-call basis with the right to decline; generally 2 – 3 hours per month; no commitment.

**Group Volunteer***Group volunteer opportunities are constantly evolving. In the past, volunteer groups have helped elders move out of their homes, assisted with light yard work, distributed flyers and completed home maintenance projects. Individuals are encouraged to participate and meet other volunteers!*

**Other:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*Share your individual skills and interests with Ethos clients!  
Hours: Varies based on project and commitment*

**Return to:**

[volunteer@ethocare.org](mailto:volunteer@ethocare.org)

*or*

Ethos

Attn: Volunteer Services

555 Amory Street

Jamaica Plain, MA 02130