



Monadnock at Home Volunteer

<p>For Office Use Only</p> <input type="checkbox"/> Background Check <input type="checkbox"/> Information in database <input type="checkbox"/> File created <input type="checkbox"/> Letters sent

Application

Personal Information

Name:	Date:
Phone:	Alternate Phone:
Address:	
Email:	
How did you hear about MaH?	

Volunteer Opportunities

Please indicate your area(s) of interest by noting your availability for them in the right-hand column.

Member Services	Availability (days, times, etc.)
Transportation: Drive members to medical appointments	
Grocery Delivery to member's home	
Transportation to & (if needed) assistance within grocery store	
In Home Assistance:	
Take walks with member or go on outings	
Take Recycling & Trash to Town Transfer Station	
Meal preparation with or without MaH member	
Move wkly wood from wood pile into member's home	
Check-in Calls &/or Friendly visits	
Paperwork (pay bills, fill out forms)	
Brief absences services (water plants, pet care, mail pickup)	
Light Home Maintenance: change light bulbs, check smoke detectors, flip mattresses, conduct minor repairs	
Assess repairs and help with recommendations	
Lift/move/carry large or somewhat heavy objects	
Take out trash and recycling to curb	
Electronics: Help with computers, TV, phones, software, etc.	
Online ordering assistance	
Gardening & Outdoor services: Help clean and/or plant	
Sweep walks, shovel walks, Rake, Trim hedges	
Medical Advocacy: MaH will provide training	
Accompany members to medical appointments & take notes	
Office Support: Suggest items for the quarterly newsletter	
Assist Program/event planning	
Host an outing or program for members	
Volunteer Coordinator	
Your Talents: tell us what you can offer	

Updated 1/5/2021