



Monadnock at Home Volunteer 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 appointments or events	
Once-a-week grocery trips	
In Home Assistance: Be a friendly visitor	
Take walks with member or go on outings	
Provide teaching skills such as digitizing photos or (specify other)	
Meal preparation with or without MaH member	
Help with hobbies	
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	
Take out trash and recycling	
Electronics: Help with computers, TV, phones, software, etc.	
Gardening & Outdoor services: Help clean and/or plant	
Sweep walks, shovel walks	
Social Events & Educational Programs: Suggest event ideas	
Coordinate and manage events of interest to members	
Host an outing or program for members	
Medical Advocacy: MaH will provide training	
Accompany members to medical appointments & take notes	
Office Support: Suggest items for the quarterly newsletter	
Help with mailings or phone calls	
Your Talents: tell us what you can offer	

For more information contact Monadnock at Home:
 Phone: 603-371-0809
 Email: help@monadnockathome.org
 Mail: MaH, PO Box 422, Jaffrey, NH 03452

For Office Use Only

- Background Check
- Information in database
- File created
- Letters sent