



Senior Service Corps

February, 2012 Volunteer Opportunities

TUTORING OPPORTUNITIES: Call Ann Gallagher @ 508-394-4630, ext. 521.

Volunteers are needed for tutoring and for intergenerational book clubs in Barnstable, Bourne, Chatham, Harwich, Dennis/Yarmouth, Brewster, Orleans, Wellfleet, and Sandwich school systems. Also, math club volunteers are needed for Harwich Elementary School. Training is provided.

FRIENDS AND FAMILY OPPORTUNITIES: Call Laura Peterson at 508-394-4630, ext. 522

Audible Local Ledger: Volunteers with computer skills to pre-record newspapers for the print impaired on a once per week basis.

Dennis Senior Center: Volunteer medical drivers to provide on-Cape transportation for seniors; and an office assistant to handle receptionist & clerical duties, answering the telephone, providing COA information, confirming appts., signing people up for classes, arranging transportation for medical appts., and performing other clerical tasks as requested during a 4-hour shift on weekdays.

Habitat for Humanity: NEW PROGRAM—ReStore, a recycling center/retail store that sells reusable and surplus building materials, appliances, furniture, & home accessories at significant discounts. Volunteers are needed as floor assistants, pricers, and receiving area team members.

Harwich Historical Society: Volunteers to assist year-round with exhibit preparation and mailings.

Hospice & Palliative Care of Cape Cod: Volunteer Reiki practitioners who would like to train to work with Hospice patients and their families. Assignments are available throughout the Cape.

Marstons Mills Library: Volunteers to help set up for their annual book sale on 2/23 from 8 am—10 am—involves bringing books up from the basement by elevator and helping to set up.

NamVets Association: Volunteer to update databases and for special mail-out projects.

Visiting Nurse Association: Volunteers to sort donated items in their So. Yarmouth Thrift Shop.

ENVIRONMENTAL OPPORTUNITIES

(For information, call Arthur Neill @ 508-968-5125 or Polly Goddard @ 508-394-4630, Ext. 523)

Barnstable Land Trust: Volunteers for (2-3 hr.) trail/property mgmt. projects at various properties.

Cape & Islands Self Reliance Corp.: Volunteers to help organize community energy outreach forums across Cape & Southeastern MA—to schedule sessions, generate press releases and assist with raising awareness about energy issues in the region & solutions available for everyone.

Cape Cod Museum of Natural History: Volunteer interpreters for the Wampanoag Exhibit, the 20th Anniversary Celebration of Stellwagen Bank Marine Sanctuary, & the whale bone exhibit. Training.

Harwich Conservation Trust: Volunteers needed for **March 3rd “Eyes on Owls”** program—10 am, 1 pm, & 3 pm—greeters, registration, setup/breakdown; & volunteers for weekly roadside trash pickup at well-visited properties throughout winter & spring.

Home Radon Testing – Volunteers are needed throughout the Cape and Martha’s Vineyard to assist home owners in determining the level of radon inside their dwelling.

Mass. Military Reservation: Volunteers to help construct & repair several rabbit live-traps and cavity nesting boxes.



ENVIRONMENTAL OPPORTUNITIES (continued)

(For information, call Arthur Neill @ 508-968-5125 or Polly Goddard @ 508-394-4630, Ext. 523)

Nantucket Police Dept.: Volunteers for the "Volunteer In Police Service" program which promotes community involvement & awareness on public safety issues & provides direct assistance/support to the department.

Thornton Burgess Society: Volunteers for various activities at the Museum and Nature Center.

Tour de Trash: Join Polly Goddard in cleaning up trash on conserved land—meet Tuesdays at 10 am for 2 hours at various locations. Call to find out locations.

Waquoit Bay Nat'l. Estuarine Research Reserve: A volunteer to do some monitoring data entry once per week for a few weeks—should know Excel, be comfortable w/ a computer, & work somewhat independently after training.

Wellfleet Bay Wildlife Sanctuary: Volunteers for Citizen Science Research opportunities including Waterbirds, Horseshoe Crabs, Diamondback Terrapins, Bluebirds, Ospreys, Oyster Reef, Marine Life Cruises, & Hawk Watch – training for all; Volunteers for Visitor Service & Education opportunities including front desk greeter, gift shop, trail naturalist, exhibit docent, vacation day camps, leader-in-training; & volunteers for property maintenance and special events.

CRITICAL NEEDS: Call Laura Peterson @ 508-394-4630, ext. 520

The following is a list of ongoing critical needs. These needs are continuous and are ever critical to the organization's ability to provide their services to the community. Please consider a volunteer opportunity with any one of these important programs:

American Cancer Society: A desperate need for drivers to take patients to cancer treatments; volunteers to visit with patients in the chemotherapy infusion and radiation facilities in both Cape hospitals; & volunteer breast cancer survivors to act as mentors to those in active treatment.

Barnstable Senior Center: Brown Bag delivery drivers to deliver groceries to homebound seniors on the 1st Fri. of each month; also Silver Express Van drivers to transport Barnstable seniors.

Elder Services of Cape Cod & Islands: Meals on Wheels and Senior Nutrition volunteers at locations throughout the Cape and Islands. There is a critical need for MOW drivers in Bourne & on Martha's Vineyard and for Senior Dining volunteers in Falmouth; also a critical need for Money Management volunteers on Martha's Vineyard to help seniors manage their finances.

Family Pantry: Volunteers to do various food pantry jobs throughout their weekly schedule, especially on Saturdays from 11 am to 1:30 pm.

Hands of Hope Outreach Center: Substitute help volunteers in the food pantry and in the thrift shop for 2 1/2—3 hr. random shifts—will call 3-4 days in advance to cover volunteers who are on vacation or out sick. Training is provided.

Harwich Council on Aging: A critical need for friendly visitors, medical drivers to take Harwich seniors who no longer drive to medical appointments, kitchen aides, COA Van aides, desk receptionists, greeters, and Travel Desk representatives.

Housing Assistance Corp: Volunteers to cover reception desk at NOAH Center in Hyannis Wed. 9am—1 pm; volunteers at the Angel House shelter in Hyannis on any weekday 8:45-10:45 am to care for and interact with the babies at the shelter; a CRITICAL NEED FOR DRIVERS to transport shelter clients in Bourne for local medical appts. and errands one half-day per week, or from Bourne to Hyannis, daily at 8 am for a number of weeks while clients take G.E.D. classes; volunteers to assist with newsletter mailing (usually 1st Thurs. & Fri monthly but please call for dates).



CRITICAL NEEDS (continued)

Nauset F.I.S.H. : Volunteer drivers to transport individuals from Wellfleet, Eastham, Orleans, and Brewster to medical appointments as far as Hyannis; & dispatchers to schedule drivers from home.

Salvation Army: Pantry volunteers M-Thurs, 9:30-11:30; a floor-buffer every two weeks; a secretarial volunteer to give any amount of time during weekdays; Also lunch & breakfast servers & kitchen assistants are needed to help with the provision of daily meals.

Vineyard Village At Home: Volunteer drivers to take older Martha's Vineyard residents to appts.

Visiting Nurse Association: Volunteers to assist with activities at their Harwich Compass Adult Day Care; and hospice volunteers to attend their spring hospice training in April in So. Dennis.

Welcome Mashpee Council on Aging!

Our newest service partner is the Mashpee Council on Aging, an organized commitment by the people of the town of Mashpee to coordinate and carry out human service, educational, social, and recreational services and programs for the senior community in Mashpee. Currently, this agency has a need for volunteer drivers to provide transportation to local medical appointments for ambulatory seniors. They also have a need for **friendly visitor/respice volunteers** to provide social contact for seniors who are homebound and lonely or stay with a frail senior for a few hours per week to give the caregiver some relief.

Healthy Eating for Successful Living in Older Adults

Elder Services of Cape Cod & the Islands has received a grant from the Tufts Health Plan Foundation to offer a 6-week workshop for people who want to learn about how nutrition and lifestyle changes can promote better health. Discover how to make small changes to make a BIG difference in your health. The workshop begins 2/16 and will meet every Thurs. for 6 weeks from 1pm-3:30 pm at the Elder Services of Cape Cod & the Islands, 68 Route 134, South Dennis. Preregistration is required and space is limited. 508-394-4630, ext. 401. This program will be offered at additional locations throughout the Cape—dates to be announced. **Also, if you are interested in being trained to lead one of the future sessions, please contact Laura. A training will be in March.**

Essential Skills for Alzheimer Care

The Alzheimer's Association in collaboration with Elder Services of Cape Cod & the Islands is presenting the first in a series of new skills-based programs designed with family caregivers in mind. Learn successful ways to start conversations and activities to make daily tasks like dressing and meals less stressful. Learn how to respond to difficult questions to help avoid disagreements. When you're talking, laughing or reminiscing, you're both likely to go through the day in a lighter mood. This program is for family caregivers—no professional caregivers please. Thurs., March 1st at the Elder Services office, 68 Route 134 in South Dennis. Preregistration is required by calling 1-800-272-3900 or visiting <http://www.alz.org/MANH/>

Are you performing a new volunteer task? If so, let us know about it before you start. While all volunteer service is valuable to the community, we can only accept reported hours and reimburse miles for volunteering that fits within specific guidelines. This advanced notice will help us determine the best fit for your new task.

RSP offers maximum flexibility and choice to its volunteers as it matches the personal interests and skills of older Americans with opportunities to serve their communities.



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68 ROUTE 134
SOUTH DENNIS, MA 02660

**SENIOR SERVICE CORPS
ELDER SERVICES OF CAPE
COD AND THE ISLANDS**

Non-Profit Organization
US Postage Paid
Permit #16
So. Yarmouth, MA 02664

A Note About Your Timesheet

Many of you are probably not aware of what happens to your timesheet once you send it to our office. First of all, the hours that you report on your timesheets are carefully entered into specific categories within our database by dedicated program volunteers. They are entered into a file with your name on it and on the line item corresponding to the agency for which you are volunteering. Our database keeps a cumulative count of your daily, monthly, yearly, and lifetime volunteer hours so you can be properly recognized for your efforts. Secondly, if you are requesting mileage reimbursement, the number of miles you report on your timesheet are entered onto a special spreadsheet which is sent to our agency's accounting department so that reimbursement checks can be accurately created and distributed. With all that in mind, it is important to remember that there are people who must read your writing and make sure your timesheet is completed properly. It is a big job for them because there are lots of timesheets to read every month!!! So if you are a volunteer who submits his/her own timesheet, please take a moment to assist our valuable office volunteers and staff by printing clearly, filling in all of the requested name, month, agency and responsibilities information, accurately totaling up your hours & miles, obtaining your supervisors' signatures, signing & dating the timesheet, & submitting on time. A few extra minutes will make a big difference for those who are working hard to make sure our Senior Service Corps program works for everyone.

Susan Schneider

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SENIOR SERVICE CORPS

68 Route 134, South Dennis, MA 02660

Phone: (508) 394-4630 or (800)-244-4630

Contact laura.peterson@escci.org

Fax. 508-394-0608



VOLUNTEER HOURS REPORT

NAME: _____

MONTH/YEAR: _____

PLEASE PRINT CLEARLY

Date(s)

Hours

Mileage*
(if requested)

Agency:			
Responsibilities:	_____ _____	_____ _____	_____ _____
Agency:			
Responsibilities:	_____ _____	_____ _____	_____ _____
Agency:			
Responsibilities:	_____ _____	_____ _____	_____ _____

I am recording my mileage for tax purposes only. _____

Total Hours Agency 1: _____

Supervisor Signature: _____ *

Total Hours Agency 2: _____

Supervisor Signature: _____ *

Total Hours Agency 3: _____

Supervisor Signature: _____ *

Total Hours this month: _____

Volunteer Signature: _____ *

Date: _____

*required

As of June 1, 2011 the mileage cap of 100 miles will be in effect. Please be sure to have your mileage/timesheet in the office by the 10th of the month. RSVP mileage reimbursement is subject to fund availability.