

Please note that all volunteer positions require a police check to be completed to ensure the safety of the clients we serve. Once the criminal check is received by our office, and you are accepted as a volunteer, the fee is reimbursed to you. If you have chosen to be a volunteer driver, we will complete a Driver's Abstract at no cost to you. You must, however, have a valid Driver's License and current insurance with a minimum of \$1,000,000 liability. We also require three references. The entire screening process may take up to six weeks.

**Description of volunteer positions can be found on the second page.**

**CONTACT INFORMATION**

\* Required information

Name: \*

Address: \*

City: \*  Postal Code: \*

Phone (home): \*  Phone (other): \*

E-mail:

**VOLUNTEER OPPORTUNITIES**

Which types of volunteer activity are you most interested in? Select all that apply.  
Descriptions and details can be found below.

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Transportation Driver | <input type="checkbox"/> Meals on Wheels Driver        | <input type="checkbox"/> Lunch Out Driver           |
| <input type="checkbox"/> Volunteer Visitor     | <input type="checkbox"/> Meals on Wheels Assistant     | <input type="checkbox"/> Lunch Out Assistant        |
| <input type="checkbox"/> Phone Chat            | <input type="checkbox"/> Frozen Meals Office Assistant | <input type="checkbox"/> Lunch Out Office Assistant |
| <input type="checkbox"/> Office Volunteer      | <input type="checkbox"/> Social Events/Displays        | <input type="checkbox"/> Board Member               |

**AREAS**

Which area(s) do you prefer? Select all that apply.

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> St. Catharines      | <input type="checkbox"/> Lincoln, West Lincoln, Grimsby | <input type="checkbox"/> Niagara Falls  |
| <input type="checkbox"/> Thorold             | <input type="checkbox"/> Port Colborne/Wainfleet        | <input type="checkbox"/> Welland/Pelham |
| <input type="checkbox"/> Niagara-on-the-Lake | <input type="checkbox"/> Fort Erie & surrounding areas  |   |

**WELLNESS LIVING SUPPORTIVE PROGRAM**

Which types of volunteer activity are you most interested in? Select all that apply.  
Descriptions and details can be found below.

- |   |   |
|---|---|
| <input type="checkbox"/> WSL Volunteer Visiting       | <input type="checkbox"/> WSL Office Assistant     |
| <input type="checkbox"/> WSL Assisted Shopping Driver | <input type="checkbox"/> WSL Recreation Assistant |

**AREAS**

Which area(s) do you prefer? Select all that apply.

- |   |  |
|---|--|
| <input type="checkbox"/> St. Catharines - Gale Crescent | <input type="checkbox"/> Niagara Falls - Buckley Ave |
| <input type="checkbox"/> St. Catharines - Carlton St    | <input type="checkbox"/> Welland - King St           |

**COMMENTS**

## COMMUNITY SUPPORT SERVICES OF NIAGARA - VOLUNTEER POSITIONS

**Transportation Driver** - Give a client a ride to a medical appointment, shopping, social activity, etc. Flexible scheduling and mileage reimbursement.

**Volunteer Visitor** - Matched with a client(s) to eliminate isolation and loneliness. Flexible scheduling. Usually one hour per week.

**Phone Chat** - Matched with a client(s) and make regular phone calls to check on well-being and security. Flexible scheduling.

**Lunch Out Driver** - Give a client a ride to a group lunch & activity. Mileage reimbursement or stay and enjoy a free lunch. Flexible scheduling.

**Lunch Out Assistant** - Help clients with their coats, getting to their tables, getting their food, help collect monies at the door, and/or with the activity itself (Bingo, crafts, etc.). Flexible scheduling.

**Meals on Wheels Driver** - Deliver hot/frozen meals to a client's home. Mileage reimbursement and flexible scheduling.

**Meals on Wheels Assistants** - Are matched with a driver and help check paperwork & meals, assist with directions and delivering meals. Assistants do not need to drive. Flexible scheduling.

**PLEASE NOTE:** CSSN only delivers meals in the Beamsville, Vineland, Grimsby, Pelham and Welland areas. Service in St. Catharines, Niagara Falls, NOTL, Fort Erie and Port Colborne is provided by other agencies.

**Frozen Meals Office Assistant** - Help with packaging of the frozen food orders. Call clients to take their weekly orders. Flexible scheduling. PLEASE NOTE: For Beamsville and Welland offices only.

**Office Assistant** - Help with daily administrative tasks such as filing, collating, answering phones, data entry, etc. Flexible scheduling.

**Social Event/Displays** - Attend social events and public displays to explain agency programs and volunteer opportunities. Flexible scheduling.

**Board Member** - Help us make important policy decisions. Three-year term.

### WELLNESS SUPPORTIVE LIVING PROGRAM

The Wellness Supportive Living program is a partnership with the Ontario March of Dimes, The Region of Niagara, Niagara Regional Housing and Community Support Services of Niagara. The goal is to provide comprehensive support services to seniors living within four identified social housing buildings (St Catharines (2), Niagara Falls and Welland) to enhance independence and improve overall health and well being of these at-risk individuals. Services include on site attendant care, personal care, medication prompts, housekeeping, volunteer visiting, security checks, social and recreation programs as well as exercise and wellness clinics.

**WSL Volunteer Assistant** - Matched with a client(s) to eliminate isolation and loneliness. Flexible scheduling.

**WSL Office Assistant** - Type information, prepare flyers and information packages, organize documents and files. Flexible scheduling.

**WSL Recreation Assistant** - Assist staff with small group activities such as Bingo, games, crafts, exercise programs. Day and evening hours available.

**WSL Assisted Shopping Driver** - Drive the CSSN van and pick up clients at specific buildings and drop them off for shopping then return to pick them up and bring them back. Morning and afternoon shopping trips on specific days for each building.