

## **Tips for Volunteering** **Imperial Manor/Parkview Heights**

Do you have a special interest in older people? Maybe you treasure a grandparent or just appreciate the wisdom and generosity of an older person you know well. Maybe you are looking for an opportunity that could lead to an interesting and rewarding career. Whatever the reason, it's great that you are considering volunteering and helping older people. On this page you will find the information you need to find the volunteer opportunity that's right for you.

You can be as active as you wish. There is no limit to the activities you may assist with. There is always a need for BINGO! callers and assistance with cards. Surprisingly it is a favorite pastime both at the Manor and Parkview/Heights. Many small groups enjoy getting together to play cards or work a crossword puzzle.

Reading is always appreciated. Sharing poetry or a chapter at a time of a good read in a one on one setting is very valuable. Taking individuals for a short walk outside or pushing a wheelchair elder outdoors makes their day. In inclement weather just a stroll around the facility is great.

Any musical presentation is well received. You would be most welcome to come play during a meal if that fits your available time. Children are also invited to share their talents. Need to practice for a recital? We would be glad to be the audience!

If being with elders is not your desire there is mending to be done or maybe you would like to share your baking for morning coffee or a cake for the birthday party held for each elder on their special day. The staff and elders never refuse cookies.

If you wish to share please contact:

Peggy Murillo	or	Cindy Hudson
Activities Director		Activity & Social Services
Imperial Manor		Parkview/Heights

Both may be reached by calling 882-5333.