

Fellburn Care Centre Volunteer Opportunities List

Below are examples of volunteer opportunities at Fellburn Care Centre (FCC). **Not** all of these opportunities have ongoing openings. **For information about current placement openings, please go to www.govolunteer.ca**

Most programs are **2-5 hours once a week for minimum commitment of 6 months**, unless otherwise indicated. **There are a limited number of evening and weekend placements.** Some programs may have waitlists.

****Note:** Volunteers are **not** recruited for areas such as food services, laundry, housekeeping, laboratory, radiology, pharmacy or paramedics.

| Program Area | Volunteer Position | Position Description | Days/Times |
|---|---|---|--------------------------|
| <p><u>Therapeutic Recreation:</u></p> <p>To enrich residents lives and to encourage socialization through recreational programs.</p> | <ul style="list-style-type: none"> • <i>All positions require that you enjoy working with seniors with complex health care needs. Some require physical ability to move residents/ patients in wheelchairs.</i> • <i>General duties include taking residents to and from the program set-up, clean-up, serve refreshments, assist staff and socialize with the residents.</i> | | |
| | Monday Afternoon Recreational Program | Duties: Assist residents to participate in games (e.g. bowling, Wii); to increase socialization and maintain physical and cognitive skills. | Monday 2:45pm-4:15pm |
| | Monday Night Recreational Program | Duties: To enable residents to socialize with family and friends in a social/recreational manner. Programs include: Men's Club, Bingo, and Variety Hour (guest speakers, entertainers). | Monday 6:00pm-7:45pm |
| | Creative Hands | Duties: The Creative Hands program provides residents with an opportunity to use their creative skills or learn new ones in a positive supportive environment. Assist residents with various craft projects. | Tuesday 1:30pm-3:30pm |
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| | Pantry Creations | Duties: To assist a small group of residents with an opportunity to dine in a nice social setting while being served a home prepared meal. Chop vegetables, assist with cooking and set-up/clean-up. | Wednesday 11:00am- 12:45am |
| | Wednesday Afternoon Recreational Program | Duties: To assist residents play bingo and board games and to enhance socialization and promote mental stimulation. | Wednesday 1:45pm-3:45pm |
| | Wednesday Night Recreational Program | Duties: To enable residents to socialize with family and friends in a social/recreational manner. | 4 th Wednesday of the month 6:00pm–8:00pm |
| | Community Connections (Bus Trips) | Duties: Provide 1:1 escort for residents/patients participating in community outings. | Thursday 9:30 am-3:30pm |
| | Tea Party | Duties: To provide residents with an opportunity to enjoy a social activity by listening to live entertainment in a party like atmosphere | Friday 1:30pm-3:45pm |
| | Sweet Concoctions | Duties To provide residents with an opportunity to participate in home baking activities. Assist with measuring, stirring, set-up, clean-up. | Saturday 1:30pm-3:30pm |
| | Sunday Monday Recreational Programs | Duties: The Sunday afternoon program alternates on a weekly basis between Mind Benders (games) and Shuffleboard. To provide residents with an opportunity to draw on knowledge that they have or learn new information. To enable residents to enjoy a light physical activity and the chance to socialize with their peers | Sunday 10:00am – 12:00pm |
| | Thursday Afternoon Recreational Program | Duties: To encourage residents to participate actively in gardening and “country style” activities (e.g. quilting, canning, baking) | Thursday 2:15-3:45pm |

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| <i>Miscellaneous Programs:</i> | | | |
| | Appointment Companion | Duties: To accompany residents with appointments in the community. To encourage independence in residents | Various (as needed) |
| | Mealtime Melodies | Duties: To play music to residents during mealtimes. | <u>Lunchtime</u> 12:00-12:30pm <u>Dinner</u> 4:30- 5:00/5:30pm |
| | Pet Visitation | Duties: To visit residents in order to provide socialization and interaction with you and your pet. Requirements: Complete Pets Visitation Training before applying. Contact BC Pets & Friends at (604) 523-1557, http://www.petsandfriends.org | Various (1 hour) |
| | Visitor | Duties: Visit with residents and provide companionship through talking, playing games, reading, going for a walk (on grounds), etc. | Various (1 hour) |
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| <p><u>Day Health</u></p> <p>To provide health care and support services to members of the community in order that they may remain in their homes as long as they are able.</p> | <p>Day Health</p> | <p>Duties: Greet clients; assist clients with coats; assist with seating; serve refreshments; set-up\clean-up; assist and participate in discussion groups and games; assist with escorting residents; assist with clients' lunch; engage in one-to-one conversation with clients when appropriate; assist with departure of clients.</p> | <p>Monday-Friday 9:30am-2:30pm (shorter shifts can be arranged)</p> |
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| <p><u>Music Therapy:</u></p> <p>To encourage self-expression through instrument playing, singing, song writing and discussion. No musical abilities required.</p> | <p>All Things Musical</p> | <p>Duties:</p> <p>This program is a fun forum where residents can explore, reminisce, challenge themselves cognitively, discuss, and learn about "ALL THINGS MUSICAL." Residents participate in activities incorporating elements of music appreciation, games and quizzes, featured artists, varied musical genres, etc. The focus is on enjoyment, cognitive stimulation, appreciation of musical aesthetics, and socialization.</p> | <p>Monday 2:00-3:45pm</p> |
| | <p>Musical Mornings</p> | <p>Duties: To help residents focus on communication and self expression by encouraging residents to talk/sing on the microphone and play musical instruments. No music experience necessary.</p> | <p>Thursday 10:00am-11:45am</p> |
| <p><u>Physio-Therapy/ Occupational Therapy:</u></p> | <p>Exercise Class</p> | <p>Duties: Encourage residents to carry out exercises. To improve or maintain joint range of motion, strength, coordination, sitting balance, and exercise tolerance (PT)</p> | <p>Tuesday/ Thursday</p> <p>Time: Approximately 10:30 am-11:45 pm</p> |
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| | Walking Class | Duties: Assist residents to maintain and improve range of motion, muscle strength and endurance. (PT) | Tuesday/ Thursday/Friday/ Saturday Time: 9:00am – 10:00am |
| | Upper Extremities Class | Duties: To improve or maintain joint range of motion, strength, coordination, sitting balance, and exercise tolerance. | Tuesday/ Thursday Time: 10:30am – 11:45am |
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| <u>Spiritual Care</u> | Spiritual Care Visitor | Duties: To provide emotional and spiritual support to residents through 1-1 visits. Under the direction of the Spiritual Care Coordinator. | 1x/week for 1 hr. (flexible) |
| | Church Service Assistant | Duties: To assist residents participate in the on-site Sunday church service. Assist with escorting residents from their rooms to the service, distribute song sheets, and assist church service volunteers as needed throughout service. | Sunday (1x- 2x/month) Time: 2:00pm – 3:30pm |