

Volunteering at *Martins Run*

Dear Prospective Volunteer,

Welcome! My name is Vicki Conner and I am the volunteer coordinator at Martins Run Senior Living Community. For nearly 30 years Martins Run has provided compassionate and exceptional service to our seniors, something that would not be possible without the help of our volunteers.

Martins Run welcomes volunteers to help in a variety of ways. We value the talents, skills, and time that you are willing to offer to our community of residents. There are many things a volunteer needs to know about working at Martins Run, and we hope to provide you with a lot of that information here. We also have a handbook which outlines in more detail some of the important roles that you may play as a volunteer at Martins Run, as well as some of the safety procedures we have on campus.

What does it mean to be a Volunteer at Martins Run?

A volunteer at Martins Run is any person who is willing to share time, talents, expertise, and enthusiasm with the community, and who works directly with residents or staff in projects benefiting the community.

There are plenty of opportunities for volunteering at Martins Run, from joining residents for a leisurely walk to leading craft projects. It is up to you, the volunteer, to decide!

How do I get involved?

Interested? Contact me at 610-353-7660 Ext. 216 and we can discuss the many volunteer opportunities so that you can choose which one best suits you. We will send you the Volunteer Information form to be completed and returned to us.

I look forward to hearing from you, and on behalf of everyone at Martins Run, we are excited at the opportunity to work with you!



Sincerely,

Vicki Conner
Culture and Entertainment Manager
Volunteer Coordinator

Martins Run

A not-for-profit senior living community, financially sound and secure for 30 years

11 Martins Run Media, PA 19063
Minutes from the Main Line

www.martinsrun.org



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Areas Where We Can Use Volunteers

There are many ways that volunteers can help. Here are some suggested areas that can use volunteer help.

- Computer instruction — either one-on-one or in a class format
- Reading books or mail to visually impaired residents
- Scrapbooking mementos and photographs with residents and other volunteers
- Leading craft projects with groups of residents
- Joke-telling or story-telling
- Walking club
- Leading book discussions
- Playing balloon volleyball
- Reminiscing
- Leading a sing-along
- Religious/spiritual discussion group
- Playing Wii (virtual/interactive) computer-based sports
- Friendly visiting of residents
- Bringing pets for resident visits; pets must meet certain criteria in advance
- Playing pool, poker or shuffleboard
- Gardening with residents (outside in summer, indoor plants in winter)
- Adopt-a-Grandparent
- Leading a book club or reading to residents
- Teach a class on your job or experience
- Intergenerational program

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