



Durham Center for Senior Life Volunteer Application

Volunteer Opportunities:

- **Course Instructor** — Get involved with DCSL by teaching arts and crafts, exercise, or skills class. These courses are offered on a regular, ongoing basis during DCSL's business hours. Instructional volunteers donate a few hours each week to enrich the lives of DCSL participants in a social setting. Time Commitment: One hour/Weekly/Ongoing
- **Food Pantry Assistant** – Assist our staff in bagging groceries for those participants needing emergency food and/or with food giveaway programming such as Shop N' Grab. Time Commitment: One hour or more/As needed.
- **Lunch & Learn Instructor** — Teach an instructional seminar on health/wellness related issues concerning older adults. "Lunch and Learn" seminars can be facilitated for volunteers with specific talents or who are subject matter experts. Time Commitment: One hour, One Time or more.
- **Reception/Office Assistant** — Help with important mailings, data entry, and filing; assist at Receptionist desk. Time Commitment: One hour or more/As needed/Ongoing
- **Special Events Support** — Help with the planning and facilitation of special events and DCSL fundraising events. Time Commitment: Two hours or more/As needed
- **Ambassador** -- Serve as the first contact person at the senior centers and at special events to greet people, give tours to new-comers, and train seniors on exercise equipment, help with publicity and other day-to-day operations. Time Commitment: Two hours or more/Weekly/Ongoing
- **Telephone Reassurance** — Make reassurance calls from the Durham Center for Senior Life to home-bound seniors who live alone. Limited volunteer roles. Time Commitment: One hour/Weekly/Ongoing
- **Adult Day Health** — Assist with the Adult Day Health Program by working with seniors during the day to socialize as singing leaders, activity leaders, and through participating in special events Time Commitment: One hour or more/Weekly/Ongoing
- **Senior Advisory Committee** –Serve as a liaison between Durham Center for Senior Life Participants and Administrative Staff. Limited volunteer roles. Time Commitment: One and a half hour monthly/Ongoing
- **406 Café Support** – Assist in the café by preparing coffee, stocking shelves, serving congregate meals, cleaning up at the end of meals and providing support for special events Time Commitment: Two hours/Ongoing
- **And More!** Opportunities vary seasonally and we are open to new projects. Please talk with the Volunteer Coordinator for more information on current, high-need areas.

How do I Become a Volunteer?

DCSL has ongoing and one-time volunteer opportunities for everyone, including both groups and individuals. First, check out the opportunities to find a volunteer job that interests you. Next, fill out a Volunteer Application. Individual volunteers must submit this application to the Volunteer Coordinator, who will contact you to complete a one-hour orientation and tour. During orientation, the Volunteer Coordinator will discuss opportunities that match a volunteer's availability, skills, and interests. Large groups should contact the Volunteer Coordinator directly to discuss volunteer opportunities with DCSL. Once a volunteer is approved, a background check may need to be completed depending on the assignment.

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NOTE: PHOTO Id WILL BE REQUIRED WHEN SUBMITTING APPLICATION AND BACKGROUND CHECK FORMS.

PERSONAL INFORMATION

Date: _____

First Last Middle Int.

Street City State Zip

Daytime Phone Email Address Date of Birth

Preferred contact method: Phone ☐ Email ☐

Emergency Contact:

Name Phone Number Relationship

AREAS OF INTEREST

Why do you want to volunteer at the Durham Center for Senior Life?

Do you have any experience volunteering with older adults? Yes ☐ No ☐

Please describe previous/current volunteer experience.

Does this volunteer work relate to a college course/internship? Yes ☐ No ☐

If you answered Yes, please describe the requirements.



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I WOULD LIKE TO HELP IN THE BELOW ACTIVITIES: (please select all that apply)

_____ Special Events _____ Lunch n Learn _____ Class Instructor _____ Gardening/Lawn Clean-up
_____ Ambassador _____ Senior Advisory Committee _____ Food Pantry _____ Office Assistant
_____ Telephone Reassurance _____ Fitness Center Trainer _____ Other (_____)

I AM AVAILABLE DURING THESE DAYS AND TIMES AND FREQUENCY: (select all that apply)

☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday

Hours available: _____

☐ Weekly ☐ Semiweekly ☐ Monthly ☐ Other _____

REFERENCES: (People that you have known for two or more years, other than family members)

1. _____ Phone _____ Email _____
2. _____ Phone _____ Email _____

By signing this application, I attest that the information on this application is true and accurate to the best of my knowledge.

Signature: _____ Print Name: _____

Date: _____

Return Applications in person, by email to eshapiro-albert@dcsInc.org or mailing to:

406 Rigsbee Ave Suite 202
Durham NC, 27701

Office Use Only

Background Check Completed: _____

☐ Orientation Completed
☐ Confidentiality Agreement

☐ Volunteer in My Senior Center
☐ Added to Master List

☐ Assigned Tasks: _____
