

## RIDGE CREST NURSING CENTER

### Volunteer Opportunities at 706 S. Mitchell

Being a volunteer is a wonderful opportunity for you to share your life with these very special people at our home. You may think that you can not do this, but you can! There are quite a few different things that can be done. All it takes is a caring heart and a little time. I promise you that if you do this with the desire to make someone's life a little happier - you'll be the one to get the most benefit.

Here's a list of things that you can do to enrich the lives of our residents:

1. Visit individual residents.
2. Send "Thinking of You" cards to residents.
3. Send birthday cards to residents.
4. Help with parties/socials.
5. Bake cakes/goodies for parties or special occasions.
6. Help with discussion groups.
7. Donate magazines, papers.
8. Donate craft supplies.
9. Walk with residents while visiting the facility.
10. Push residents confined to wheelchairs around the facility.
11. Bring flowers for residents to enjoy.
12. Help with games or play games with residents.
13. Bring pictures for residents to look at.
14. Read to residents.
15. Make phone calls for residents.
16. Polish nails.
17. Bring small gifts i.e. Kleenex, lotion, etc.
18. Donate bingo prizes.
19. Provide special music.
20. Donate music tapes.
21. Donate movie videos.
22. Have special church group meetings at facility to involve residents.
23. Donate large print books, magazines.

24. Decorate or assist in decorating recreation room for special holid
25. Give out hugs while visiting residents.
26. Listen to residents if they want to talk.
27. Visit with and write autobiographies of the residents.
28. Bring in pictures, postcards, and maps. Talk to a small group about the sights.
29. Have a non-denominational service for the residents.
30. If you, or someone you know, plays a musical instrument, yo-yo, magic, hula-hoop, sing, dance, juggle, whistle, tap, acrobatics, comedy or anything entertaining.
32. Help to wind yarn for dog project.
33. Help to organize Bake Sale.
34. Bring in small children for residents to read to.
35. Children to sing, dance, or do a craft project with the residents.
36. Doing a craft, art, sculpting, ceramic, exercise, or cooking class.
37. Bring in a pet for a visit, if they can do tricks even better.
38. Bring in old objects to see if the residents know what it is.
39. Bring in a baby for the residents to hold, coo at, and fuss over.
40. To be in charge of the newsletter.
41. Organize a garage sale, to get patio furniture.
42. Help to put a scrapebook together.
43. To call bingo in the day or evening.
44. Clean glasses.
45. Help residents to put puzzles together, then to glue them together.
46. A male to help residents with shadow boxes.
47. A male to talk to our male residents about hunting, fishing, nascar, building, cars, or poker.
48. Raised beds, so the residents can garden from their wheelchairs.
49. Beautitian to do hair for the residents that can't afford to get hair done.
50. Always, always, always, smile.

Please contact me at 660-429-2177 if you would be willing to help in any way. You will never regret taking the opportunity to think of and do for others.

Sincerely,

  
Candy Curry

Activities Coordinator