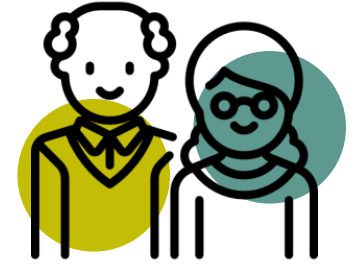




ONE-ON-ONE VOLUNTEER OPPORTUNITIES



PROGRAM	DESCRIPTION	REQUIRED SKILLS/TRAINING	HOURS/REQUIREMENTS
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VOLUNTEER IN SOUTHWEST BOSTON: JAMAICA PLAIN, HYDE PARK, MATTAPAN, ROSLINDALE, & WEST ROXBURY

Friendly Visitor	Visit an elder in their own home to provide companionship, share interests, and relieve loneliness	Listening skills, communication	1 hour/week Flexible hours 6 month minimum commitment
Shopping/ Shopping Escort	Shop for or with an elder and assist with storing items	Access to a vehicle and valid driver's license	1-2 hours/week Flexible hours 6 month minimum commitment
Telephone Reassurance Caller	Make telephone calls to elders to check on their well-being and relieve loneliness	Communication	1 call/week Flexible hours 3 month minimum commitment
Technology Tutor	Teach an elder how to use technology	Basic proficiency with technology, patient, listening skills	1-2 hours/week Flexible hours 6 week minimum commitment

VOLUNTEER THROUGHOUT BOSTON:

Boston Money Management	Assist an elderly or disabled person with managing their finances, by developing a budget, balancing checkbooks, and writing checks	Budgeting, bill paying, communication, one-time individual training provided.	1-2 hours/month Flexible hours 6 month minimum commitment
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In addition to these One-on-One Volunteering roles, Ethos offers many other ways to be engaged with local seniors. Visit www.ethocare.org/volunteer for more opportunities and information



For more information, contact Miriam Michelson at **617.477.6940** or mmichelson@ethocare.org
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