



Volunteers play an important role in enhancing the quality of life of our residents by providing companionship, supporting recreational programs, assisting with special events/outings and contributing to a welcoming and vibrant community at our Care Homes.

We are continually developing new ways to entertain and involve our residents in meaningful activities and events that can help enhance their lives and provide them with enjoyment!

Becoming a volunteer can provide individuals with an opportunity to develop new skills, gain new experiences, create connection with others and make a real difference in the lives of others. **We invite you, your family and friends to consider taking the opportunity to volunteer with us at any of our Intercare Care Homes! We offer a fun and welcoming environment and always encourage new people to get involved!**

Some activities available to new volunteers include:

- ♥ Bingo
- ♥ Bocce Ball
- ♥ Bowling
- ♥ One to One Visits/Conversations
 - These visits are particularly important for residents who do not get visitors on a regular basis!
- ♥ Porter residents to and from hair salons located at the Care Homes
 - Many of our residents enjoy being able to go to our on-site salons for their appointments, but some need assistance with getting to and from the salon!
- ♥ Off-Site Outings
 - Examples include: markets, performances and sporting outings.

Age-related requirements for volunteering include:

- ♥ Volunteers in Long Term Care (LTC) must be at least 14 years of age.
- ♥ Volunteers in LTC under 18 years of age must provide a signed Parental/Guardian Consent and must be supervised.
- ♥ Volunteers in Hospice must be a minimum of 18 years of age.

If you - or someone you know – is interested in becoming a volunteer with us, please contact Intercare's **Volunteer Coordinator** directly or submit an application online through our website!

Kate Merkowsky

Volunteer Coordinator

Email: kmerkowsky@intercarecorpgroup.com

Phone: 403-255-4969 ext. 116

Or, apply online at: <https://intercarealberta.com/volunteering/>

Together we can make a difference!

