

Ready to Volunteer?



People who are interested in becoming a **Seniors ASK** Volunteer, contact the Active Lifestyles Centre Grey Bruce to arrange a meeting with the Senior Peer Support Leader.

A potential Volunteer applicant

must attend and complete the ALCGB **Seniors ASK** Volunteer Training Program which consists of some of the following topics.

- ✓ History of ALCGB
- ✓ Computer literacy
- ✓ Problem solving
- ✓ Listening Skills
- ✓ Phone & Office etiquette
- ✓ Communication
- ✓ Talking to government representatives
- ✓ Collecting Information / data
- ✓ Filling in Forms / Government /other
- ✓ Finding answers to specific questions

Besides completing training to become an ALCGB **Seniors ASK** Volunteer, potential Volunteers must also complete a Vulnerable Sector Check as well as signing a Confidentiality Agreement.

At **Seniors ASK** we help **seniors/caregivers** by collecting and sharing of information in the areas of:

ADVOCACY: The act or process of supporting a cause or proposal

SOLUTIONS: A solution to a problem or difficult situation is a way of dealing with it so that the difficulty is removed.

KNOWLEDGE: Facts, information, and skills acquired by a person through experience or education



CONTACT US!

SENIORS ASK Program:

226-909-3636

seniorsask@gmail.com

<https://www.alscgb.ca/seniors-ask>

By Phone Mon-Fri 10:00am - 2:00pm OR in person by appointment on Tuesday's from 9:30am-12:30pm at The Active Lifestyles Centre at 1852 3rd Ave. E. Owen Sound.

ACTIVE LIFESTYLES CENTRE GREY BRUCE
519-376-8304 | mail.alscgb@gmail.com
Office Hours M-F 9:30am-12:30pm | www.alscgb.ca



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SENIORS ASK PROGRAM

Advocacy, Solutions, Knowledge

VOLUNTEER OPPORTUNITIES

Seniors ASK Volunteer Program specializes in helping seniors/caregivers find the answers to any questions they may have in any area of concern to them, either locally or beyond Grey Bruce



About the Program

Active Lifestyles Centre Grey Bruce (ALCGB) has been involved with the Council on Aging and many other Programs in Grey Bruce for years.



All these Programs aim to help make life easier for seniors/caregivers. Through this involvement, the ALCGB Board saw a need to create a new Program so seniors / caregivers in Owen Sound and area, can easily access free local information of concern to them.

Funding was sought and found through the New Horizons for Seniors Program (NHSP). The Government of Canada continues to meet the needs of seniors by supporting initiatives that help them stay active and involved in their communities.

The ALCGB acquired NHSP funding in the Spring of 2019.

Active Lifestyles Centre Grey-Bruce is a not for profit incorporated organization that provides leadership, socialization, programs and activities that encourage healthy lifestyles and independence of 55+ adults.

Seniors Ask Volunteers

- ✓ Volunteers in the **Seniors ASK** Program want to help make a positive difference in peoples' lives.
- ✓ Volunteers in the **Seniors ASK** Program are ready, willing and able to use the skills they have learned in life and through the training they receive at ALCGB for the benefit of the users of the **Seniors ASK** Program.
- ✓ Volunteers in the **Seniors ASK** Program are asked to donate 4 hrs. per week of their time.
- ✓ Volunteers in the **Seniors ASK** Program all have different skills, interests and backgrounds, just as our users do.
- ✓ Volunteers in the **Seniors ASK** Program work together as a team, to ensure the right person and area of expertise is being utilized to help the users in need.

Volunteers in this program are:

- ✓ Patient, Considerate
- ✓ Organized, Punctual, Flexible
- ✓ Team players
- ✓ And so much more....



VOLUNTEER RIGHTS



As a Volunteer of ALCGB's **Seniors ASK** Program, you have the right to: ...

- ✓ Receive an orientation to the organization, its policies and practices, and training specific to your Volunteer role.
- ✓ Receive the appropriate level of support and supervision and be provided with opportunities to give feedback.

"The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves." Helen Keller

VOLUNTEER RESPONSIBILITIES

As a Volunteer of ALCGB's **Seniors ASK** Program, you have the responsibility to..

- ✓ Understand the role of the paid staff, maintain a smooth working relationship with them and stay within the bounds of the volunteer role;
- ✓ Keep sensitive organizational information confidential;
- ✓ Comply with the policies and procedures of the organization.

"The meaning of life is to find your gift. The purpose of life is to give it away." William Shakespeare