

HERE'S WHY YOU SHOULD BE A ...

# **BETHESDA** *Hospice Care*



## **VOLUNTEERING WITH US ALLOWS YOU TO...**

- Help seniors and veterans
- Set your own visit schedule
- Make an impact in little time
- Find purpose
- Enjoy meaningful conversation
- Learn more about yourself
- Support a cause you believe in
- Use your talents to help others
- Develop new skills
- Build empathy
- Experience personal growth
- Hear interesting life stories
- Expand your horizons
- Share laughter
- Make new friends
- Strengthen your resume
- Connect with others
- Feel good about yourself

## **WHAT KIND OF VOLUNTEER OPPORTUNITIES ARE THERE?**

### **No One Dies Alone (NODA) Volunteers**

NODA volunteers sit vigil with hospice patients who have reached the final hours of life. They provide a caring presence, and respite for family and friends.

### **Veteran Volunteers**

Veteran volunteers provide veteran-to-veteran companionship for veteran hospice patients, and participate in our Veteran Escort Honor Guard and other veteran recognition programs.

### **Office Volunteers**

Office Volunteers provide clerical assistance with hospice and bereavement mailings, data entry, or event planning. They do important, behind-the-scenes work that supports the hospice staff and volunteer team.

### **Caring Companion Volunteers**

Caring Companions visit with hospice patients to provide companionship and a caring presence. Their visits help hospice patients to have the best quality of life possible.

### **Specialized Volunteers**

Some volunteers may have additional specialties, such as providing live music, comforting touch/Reiki, therapy animals, spiritual care, or grief support.

For more information about volunteering, please contact:

**Melissa Helmkamp – Volunteer Coordinator**

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**314-800-1992**

