

Please circle the day(s) and time(s) that are most convenient for you to volunteer with us:

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|----------|-----------|-----------|-----------|-----------|-----------|
| 9 am-1 pm | 9am-1 pm | 9 am-1 pm | 9 am-1 pm | 9 am-1 pm | 9 am-12 | |
| 1 - 5 pm | 1 - 5 pm | 1 - 5 pm | 1 - 5 pm | 1 - 5 pm | 12 - 4 pm | 12 - 4 pm |
| 5 - 8 pm | 5 - 8 pm | 5 - 8 pm | 5 - 8 pm | 5 - 8 pm | | |

Please indicate your interest in working in the following volunteer program areas:

Administrative Support

- _____ Phone coverage and administrative support at the MOUNT VERNON AT HOME office
- _____ Help with periodic mailings

Family Support

- _____ Consumer protection and dispute resolution
- _____ Daily Check-in: upon request, call selected members daily to check on their health and well-being
- _____ Companionship: upon request, visit members in their homes and provide companionship, or read to members with impaired vision

Errand and Household Support

- _____ Library, bank, grocery, pharmacy, cleaners, post office, hair salon
- _____ Check on member's house while he/she is away, water plants, collect mail
- _____ Car care and servicing: periodic safety/emissions inspections, refueling

Home Services and Maintenance

- _____ Handyman: indoor maintenance, changing light bulbs/batteries, minor plumbing repair issues, moving bulky items, hanging pictures or drapes, flipping mattresses
- _____ Outdoors: winterize hoses and furniture, minor gardening
- _____ Organization: closet/garage sorting, rearranging, downsizing, handicapped adaption

Assistance with Paperwork, Filing and Bill Organization

- _____ Bill filing, personal correspondence, records, copying, organization
- _____ Online assistance with internet research

Social and Cultural Programs

- _____Arranging in-home get-togethers
- _____Organizing cultural or educational outings
- _____Serving as a cultural companion, driving members in your car to evening concerts/plays/movies in exchange for a complimentary event ticket and parking reimbursement

Technology and Technical Support

- _____Computer assistance, help with email, printers
- _____Programming and using electronic devices such as phones, TVs, DVDs, VCRs

Transportation

- _____Provide members with rides to medical, dental and physical therapy appointments
- _____Provide members with rides to shopping, restaurants and social events

Other background, experience or specialized skills that you have to offer as a Mount Vernon At Home volunteer:

Please mail your completed application to:

MOUNT VERNON AT HOME
P.O. Box 7493
Alexandria, VA 22307-7493