



Adopt a Grandparent Program Volunteer Form

Please use this form to sign up as a volunteer for the Adopt a Grandparent Program. This program focuses on connecting volunteer members with seniors, and emphasizes the concept of giving time, friendship, and an occasional helping hand while providing social interaction and connection to others. This program is made possible through the Chisago Lakes Area Community Foundation Big Idea Grant. Thanks for offering to volunteer!

First Name _____ Last Name _____

*Maiden, Alias or Former Name(s): _____ Date of Birth: _____

I have been a Minnesota resident for _____ years. If you have been a resident for less than ten years, please list others states you have lived in the previous ten years:

Please provide the following, and check your preferred method of contact.

Phone: Home: _____ Cell: _____

email: _____ Text Message to cell

Areas of interest that may help connect you to a senior (Check all that apply):

Religious Stewardship

Game Shows

Sports

Books/Reading

Gardening

Crossword Puzzles

Card Games

Jigsaw Puzzles

Board Games

Crafts

Cooking/Baking

Sewing

Hunting/Fishing

Walking/Exercise

Movies

Music

TV Shows

Other _____

Please read and sign the volunteer terms and conditions on the back of this form.

. *Information used for background check

Volunteer Terms and Conditions:

All volunteers must be members of the Chisago Lakes Good Neighbors Club and be always over the age of 18 or under the direct supervision of a responsible adult.

- **Confidentiality** - I will not disclose any personal information pertaining to older adults, members, volunteers, or donors.
- **Discrimination Policy** - I will treat all older adult members, other volunteers, and donors with dignity and respect. Further, I will not discriminate on any basis.
- **Harassment policy** - I agree to not engage in intimidating, hostile, inappropriate or offensive behavior toward members, volunteers, or donors. Such behaviors include derogatory or degrading comments, unwanted touch, or illegal activity, etc. If I witness or experience such behavior, I will immediately report my concern to an Adopt a Grandparent Committee Member.
- **Medical Advice** - I will not give medical advice to an elder friend. If I have any concerns regarding an older adult's medications or medical care I will alert the person listed as their relative or contact person on their application form.
- **Financial Advice** – I will not provide financial, banking, or tax advice; act as a representative payee or conservator; serve as a trustee or personal representative for the estate of an older adult.
- **Repudiation of Gifts and Professional Services** - Volunteers may not accept individual cash gifts or non-financial gifts from our older adults (with the exception of small token gifts totaling \$25 or less in any given year), or perform any type of assistance to the older adult for pay. Loaning money to or borrowing money from an older adult is also strictly prohibited.
- **Waiver and Release of Liability** - In consideration of the risk of injury while volunteering and as consideration for the right to volunteer, I knowingly and voluntarily enter into this waiver and release of liability. I waive all rights, claims, or causes of action arising from my volunteering. I release and discharge Chisago Lakes Good Neighbors Club for any injury, or emotional loss incurred as a result of volunteering, including traveling related volunteering.
- **Background Check** –
 - I understand that to help ensure the safety of the people the Chisago Lakes Good Neighbor Club serves; volunteers for the Adopt a Grandparent Program are required to submit and pass a background check. I agree to such a check, and I understand that the results will determine which, if any, volunteer role I am assigned
 - I hereby release the Chisago Lakes Good Neighbors Club from any and all actions and causes of action, of any kind and nature whatsoever, past, present and future, arising out of the release of information obtained with this consent. This authorization shall be valid for a period of twelve (12) months from the date below.
 - If there is any evidence or doubt that the information found on this background check is inaccurate or incomplete, a more extensive background check will be done at the applicant's expense

I have read and agree to the Volunteer Expectations, and the Terms and Conditions above.

Volunteer Signature _____ Date _____

Email / return completed form: To: clgoodneighborsclub@gmail.com

Subject: Adopt a Grandparent



Adopt a Grandparent Program Volunteer Expectations & Activity Ideas

As an Adopt a Grandparent volunteer, I have read, understand, and agree to the expectations as stated below:

- Must be a member of the Chisago Lakes Good Neighbors Club.
- Comply with all Terms and Conditions of being a volunteer for the Adopt a Grandparent Program.
- At least one year commitment to the program.
- Interact with Grandparent monthly. Interaction can be a visit, phone call, letter, acknowledgement of birthday, holiday, or other significant date. **Please see the list on the back of this form for ideas to get you started.**
- Commit to at least six in-person activities within a 12-month period. In-person activities can be a simple visit, group activities, activities within your common areas of interest, etc.
- Perform small acts of kindness as you feel is appropriate. Reach out to other volunteers if help is needed.
- Attend orientation and other meetings and events as scheduled.
- Be willing to share your contact information with your Grandparent.
- Be a resource to your Grandparent. Attempt to provide answers to their questions and address their concerns.
- Reach out to a relative or the contact person of your Grandparent to introduce yourself, explain the program to them, and invite them to participate.
- Keep a log of your activities and interactions with your grandparent.
- Keep a journal in their home to record highlights of your visits.
- Report problems immediately to a member of the Adopt a Grandparent Program Committee.

It is hoped that through this program, relationships will develop that are ongoing and fulfilling for both you and your Grandparent!

Thank you again for participating in this new, evolving, and valuable community volunteer program. We wish you the best in finding enormous satisfaction and reward from the giving of your time, talents and acts of kindness to your adopted grandparent.

See back for activity ideas.

(Keep this page for your reference)

Always remember that the best gift you can give your adopted grandparent is your time. Seniors are often alone and lonely, so your friendship could very well be the best gift you can give. Giving your time does not have to be time consuming! Consider some of these easy, simple ideas for acts of kindness.

- Acknowledge major holidays and days of interest – a card, a call, ornament, etc.

New Years	Labor Day
Valentine's Day	Halloween
Easter	Veterans Day
Memorial Day	Thanksgiving
Fourth of July	Christmas
Celebrate a birthday, anniversary, or other special day	

- Activities can include:

Stop in for a visit – get to know your grandparent's interests.
Share life stories and pictures.
Play cards or board games.
Enjoy a cup of coffee together.
Volunteer for Groceries 2 Go program.
Explore crafts you can do together or leave behind for your grandparent.
Help with light task as needed and as you feel comfortable.
Enjoy religious activities together – prayer, attending church, sharing the bible.
Attend a CLGNC meeting/event together – introduce your grandparent to others.
Enjoy gardening, indoors or outdoors, together.
Assist with light projects, maintenance, etc., as you feel comfortable and able to do.
Enjoy reading/sharing a book of interest.
Prepare a meal together or baked goods your grandparent can enjoy.
Prepare and/or drop off a meal or snacks your grandparent would enjoy.
Assist with light yard work or chores as you feel comfortable and able to do so.
Consider helping with light errands as needed and comfortable.
Call or stop on occasion for a welfare check.
Paint CLGNC rocks together.
Take a walk together.
Share your pets with your grandparent.
Help your grandparent with online or technology issues.
Share potential resources your grandparent may benefit from (see welcome folders).
Help your grandparent connect with other adopted grandparents.
Enjoy a movie, favorite tv show or sports game together.
Help your grandparent with filling out and mailing cards to family and friends.
Work on a puzzle together.
Share a crossword or jigsaw puzzle.
Enjoy some music together.
Plan an activity with another adopted grandparent and volunteer.
Keep a journal in their home to record highlights of your visits to reflect on.
Other ideas.....

Our program goal is to have a minimum of six connections annually with your adopted grandparent. More interaction is welcomed and encouraged. Take time to get to know your grandparent and explore ideas and activities you can do together. We anticipate that as you get to know your adopted grandparent's interests and abilities, your friendship will flourish.