

# Volunteer Update *Monthly* January 26, 2009

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This month's *Update Monthly* was created by Home Life Intern Zach Haag.

Thanks Zach!

## GoodSearch.com

Goodsearch.com is a search engine that will donate money to Home Life every time you do a search! Here is how you do it....1) Go to goodsearch.com 2) Type Home Life Incorporated on the space under the heading 'who do you goodsearch for?', then click on the bottom that reads 'verify' 3) Search the web 4) goodsearch.com donates \$0.01 for every search you make! It's easy and it benefits Home Life. Also try *GoodShop*.

## Volunteer Opportunities

There are many great volunteer opportunities coming up in February! Here is a list of a few things that volunteers can do....

- Take a female Koebel House client to the swimming pool. Wednesdays once per week.
- Take a client or lead a small group on a neighborhood walk. Once per week.
- Take a small group of women out for tea or coffee (client pay with their own money). Once per week or every other week.
- Take a small group of men out for tea or coffee (clients pay with their own money). Once per week or every other week.
- Take a client to the library.
- \*\* We are going to be searching for volunteers, who love to garden, to take a small group of clients to the former Youth Garden at Starker Arts Park. \*\*

**Volunteer Training:** required for 1:1 work with a client.

- **February 4:** BBP/MART (9 AM to 11 AM)
- **February 6:** CPR & FA (11 AM to 4:30 PM)
- **February 9:** CPR challenge (for recently expired or nearly expired certifications) (10 AM to 11 AM)

## Weekly Volunteer Opportunities

### Mondays

- Men's Night Out 5 PM

### Wednesdays

- Supported Living Social & Bowling 4 PM
- My Club 4 PM
- Belly Dancing 8 PM

### Thursdays

- Women's Night Out 5 PM

### Upcoming Events:

#### Friday, Feb. 20<sup>th</sup>

Youth Service Project with the Unitarian Church and Home Life. Home Life is seeking 2 1:1 trained volunteers and 2 general volunteers for this activity.

For more info contact  
**Emily Steadman, Volunteer Coordinator**  
at  
**(541) 754-6163**  
**Steadman@peak.org**

Contact the interns  
at  
haagz@onid.orst.edu  
and  
AngelaM.Gill87@gmail.com

Visit our website at  
[www.homelifeinc.org](http://www.homelifeinc.org)

## Why all the training?

To protect yourself, Home Life Clients, and Home Life as an agency, the State of Oregon requires us to provide a certain amount of training to our volunteers before you (the volunteer) can interact alone with the clients. We want to ensure your utmost safety and confidence when in an emergency-type situation with a client or at an event. If you are not sure you already have your blood borne pathogen (BBP) or CPR and First Aid (CPR/FA) training completed, feel free to join a FREE Home Life certification course!

## Client Profile: Mary from Koebel House



Mary is a very active resident at Koebel house. She loves to go to the library, fitness classes and on walks around the neighborhood. With all that activity, she has to have some time to kick back and relax, which she usually does while watching a little TV.

## Intern Profiles : Home Life welcomes two great interns!

### Zach Haag January through mid-March

"My name is Zachary Haag and I am a senior at Oregon State University. I am a Human Development and Family Sciences major with an option in Human Services. This is my second internship with Home Life and I also work as a floater at Mumford House. For my internship I've done some work in the main office and will be helping out with Supported Living. Home Life is a great organization and I really enjoy being a part of it!"

### Angela Gill January through mid-June

Angela is a senior in Public Health at Oregon State University. Angela enjoys being a student program coordinator for the Department of Health Promotion at Student Health Services. Not only is Angela a full time student, mother, and part time employee of SHS, she is also working very hard on expanding the Adaptive Fitness Class, *and* will be taking on a portion of the disaster preparation project! She is *very* appreciated!