**VIRTURAL VOLUNTEERING WITH CITYMEALS ON WHEELS**

If you’re feeling restless about spending extra time inside, now is the perfect time to explore volunteer opportunities from your home. Whether you’re under a mandatory quarantine or just taking appropriate precautions by limiting social interactions, consider volunteer opportunities you can do virtually. **Virtual Volunteering** for Citymeals on Wheels refers to volunteer activities completed via your phone.

This is the perfect opportunity during this pandemic. We believe that nothing should get in the way of organizations and volunteers coming together to do good things for the community. Loneliness and social isolation are two of the most severe epidemics in the world today. The Coronavirus has changed how we go about our daily lives.

First step is to complete this brief questionnaire (each person must complete their own). Volunteers must be 18 or older. The process may take approximately 48 hours depending on the availability of the seniors.

**WELLNESS CHECK VOLUNTEERS**

Thank you for your interest in volunteering to make wellness calls to our homebound seniors.

Please provide the following information:

Full Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Company/Organization: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Full Address (including zip code): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Please list languages you are fluent in and comfortable in engaging in conversation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Once we receive the above form, a Citymeals on Wheels staff will reach out to you and request additional information. They will discuss boundaries, expectations, etc. We ask that you PLEASE adhere to the policy and procedures provided by the coordinator/staff. Please note, we work with a VERY vulnerable population and MUST at all times protect their privacy and safety.

We are asking for a minimum of 2-3 days per week, for at least half hour per call and 2-3 months commitment. Although we know some calls may be less or more in duration and some matches may last longer than 3 months, these are the minimums we require.

Should you need additional information, please reach out to [vivienne@citymeals.org](mailto:vivienne@citymeals.org) and awildman@citymeals.org

Thank you for taking this opportunity to help our homebound neighbors.