

Helping Hands Committee Volunteer Guidelines

Helping Hands Committee volunteers will never be asked to extend financial assistance to the efforts of this committee. If a purchase is made by a volunteer, the receipt must be sent to the Freethought Society (FS) for reimbursement; or, financial assistance can also be presented to FS for a tax-deductible receipt instead of reimbursement.

Volunteers will only be expected to offer assistance to recipients of the Helping Hands Committee in the following areas:

1. Grocery Shopping (only necessary trips and limited to one or two stores per visit)
2. Changing bed sheets (once a week)
3. Washing dirty sheets and clothing and returning them to recipient's home
4. Cleaning (dusting, washing dishes, sweeping, etc.)
5. Providing transportation to doctor appointments, hair salon, hospital, bank, post office and other miscellaneous grooming/medical appointments.
6. Taking special requests and attempting to fulfill the needs of the recipient. For instance, a volunteer may be asked to pick up and drop off movie rentals and bring items of entertainment to recipient (puzzles, books, etc.).
7. Spending time visiting and communicating with the recipient and offering friendship. Most "shut-ins" are lonely and need human connections. This can be achieved in person or over the phone. Recipients also enjoy getting cards, letters, and postcards from volunteers.

