

## Volunteer Opportunities @ Fitchburg, Greenfield, Northampton, Pittsfield, Springfield, Worcester

Program	Day/Times	Assignment Description
Administrative	4-hour weekly commitment	Assist with various office tasks, which support patient care
Ambassadors	4-hour weekly commitment	Meet and greet visitors in our busy lobby areas, dispense information, escort Veterans to appointments when needed, help with kiosk
BINGO	As scheduled	Set up and assist patients in weekly bingo
Complementary Alternative Activities	As scheduled	Certified leaders of group offerings
Dining Room Host/Hostess	Daily breakfast, lunch, and dinner	Assist serving meals, beverages, and clean-up
Drivers	Flexible	Transport Veterans from home to Medical Center for appointments, and back; Shuttle Veterans to and from parking lots on campus
Exercise Partners/Leaders	Flexible	Assist Veterans to commit to healthy changes and/or lead aerobic activity sessions
My HealtheVet	Flexible	Introduce Veterans to online web system to access health information and care; promote its use
Recreation Therapy	Flexible	Assist staff with various patient activities
Special Events	As needed	Occasional volunteers to assist with special events and activities
Visitor Buddies	Flexible	Visit with elder hospitalized Veterans on inpatient unit

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