

# **Volunteer Programs**

## **Welcome Desk**

Our Welcome Desk is open from 9am to 9pm everyday of the year. Welcome Desk volunteers staff the reception area during four hour shifts throughout the day. You must be at least 21 years old for this position and fill out a volunteer application.

### **Responsibilities:**

- Welcoming families
- Conducting House tours
- Answering phone calls
- Handling guest questions
- Performing guest registration and check out
- Helping around the House by stocking, cleaning and organizing

## **House Helper**

House Helpers assist our staff with keeping the House cleaned, stocked and organized for the families. They volunteer for a four hour shift every other week for a minimum of a year. Volunteers must be at least 16 years old for this position and fill out a volunteer application with parental consent signed.

### **Responsibilities:**

- Dusting
- Vacuuming
- Washing
- Stocking
- Organizing

## **From the Heart Programs**

The families that stay with us often spend long hours at the hospital with their child and don't always have time or energy to prepare a meal for themselves. Whether it is making a home cooked meal or baking a batch of cookies, brownies or cupcakes, our families appreciate having "comfort food" waiting for them when they come back from the hospital.

### **Meals from the Heart**

Come provide and prepare breakfast, lunch, or dinner for the families. This is a great service project for your work place, church, family, or a group of friends. Approximately 6-8 participants in the kitchen are optimal but groups can be no larger than 10 people. Volunteers under 18 must be supervised but are welcome to participate with your group.

### **Responsibilities:**

- Plan a menu (plan to cook for approximately 35-40 people plus your group)
- Provide the ingredients for your meal
- Prepare the food so when the families return they can help themselves to your delicious meal
- Clean up the kitchen when you are done

### **Cookies from the Heart**

Come provide and prepare a treat for the families. This is a great service project for scouts, service hours, family, or friends. We ask that no groups are larger than 10 people.

### **Responsibilities:**

- Plan a treat (muffins, cookies, etc.)
- Provide the ingredients for your treat
- Prepare the treat so when the families return they can help themselves
- Clean up the kitchen when you are done

**If Interested in a From the Heart Program you do not need to fill out an application—just contact Rachel Gunderson at (708) 423-5285 or [RGunderson@rmhccni.org](mailto:RGunderson@rmhccni.org) for more information or to book a date!**

## **Handyman**

Maintain the House in good working order. Tasks could be painting touchups, changing light bulbs, minor plumbing repairs, seasonal shoveling and salting.

## **"Green Thumb" Volunteer**

Help maintain our beautiful gardens and grounds by regularly weeding, watering, pruning and raking.