

At the home of Mary E. MacDonald & Karl R. Ackerman, 202 Haverhill Road, Topsfield, MA 01983

**Make a difference for care-partners and people with long-term-care needs!**

If you live North of Boston, are at least age 14, and are interested in joining us as a volunteer, please e-mail Mary at [marymacmissions.com](mailto:marymacmissions.com), or call 978-887-4202.

Thanks for your interest!

~ Mary & Karl

**These are the areas in which we need your help:**

1. Administration (help us coordinate and organize volunteers & volunteer activities)
2. Outreach/Marketing (help us spread the word about our programs)
3. Gardens/Horticulture (help us prepare the gardens for our programs)
4. Programs/Hospitality (help us host people with special needs during programs)

**Our volunteers like to make the following commitments:**

- Apr. - Oct., Seasonal; Program Type: Sunday Stroll OR Memory Café
- Apr. - Oct., Seasonal; Admin./Outreach/Garden Support; hours (variable & flexible)
- Year-round, 1-2x per month; hours (variable & flexible)
- Year-round, 1x per week; hours (variable & flexible)
- Year-round, More than 1x per week; hours (variable & flexible)
- One-time contribution; hours (variable & flexible)

**Groups and families like to volunteer with us and we welcome their application.**

***What are the Benefits?***

*Rest.Stop.Ranch volunteers have the opportunity to become part of a dynamic and highly-participative Rest.Stop.Ranch communittee consisting of Mary, Karl, team members, program participants, contributors (of plants and funds), volunteers, mentors, and project stakeholders.*

*Rest.Stop.Ranch volunteers have the opportunity to experience meaningful and gratifying work:*

1. *support families living with long-term illness and disability*
2. *develop wheelchair-accessible gardens for the present and future*
3. *meet guests with disabilities and care-partners with kindness and love*

## **Requirements for Volunteering**

- At least 14 years old.
- Enthusiasm for Rest.Stop.Ranch Programs and a commitment to learning about conservation, stewardship, and universal access.
- Ability to lift 20 pounds, the ability to stoop and bend, and the ability to tolerate local weather.
- No prior gardening knowledge is required; all necessary knowledge is taught.
- Ability to talk informally to children and adults, both in groups and one-on-one.
- Ability to communicate Rest.Stop.Ranch rules effectively in a non-threatening manner.
- Must be reliable, responsible, and flexible.
- The ability to walk or stand for a significant amount of time.
- All required information and communication techniques will be taught.
- Report to work on time and in uniform.
- Work with a positive, can-do attitude with all guests and members of the team.

## **Minimum Time**

- A one-time contribution of project time, or a regular commitment of your choosing is appreciated.

## **Training**

- Volunteers are paired with a member of the Rest.Stop.Ranch team to perform their duties, and additional on-the-job training will be provided by those team members.

## **Uniform**

- All volunteers will be issued a volunteer ID name tag, which must be worn when acting in a role supporting guests.
- Long pants are considered appropriate (khakis and blue jeans are acceptable).
- For safety reasons, closed-toe shoes and socks are required; no sandals. A hat, sunscreen, and water bottle are all encouraged (also, work gloves if working in the garden).

## **Support**

- Rest.Stop.Ranch team members are available to provide assistance, supervision, and mentoring as needed.

## **How to Apply**

- Fill out a Rest.Stop.Ranch volunteer application. Please e-mail mary@marymacmissions.com for an application.