



Volunteer Opportunities: (Training is provided in all areas)

We will do our best to match our clients with similar interest to yours.

Qualifications for all openings: Respectful, patient, Be on time, communicate, energetic, encouraging, problem solving.

“Our mission is to support persons with brain injuries and related disabilities in to achieve their highest level of independence through programs and independent livings skills in community living and outreach environments.”

1/19/2011



Leisure activity assistant:

Location: Minneapolis or based on day Activity

Hours: Hours between 9:30-1p (based on Volunteer needs)

Days: Tuesday & Thursday

Contact: Maria Figueroa (612)735-7138 or email: mariaf@restartincmn.org

Description:

We are looking for volunteers who enjoy interacting with groups during our activity program, socializing, reading current events, games, birthday/holiday celebration. Different forms of crafts. Inspirational reading, teaching new techniques to clients, and going on outings. Assist to prepare lunch for 10-20 people when needed.

Qualifications:

No Special skills needed, Training provided

Be able to come up with ideas for planning upcoming outings, interact/communicate with clients of different diversity, have good attitude and open mind. Very outgoing. Skills in listening are very essential.

Timeframe:

Minimum commitment of 6 months. and devote a minimum of 3hrs twice a month, Tuesday or Thursday, be available more hr or day if needed due to outside activity, a one month advancement notice will be given.

Benefits:

Training, reimbursement expenses on mileage at a rate of \$.50 cents per mile and other out of pocket expenses will also be reimbursed when assisting a client, gain experience as a activity assistant, volunteer hour are recorded to provide with good job references. Feel good making a difference in someone's life and giving back to your community.

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One on One mentor:

Location's opened: Minneapolis, Robbinsdale, Brooklyn Center

Hours: Flexible to clients and Volunteer Needs

Days: Day, evenings and weekends

Contact: Maria Figueroa (612)735-7138 or email: mariaf@restartincmn.org

Description:

If you enjoy movies, bowling, cars/motorcycles shows, or enjoys sports, or just eat out, or going to the mall. Help our clients redefine new skills and socialize with others in the community and gain leadership skills, patience, ability to problem solve. Openings based on clients needs.

Qualifications:

No Special skills needed, training provided

Have to ability to plan outings with our clients at a monthly's schedule and assist with \$\$ saving ideas, be friendly, communicative, outgoing, have patients. Able to transport in bus, have own vehicle, posses a drivers license, Ride Metro Mobility. Metro rail.

Timeframe:

Minimum commitment of 6 months. and devote a minimum of 2 hrs two times a month, be available more hr or day if needed due to outside activity, a one month advancement notice will be given.

Benefits:

Training, reimbursement expenses on mileage at a rate of \$.50 cents per mile and other out of pocket expenses will also be reimbursed when assisting a client, gain experience as an One on One mentor, volunteer hour are recorded to provide with good job references. Feel good making a difference in someone's life and giving back to your community.

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Evening Group Activity assistant:

Locations opened: Minneapolis, Robbinsdale, Brooklyn Center

Days: Friday, Saturday, or Sunday

Hours: Evenings Flexibility to meet clients and staff needs

Contact: Maria Figueroa (612)735-7138 or email: mariaf@restartincmn.org

Description: Seven sites are in need based on the location where you can help, it varies from movie night, playing cards, sporting events, birthday celebration, or enjoy a walk outing with our clients to meet their goals for the day. Enjoy interaction with the group.

Qualifications:

No Special skills needed training provided

Ability to plan house activity with ILS workers/ site supervisor, \$\$ saving ideas, be friendly, communicative with residents and staff, outgoing, be a good listener, patient.

Timeframe:

Minimum commitment of 6 months. Devote a minimum of 2 hrs twice a month, and be available more hr if needed due to activity.

Benefits:

Training, reimbursement expenses on mileage at a rate of \$.50 cents per mile and other out of pocket expenses will also be reimbursed when assisting a client, gain experience as an Evening Group Activity assistant, volunteer hours are recorded to provide with good job references. Feel good making a difference in someone's life and giving back to your community.

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Apartment organizer:

Location: Minneapolis “Villa Apartments”

Days: Flexible to meet clients and volunteer needs

Hours: Flexible

Contact: Maria Figueroa (612)735-7138 or email: mariaf@restartincmn.org

Description:

Love to organize and clean, we need volunteers to assist our clients in an apartment setting, once a week. Flexible schedule. Great opportunity as they strive to be independent.

Qualifications:

No special skills needed, training provided

Outgoing, ability to guide our clients step by step and assist in cleaning their apartment setting, organized mail, dresser drawers, ability to communicate with diverse population, able to use common household cleaning apparatus such as vacuum, mopping, dusting, ect.

Timeframe:

Minimum commitment of 6 months. Devote atleast 2 hours twice a month, Schedules will be made to meet the availability of the volunteer as long as it is convenient for the client.

Benefits:

Training, reimbursement expenses on mileage at a rate of \$.50 cents per mile and other out of pocket expenses will also be reimbursed when assisting a client, gain experience as an activity assistant, volunteer hour are recorded to provide with good job references. Feel good making a difference in someone’s life and giving back to your community.

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Room Organizer:

Locations opened: Minneapolis, Robbinsdale, Brooklyn Center

Days: Flexible to clients and volunteer needs

Hours: Flexible

Contact: Maria Figueroa (612)735-7138 or email: mariaf@restartincmn.org

Description: One on one room organizer, clean room and closet

Assistance/ or verbal direction is based on clients. Feel good in assisting someone who needs your help.

Qualifications:

No Special skills needed, training provided.

Outgoing, ability to guide our clients step by step and assist in cleaning there room setting, be organized and label there items, ability to communicate with diverse population, ability to use common household cleaning apparatus such as vacuum, mopping, dusting, ect.

Timeframe:

Minimum commitment of 6 months. Devote 2hrs twice a month, Schedules will be made to meet the availability of the volunteer as long as it is convenient for the client.

Benefits:

Training, reimbursement expenses on mileage at a rate of \$.50 cents per mile and other out of pocket expenses will also be reimbursed when assisting a client, gain experience as an Room Organizer, volunteer hour are recorded to provide with good job references. Feel good making a difference in someone's life and giving back to your community.

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Computer Mentor **Position Full**

Location: Minneapolis

Days: Flexible to clients and volunteers needs

Hours: Flexible

Contact: Maria Figueroa (612)735-7138 or email: mariaf@restartincmn.org

Description: Assist our clients to achieve their goals of Computer proficiency in an informal one on one setting. The Computer skills that our clients learn will help them further towards completing a skill to help them in the community

Requirements: computer skills. Teaching our client's step by step basic computer skill give them an understanding of computers to help them strive for independence.

Qualifications:

Outgoing, ability to guide our clients step by step in computers, ability to communicate clearly and slowly. Patience.

Timeframe:

Minimum commitment of 6 months. Devote a minimum of 2hrs twice a month, schedules will be made to meet the availability of the volunteer as long as it is convenient for the client.

Benefits:

Training, reimbursement expenses on mileage at a rate of \$.50 cents per mile and other out of pocket expenses will also be reimbursed when assisting a client, gain experience as an Computer Mentor, volunteer hour are recorded to provide with good job references. Feel good making a difference in someone's life and giving back to your community.

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Winter and Summer Yard Helper

Locations Opened: Minneapolis, Robbinsdale, Brooklyn Center

Days: Flexible

Hours: Varies

Contact: Maria Figueroa (612)735-7138 or email: mariaf@restartincmn.org

Description: Do you love gardening, or lawn work. Create a beautiful garden this summer, keep our lawn free from leaves, or grass growing, in the winter our front walkways and back drive ways free of snow.

Qualifications:

Outgoing, Love for gardening/Yard work, self starter, ability to communicate with diverse population.

Timeframe:

Minimum commitment of 6months threw summer, fall, winter and spring, schedules will be made to meet the availability of the volunteer.

Benefits:

Training, reimbursement expenses on mileage at a rate of \$.50 cents per mile and other out of pocket expenses will also be reimbursed when assisting a client, gain experience as an Winter and Summer Yard Helper, volunteer hour are recorded to provide with good job references. Feel good making a difference in someone's life and giving back to your community.

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Knitting one on one: Position Full

Location: Minneapolis

Days: Flexible

Hours: Varies

Contact: Maria Figueroa (612)735-7138 or email: mariaf@restartincmn.org

Description: Do you love knitting, one of our clients need some assistance in being accompanied to knitting groups. Or at time just enjoy teaching the techniques at their home, knitting goes way beyond excitement of wearing something that you created yourself. But assisting or just being a mentor who enjoys the same techniques you do. Great form of relaxation and stress beater that results in a unique finished product. And at the same knowing you are making a difference in someone's life.

Qualifications: Patients, creative, self starter, Love to knit or willing to learn, posses own vehicle drivers license, and insurance, Outgoing, ability to guide our client's step by step, ability to communicate with diverse population.

Timeframe:

Minimum commitment of 6 months. And devote a minimum of , schedules 2 hrs twice a month will be made to meet the availability of the volunteer as long as it is convenient for the clients

Benefits:

Training, reimbursement expenses on mileage at a rate of \$.50 cents per mile and other out of pocket expenses will also be reimbursed when assisting a client, gain experience as an Knitting One on One, volunteer hour are recorded to provide with good job references. Feel good making a difference in someone's life and giving back to your community.

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Mass service Escort:

Location: Minneapolis

Days: Flexible

Hours: Varies

Contact: Maria Figueroa (612)735-7138 or email: mariaf@restartincmn.org

Description: Looking for a great activity. Come escort our Client to Sunday Catholic Mass. You are welcome to stay to have lunch with our clients too and enjoy a one on one time with our client. Wheel chair safety training is provided if needed.

Qualifications:

Be able to interact/communicate with clients of different diversity, have good attitude and open mind. Skills in listening are very essential. Posses own vehicle, driver's license, and insurance.

Timeframe:

Minimum commitment of 6 months. Devote a minimum 2 ½ hrs twice a month, end of Mass and drop client at their home, be available more hr if needed due to Mass.

Benefits:

Training, reimbursement expenses on mileage at a rate of \$.50 cents per mile and other out of pocket expenses will also be reimbursed when assisting a client, gain experience as a Mass service Escort, volunteer hour are recorded to provide with good job references. Feel good making a difference in someone's life and giving back to your community.

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Appointment Companion

Locations: Minneapolis, Robinsdale, Brooklyn Center (based on needs)

Hours: Business Hours

Days: Monday thru Friday

Contact: Maria Figueroa (612)735-7138 or email: mariaf@restartincmn.org

Description: “Help make a trip to the doctor less lonely”

Companions serve adults who need support when Family members or staff cannot be there.

Assist a client to a medical appointment which may include Dental, Physical Therapy, Counseling or Medical. Some visits can last only a few minutes, and others up to an hour or more. In some cases the volunteer may come into the appointment with the resident in order to be sure that Restart Inc. staff gets the information that they need to care for the resident. At times, residents may need some reassurance if things do not go as planned or will need direction to find the office. This is a great role for someone who is social and comfortable as well as interested in learning more about the healthcare system.

Volunteers are assigned to a specific client based on time, place and schedule of both volunteer and clients. Appointments are during regular business hours. Transportation is provided by a professional medical transport company **volunteers are not expected to use their own vehicles.**

Qualifications: 18+ or older

No Special skills needed, Training provided

Punctual, reliable, ability to interact/communicate with clients who are diverse; positive attitude and an open mind.

Timeframe:

Minimum commitment of 6 months. Between 2 - 4 times month, Hours and days to be arranged with staff and volunteer when the need arises.

Benefits:

Training, gain experience as an appointment companion, each volunteer hours are recorded to provide good job references. Feel good making a difference in someone’s life and giving back to your community.

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