

Next Neighbor Volunteer Interest Form-

We are glad to know of your interest in joining our Next Neighbor Volunteer Program. NEXT Neighbors are the heart and soul of our project to make San Francisco's Northeast Quadrant a healthy, happy and creative place for us to age safely and securely in our own homes.

Please fill out the contact form below, circle your area of interest, and return it to us at your earliest convenience by mail at PO Box 330278, San Francisco, CA 94133, or you may scan it and send it to molly@nextvillagesf.org or call us at **(415) 888-2868** to meet in person. We will follow up with you to learn more about your interests and availability.

Name _____

Street Address _____

Zip Code _____

Phone (Home): _____ (Other) _____

Email: _____

<p style="text-align: center;"><u>Transportation</u></p> <ul style="list-style-type: none"> • Grocery shopping • Medical appointments • NEXT Village social and cultural events 	<p style="text-align: center;"><u>Cultural and Social Activities</u></p> <ul style="list-style-type: none"> • Help with or provide classes and seminars on subjects such as connecting via social media, gardening in pots and document management • Help with occasional lunches or potluck dinners • Help with social events and interest groups, such as theater outings, drawing group and film club • Companionship and visiting
<p style="text-align: center;"><u>In-Home and Personal Support</u></p> <ul style="list-style-type: none"> • Provide an initial get-acquainted meeting with new NEXT Village member • Daily phone check-in or in home visit • Assist with minor household repairs and chores, like changing a light bulb, turning a mattress • Away-from-home help (periodic checks, mail pickup, plant watering) • Assist with computers and electronic devices • Assist with pet walking and care 	<p style="text-align: center;"><u>Health and Wellness</u></p> <ul style="list-style-type: none"> • Partners for walking, swimming, meditation or other activities • Exercise and relaxation classes • Help with educational seminars such as wellness strategies, CPR and home safety • Help with or provide support groups for shared problems • Help with post-hospital tasks, such as light housekeeping, laundry, meal preparation