

## Community Information & Volunteer Centre

### Capital News: Volunteer Centre Column 2012 November 22

#### **Meet new people and be a friend**

Are you a people person? Do you have snippets of time to share? Want to learn something new?

Here are a few of the ways you can get involved through volunteering.

Vision Mates are paired one-to-one with a person who is blind or partially sighted. You would give sighted assistance and companionship.

Imagine what you might learn about living every day with limited or no vision. What are the limitations? The risks? The frustrations? What other services does the CNIB offer?

How can you use your gift of sight to make life more pleasant for one other person? Vision Mates visit in a client's home, read aloud, go for walks, and assist with errands or outings.

These small tasks can be life changing for one other person.

What about becoming a Snoezelen Therapy Companion? That grabbed my attention too.

You would learn about creating a relaxing environment through the use of supportive conversation and a variety of multi-sensory items such as bubble tubes, music, and fibre-optics.

You would show up at Mountainview Village on KLO Road, meet a resident at their room and take them to the Snoezelen Therapy Room for a 15-25 minute visit.

Are you saying to yourself, "Yes, I could do that!"?

Perhaps you are more interested in small groups and helping staff with planned activities. As an Adult Day Services Volunteer you would greet people, mingle, provide a helping hand and serve refreshments.

Being there to support and socialize brings warmth, comfort and extra supervision while having fun. Community Care Volunteer Services at Interior Health would welcome your call.

These and other volunteer opportunities can be found on our website at [kcr.ca](http://kcr.ca) 'Volunteer Opportunities Search'.

And if you want a quick way to be notified about new volunteer openings in our community that match your interest areas, set up your own volunteer profile.

**Dawn Wilkinson manages the Community Information and Volunteer Centre at Kelowna Community Resources. Go to [kcr.ca](http://kcr.ca) and click on Volunteer Opportunities Search to create**



Kelowna  
Community  
Resources

your volunteer profile. View  
all the Volunteer Centre columns at: [kcr.ca/volunteercolumn](http://kcr.ca/volunteercolumn). Contact 250-763-8008 ext 24  
or [informkelowna@kcr.ca](mailto:informkelowna@kcr.ca).