



Rotary Club of Kentville 2026

Volunteer Form for Shannex – Orchard Court

Did you know that the **Rotary Club of Kentville offers financial Bursaries to graduating students** from North East Kings Education Centre (NKEC) and Central Kings Rural High school (CK). Students are selected by a scoring system after filling out a Rotary application which will be posted after Feb 1st on our club website www.clubrunner.ca/kentville - on the home page - right-hand side of the screen under Downloads. *Please ensure you download the correct year's form.*

By volunteering 20 hours at Shannex Orchard Court in Kentville over a 10-week period (starting February 23 to May 3, 2026) you will qualify for **15 additional bonus points** towards your overall score. This may improve your opportunity to be awarded a Rotary Bursary. For more information, please see the information below or contact Rotarian and Bursary Chair Kimberley Monette for more details at rotarykentvillesch@gmail.com. There is a limited number of volunteer positions and each applicant must meet Shannex's on site requirements including their interview process.

First Name _____

Last Name _____

Address _____

Postal Code _____

Home Phone _____ Cell Phone _____

Email _____

What will you be asked to do?

- Student Volunteer may be a resident companion who would engage the resident in conversation, help them with their activities or hobbies, or assist them with moving around their Long-Term Care facility whether it be by walking or wheelchair.
- Student may be asked to assist the **Recreational Programmer** during games and on-site programs or help staff with other simple activities or tasks so staff can provide more intensive care to residents.
- Student may be asked to assist residents during meal time by delivering meals/drinks to residents (with staff supervision), setting up tables and cleaning tables post meal. *Students will not be permitted to feed residents.
- Student are expected to alert staff if a resident needs their immediate attention.

What you will not be asked to do?

- Students will not provide personal care or medical aid or treatments to residents.
- Students are not expected to make any decisions for residents, lift or move a resident in any way.

DO I NEED TO COME IN FOR A SPECIFIC NUMBER OF HOURS PER WEEK/MONTH? No, the program is very flexible. We want this experience to be enjoyable for you and to fit into your school routine and availability. The program will run for 10 weeks - meaning you can come just 2 hours per week to meet the minimum requirement of 20 hours. You can also do more hours (if approved by Shannex) at one time over less weeks if that suits your schedule better (Saturday or Sundays for example).



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DO I NEED EXPERIENCE/TRAINING WITH SENIORS? No experience required, just a willingness to spend time with seniors. Some basic training is provided during orientation. *Orientation hours also count against the 20 hours required for the bonus Bursary points.

WHAT ARE SOME OF THE DETAILS OF VOLUNTEERING AT SHANNEX? Our volunteers support several different activities. Activities such as bingo calling, trivia quizzing, Scrabble, Giant Crosswords, exercise classes, music and entertainment, conversation groups, crafts, one-on-one visits, games (bean bag toss, board games), special events activities, coffee/socials, gardening activities are **only some** of the activities that are currently offered.

What if I am unsure at times how to communicate with some residents? It is important to maintain honest communication with our staff to ensure that your volunteer experience is successful. If you are having difficulty communicating with some of our residents, please alert our staff. They will be happy to provide you with some tips on how to communicate with our residents.

Time sheet must be filled out with an authorized signature and total a minimum of 20 hours.

Signature

- 1. Date of visit _____ Time in: _____ Time Out _____ Total Hrs. _____ _____
- 2. Date of visit _____ Time in: _____ Time Out _____ Total Hrs. _____ _____
- 3. Date of visit _____ Time in: _____ Time Out _____ Total Hrs. _____ _____
- 4. Date of visit _____ Time in: _____ Time Out _____ Total Hrs. _____ _____
- 5. Date of visit _____ Time in: _____ Time Out _____ Total Hrs. _____ _____
- 6. Date of visit _____ Time in: _____ Time Out _____ Total Hrs. _____ _____
- 7. Date of visit _____ Time in: _____ Time Out _____ Total Hrs. _____ _____
- 8. Date of visit _____ Time in: _____ Time Out _____ Total Hrs. _____ _____
- 9. Date of visit _____ Time in: _____ Time Out _____ Total Hrs. _____ _____
- 10. Date of visit _____ Time in: _____ Time Out _____ Total Hrs. _____ _____
- 11. Date of visit _____ Time in: _____ Time Out _____ Total Hrs. _____ _____
- 12. Date of visit _____ Time in: _____ Time Out _____ Total Hrs. _____ _____