



Volunteer – Working with Persons with Disabilities

Position	Description	Contact
Active Lifestyle Coordinator	Work with Program Supervisory staff to create a monthly health and fitness program utilizing a variety of physical activities to promote healthy exercise for residents with varying degrees of physical abilities. Coordinate program requirements to awards for milestones to motivate residents in incremental steps recognizing achievements small and large.	Tammy Nodland Lake Owasso Residence 210 North Owasso Blvd. Shoreview, MN 55126 651-765-7710 tammy.nodland@co.ramsey.mn.us http://www.co.ramsey.mn.us/hs/lor/volunteer.asp
Birthday Party Coordinator	Coordinate eight birthday parties annually for the residents of one of the LOR homes including appropriate menu, theme, activities, gift and volunteer host staff for the event.	Tammy Nodland Lake Owasso Residence 210 North Owasso Blvd. Shoreview, MN 55126 651-765-7710 tammy.nodland@co.ramsey.mn.us http://www.co.ramsey.mn.us/hs/lor/volunteer.asp
Dance Instructor	Teach others informal dance styles in the form of lessons and practice dances. Offering one style per session, demonstrate, match participants to partners and then once a basic style has been accomplished, allow participants to dance to appropriate music for the dance method learned.	Tammy Nodland Lake Owasso Residence 210 North Owasso Blvd. Shoreview, MN 55126 651-765-7710 tammy.nodland@co.ramsey.mn.us http://www.co.ramsey.mn.us/hs/lor/volunteer.asp
Befriender	The volunteer Befriender can change the life of a resident by providing companionship, a listening ear, a friendly visit or a walk by the lake. Befrienders are encouraged to create relationships with a single resident by committing to a once a week interaction with the resident individually. Families are welcome to participate in this opportunity.	Tammy Nodland Lake Owasso Residence 210 North Owasso Blvd. Shoreview, MN 55126 651-765-7710 tammy.nodland@co.ramsey.mn.us http://www.co.ramsey.mn.us/hs/lor/volunteer.asp



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Dining Companion	The Dining Companion volunteer position requires that the volunteer be able to research and develop a plan for outings from Homes in LOR that are specific to the dining needs of the residents. Utilizing menus, distance planning for travel and individual tastes as offered by consultation with Program Supervisors, the volunteer will plan a monthly “Dining Out’ event for three to eight residents from a House.	Tammy Nodland Lake Owasso Residence 210 North Owasso Blvd. Shoreview, MN 55126 651-765-7710 tammy.nodland@co.ramsey.mn.us http://www.co.ramsey.mn.us/hs/lor/volunteer.asp
Driver	A volunteer who drives may escort a resident to a particular activity in a 1:1 ratio to and from social or recreational activities or, may volunteer to drive a group of volunteers and residents in a LOR van after a six month period of acquaintance with the residents to be transported (or with staff accompanying them). If a driver is not acquainted with the residents to be transported, a staff member should accompany the van driver with the group.	Tammy Nodland Lake Owasso Residence 210 North Owasso Blvd. Shoreview, MN 55126 651-765-7710 tammy.nodland@co.ramsey.mn.us http://www.co.ramsey.mn.us/hs/lor/volunteer.asp
High Tea Host/Hostess	The High Tea Host will research the High Tea protocol, work with dietary department and plan menus, locate serving dishes and research the procedures of High Tea to adapt to the abilities and social skills of residents of LOR.	Tammy Nodland Lake Owasso Residence 210 North Owasso Blvd. Shoreview, MN 55126 651-765-7710 tammy.nodland@co.ramsey.mn.us http://www.co.ramsey.mn.us/hs/lor/volunteer.asp
Leisure Time Assistant	Volunteers will assist staff members in helping residents to enjoy off campus field trips, in house activities like board games or craft making, on campus activities like softball, volleyball and games involving large motor skills.	Tammy Nodland Lake Owasso Residence 210 North Owasso Blvd. Shoreview, MN 55126 651-765-7710 tammy.nodland@co.ramsey.mn.us http://www.co.ramsey.mn.us/hs/lor/volunteer.asp



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Pet Visitor	This volunteer position requires personal ownership of a dog or cat. This position offers the opportunity of bringing knowledge of pet ownership and responsibilities along with the companionship of having a pet visit with residents on a one to one basis or with a small group of Lake Owasso Residence (House Residents).	Tammy Nodland Lake Owasso Residence 210 North Owasso Blvd. Shoreview, MN 55126 651-765-7710 tammy.nodland@co.ramsey.mn.us http://www.co.ramsey.mn.us/hs/lor/volunteer.asp