

Volunteering is easy
and rewarding!

**Volunteer opportunities are
flexible!**

You choose what dates and
times you can help!

Even sign up for requests
online if you prefer!

Simply:

- Fill out an application
- Agree to a background check
- Attend a short orientation

Volunteers Don't have to:

- Help clients into a vehicle
- Give medications
- Provide personal care
or hands on help
- Lift people or heavy things
- Give baths or showers



In partnership with



Rev. 6-23



**We are
Neighbors helping neighbors!**

715-483-8500

PO Box 833

**2000 US HWY 8 Suite 1
St Croix Falls WI 54024**

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www.interfaithpolk.org



Donate online @

www.interfaithpolk.org



Follow us on Facebook @

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Interfaith
Caregivers
of Polk County



Be a volunteer!

Volunteers helping
seniors and adults with
disabilities continue
living independently

715-483-8500



Transportation

Rides keep seniors and disabled adults independent:

- The grocery store
- An appointment
- The bank
- The library
- The hairdresser
- Cancer treatments
- Dialysis
- Medical specialists outside of Polk County

⇒ The client may ask you to stay with them



Assistance

Help at home can keep someone safe and well:

- Light housekeeping
- Minor fix-its around the home
- Making a meal
- Help in the office
- Raking a yard
- Reading to someone
- Delivering food shelf boxes or library books

Polk County seniors and disabled need you!

Call: 715-483-8500



Companionship

Providing companionship can combat social isolation

- Visit someone in their home
- Call someone to talk or just check in
- Play cards or games
- Take someone to see their loved one at the nursing home
- Give a break to someone who takes care of a loved 24/7