



## Volunteer Application

The information on this application helps us connect you with the volunteer opportunity that will best suit you.

PERSONAL INFORMATION			
Name:			
Phone - Home:		Phone - Cell:	
Current address:		City:	State:
Email:			Ethnicity (optional):
<input type="checkbox"/> Yes, I would like to receive Iona's eNews for upcoming events, volunteer opportunities, articles, and more.			
Occupation:		Employer:	
Does your employer have a community service program?: Yes <input type="checkbox"/> No <input type="checkbox"/>		If yes, staff contact Name:	
Phone - Work:	Email:	Do you have a vehicle? Yes <input type="checkbox"/> No <input type="checkbox"/>	
School/University:	Dates attended:	Major:	
What foreign language(s) do you speak?			
Please inform us of any physical, mental, or medical limitation(s) which may prevent you from performing some volunteer tasks:			
Are you looking to complete community service hours at Iona? Yes <input type="checkbox"/> No <input type="checkbox"/> How many?			
If yes, please explain:			
Are you interested in gaining work experience? Yes <input type="checkbox"/> No <input type="checkbox"/>			
If yes, please explain:			
EMERGENCY CONTACT			
Name:			
Phone:		Relationship:	
VOLUNTEER EXPERIENCE			
Have you ever worked with older adults before? Yes <input type="checkbox"/> No <input type="checkbox"/>			
If yes, in what way?			
Please list previous volunteer experiences:			
What specific skills, expertise, interests, etc. would you bring to Iona? Please attach your resume - with cover letter - if appropriate:			
REFERENCES (NOT RELATED TO APPLICANT)			
1.	Name:	Relationship:	Phone:
2.			
3.			

### AVAILABILITY AND VOLUNTEER INTERESTS

Please let us know when it is convenient for you to volunteer by marking the spaces below:

	9:00	10:00	11:00	12:00	1:00	2:00	3:00	4:00	5:00
Monday		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saturday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please tell us anything else we should know about the times you are available to volunteer:

As an Iona Volunteer, I am interested in enabling older adults to live independent lives in the following ways:

<input type="checkbox"/>	<p><b>Friendly Visitors:</b> Visit an older adult in northwest Washington, DC, and help with grocery shopping, assist with simple hands-on helping tasks, and socialize one-on-one. Iona's Volunteer Companions are fully trained and supervised by an Iona social worker. (ap2 - 3 hours per week) Volunteers visit during the week or weekends, day-time hours. <b><i>One year commitment required.</i></b></p> <p>Please mark your preference(s) below:  <input type="checkbox"/> <b>Grocery Shoppers</b> (light shopping – a critical need for frail seniors)  <input type="checkbox"/> <b>Volunteer Companions</b> (socializing)  <input type="checkbox"/> <b>Hands-on Helpers</b> (aiding with paperwork, helping to organize items for donation, assisting with sorting mail, etc.)</p>
<input type="checkbox"/>	<p><b>Active Wellness Program @ St Albans Volunteers:</b> Our volunteers provide welcome support through: greeting participants, placing reservations, setting up for classes and meals, assisting in the kitchen, serving lunch, helping with workshops, seminars, and field trips. (Program located next to the National Cathedral). (Weekdays, 9:30 AM-2:00 PM)</p>
<input type="checkbox"/>	<p><b>Wellness and Arts Center Volunteers:</b> Assist in creating a friendly atmosphere for older adults by supporting Iona staff with recreational activities, sharing your talents, socializing, helping with lunch, and administration. (Program located at Iona, 4125 Albemarle Street, NW). (Weekdays, 8:30 AM-5:00 PM)</p>
<input type="checkbox"/>	<p><b>Specialist Pro-Bono Volunteers:</b> Provide professional expertise or guidance to Iona. Areas of need include: communications, medical and health services, information technology, policy, and research.</p>
<input type="checkbox"/>	<p><b>Administrative Assistants:</b> Help Iona accomplish its mission by contributing your organizational and/or administrative skills. Roles include: answering phones, data entry, filing, and general clerical assistance: (Weekdays) Do you have any computer skills? Yes <input type="checkbox"/> No <input type="checkbox"/> Are you familiar with Microsoft Office? Yes <input type="checkbox"/> No <input type="checkbox"/></p>
<input type="checkbox"/>	<p><b>Weekend Meals Volunteers:</b> This is a team activity with volunteers committing one Saturday morning per month to pre-pack and/or deliver nutritious meals to homebound older adults in northwest DC. Delivery teams require a car. (Saturday mornings)</p>
<input type="checkbox"/>	<p><b>Internships:</b> Iona offers a structured learning environment with supervision on meaningful projects. Focus areas include: project management, social work, communications, public relations, information technology, advocacy, policy, and education.</p>
<input type="checkbox"/>	<p><b>Other:</b> Please explain how you would like to volunteer with Iona.</p>

If you have any questions regarding this application, or would like to learn more about our Volunteer Program, please contact Tania Sechriest, Volunteer Program Coordinator, at [volunteer@iona.org](mailto:volunteer@iona.org) or (202) 895-9419.

Thank you for your interest in volunteering with Iona Senior Services!

#### SIGNATURE

I hereby affirm that all of the information I have provided on this application and in the interview process is true and complete.  
I authorize Iona Senior Services to check my references, if required, as listed on the first page of this application.  
I understand that Iona Senior Services assumes **NO LIABILITY** while I volunteer/intern.

Signature of applicant:

Date:

Part of the District's Senior Service Network--  
Supported by the D.C. Office on Aging



4125 Albemarle Street, NW  
Washington, DC 20016

Tel: (202) 895-9448  
Fax: (202) 895-0244  
TTY: (202) 895-9444

Website: [www.iona.org](http://www.iona.org)  
United Way/CFC #8833

**Please email this form to: [volunteer@iona.org](mailto:volunteer@iona.org)**