



COMMUNITY  
INVOLVEMENT  
PROGRAMS

Helping people live  
their greatest lives

## **Volunteer Opportunity!**

### *Snowshoeing Chaperone*

**Objective:** Meet with a participant of our Adult Foster Care (AFC) homes to visit a state park to go snowshoeing.

**Responsibilities:**

- You will pick up the participant from their AFC, take them snowshoeing, and then bring them home when done.
- An introductory meeting will take place at the AFC, prior to the outing, so the participant may meet you ahead of time. Our Volunteer Coordinator will let you know if the participant wants to go on the outing.
- We ask that you call the participant the day of the outing to remind/confirm that you're meeting that day and then later confirm the activity with the Volunteer Coordinator after it has been accomplished. If you do not receive confirmation of the outing from the participant, you may assume it is not on for that day.

**Qualifications:** Are you a caring individual aged 18+, with a clean criminal record, who would like to spend some time snowshoeing with someone who lives with a persistent mental diagnosis? You will need to pass background checks and orientation/training which CIP will provide and perform.

**Training & Preparation for the job:** You will go through training & orientation at CIP. You will be trained in all aspects needed for your volunteer opportunity, especially Vulnerable Adult and HIPAA training. Background/driving record checks and training usually takes 1.5 – 2 hours.

**Commitment:** This is a 1-time commitment activity. If you and the participant enjoy the activity and want to do another, you may work with the Volunteer Coordinator to schedule more activities. It is our hope that if a strong relationship develops it might continue beyond that timeframe. However, if it was not a good match to begin with, a change may be made.

**Benefits:** You may impact a participant's quality of life, self-esteem and confidence; you might improve their health, and their sense of feeling needed and valued. You will meet new people, might learn new skills, and your sense of the value of community may expand and diverse work experience might take place.

**Evaluation:** At the end of the commitment, you and the Volunteer Coordinator will evaluate how the activity went and you will be able to give feedback about your experience.

**Supervisor:** Volunteer Coordinator, Jaime Gjerdingen, text-able cell: 612-314-9413, [jgjerdingen@cipmn.org](mailto:jgjerdingen@cipmn.org)

**Print Name** \_\_\_\_\_

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**CIP staff signature** \_\_\_\_\_

*Volunteers shall be recruited without regard to race, color, creed, religion, national origin, sex, sexual orientation, disability, age and marital status, status with regard to public assistance or membership in the local Human Rights Commission.*



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