

At the home of Mary E. MacDonald & Karl R. Ackerman, 202 Haverhill Road, Topsfield, MA 01983

Make a difference for care-partners and people with long-term-care needs!

If you live North of Boston, are at least age 14, and are interested in joining us as a volunteer, please e-mail Mary at marymacmissions.com, or call 978-887-4202.

Thanks for your interest!

~ Mary & Karl

These are the areas in which we need your help:

1. Administration (help us coordinate and organize volunteers & volunteer activities)
2. Outreach/Marketing (help us spread the word about our programs)
3. Gardens/Horticulture (help us prepare the gardens for our programs)
4. Programs/Hospitality (help us host people with special needs during programs)

Our volunteers like to make the following commitments:

- Apr. - Oct., Seasonal; Program Type: Sunday Stroll OR Memory Café
- Apr. - Oct., Seasonal; Admin./Outreach/Garden Support; hours (variable & flexible)
- Year-round, 1-2x per month; hours (variable & flexible)
- Year-round, 1x per week; hours (variable & flexible)
- Year-round, More than 1x per week; hours (variable & flexible)
- One-time contribution; hours (variable & flexible)

Groups and families like to volunteer with us and we welcome their application.

What are the Benefits?

Rest.Stop.Ranch volunteers have the opportunity to become part of a dynamic and highly-participative Rest.Stop.Ranch communittee consisting of Mary, Karl, team members, program participants, contributors (of plants and funds), volunteers, mentors, and project stakeholders.

Rest.Stop.Ranch volunteers have the opportunity to experience meaningful and gratifying work:

1. *support families living with long-term illness and disability*
2. *develop wheelchair-accessible gardens for the present and future*
3. *meet guests with disabilities and care-partners with kindness and love*

Requirements for Volunteering

- At least 14 years old.
- Enthusiasm for Rest.Stop.Ranch Programs and a commitment to learning about conservation, stewardship, and universal access.
- Ability to lift 20 pounds, the ability to stoop and bend, and the ability to tolerate local weather.
- No prior gardening knowledge is required; all necessary knowledge is taught.
- Ability to talk informally to children and adults, both in groups and one-on-one.
- Ability to communicate Rest.Stop.Ranch rules effectively in a non-threatening manner.
- Must be reliable, responsible, and flexible.
- The ability to walk or stand for a significant amount of time.
- All required information and communication techniques will be taught.
- Report to work on time and in uniform.
- Work with a positive, can-do attitude with all guests and members of the team.

Minimum Time

- A one-time contribution of project time, or a regular commitment of your choosing is appreciated.

Training

- Volunteers are paired with a member of the Rest.Stop.Ranch team to perform their duties, and additional on-the-job training will be provided by those team members.

Uniform

- All volunteers will be issued a volunteer ID name tag, which must be worn when acting in a role supporting guests.
- Long pants are considered appropriate (khakis and blue jeans are acceptable).
- For safety reasons, closed-toe shoes and socks are required; no sandals. A hat, sunscreen, and water bottle are all encouraged (also, work gloves if working in the garden).

Support

- Rest.Stop.Ranch team members are available to provide assistance, supervision, and mentoring as needed.

How to Apply

- Fill out a Rest.Stop.Ranch volunteer application. Please e-mail mary@marymacmissions.com for an application.