

Fulford Residence is a unique and special residence for the 38 senior ladies who live here. The Residence prides itself on providing a high quality of service and a caring environment for the residents. Volunteers play a crucial role in the support of the ladies, offering a wide variety of activities and welcome companionship.

The Board of Directors is made up entirely of volunteers, individuals with experience in a wide variety of professions or areas of public volunteer service. Fulford Residence has a rich history and a supportive relationship with institutions and individuals in the wider community in Montreal and beyond.

You are welcome to become part of the Fulford Family by offering your time and your talents to enhance the life of our residents.



Activities that many ladies enjoy:

- Sitting on the porch and enjoying the changing seasons
- Caring for a plant and watching it grow
- Listening to music and singing along to a familiar song
- Playing a simple game, or Bridge if they enjoy cards
- Bingo is always fun! With prizes!
- Hearing stories read aloud
- Painting and doing simple crafts
- Visiting with children
- Some like to pat a dog or cat
- Going for a short walk

Use your imagination to add to this list...

How Do I Become a Fulford Volunteer?

Please contact the office for an application form; an interview will be arranged, and your questions will be answered.

Be sure to check out the Fulford website:
www.fulfordresidence.com

We look forward to welcoming you to the Fulford Family!

FULFORD RESIDENCE TREASURES ITS VOLUNTEERS!



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Fulford Residence

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Some important guidelines for those who want to make a difference:

When a person enters a residence that offers long-term care, they experience many losses. Not only are they losing some of their independence, freedom and family interactions, they frequently feel a loss of control of their lives, dignity and their daily routines; some may also experience boredom. In some cases, family members seldom visit. Most ladies would be very appreciative of time that volunteers spend with them.

- ✦ Get to know the ladies. Many of the residents have held positions of responsibility in their chosen fields. Many have raised families and enjoy sharing their memories of the good times they have experienced. Many are very well-read and have lots to talk about!
- ✦ If you should visit a lady in her room, take note of the photographs and mementos on display. These items will trigger your friendship as the ladies tell you their stories.
- ✦ Ask questions about the ladies' interests. Tell them about your interests. You will learn something new from, and with, the person you are visiting.
- ✦ If you encounter a lady who appears to be confused or unhappy, please guide her towards a staff member who can help her.
- ✦ From time to time you might overhear information of a confidential nature. Volunteers are asked to respect a code of confidentiality in order to preserve the privacy and the dignity of every individual and every family.
- ✦ **Parking** can be a problem at Fulford as space is limited. If your vehicle may be blocking another vehicle, please leave your key with the office, or let the staff know where you will be in the building, so that they can call you to move your car.

Roles that volunteers play at Fulford:

Door Sitters: Be a cheerful host for guests arriving and departing. Pick up the refreshment trolley in the Tea Room, and pass tea, coffee and juice to the ladies, visitors and office staff, mid-morning and mid-afternoon.

Church Service supporters: Set up for a service in the large sitting room. Encourage ladies to attend the service and walk with them to get them seated.

Readers: Do you enjoy reading aloud? Many ladies appreciate being read to.

Musicians: Do you play an instrument? Do you enjoy singing? Music is always welcome.

Bingo players and callers: The ladies enjoy this activity!

Pet Lovers: On a lovely day, some volunteers bring a gentle dog or cat onto the balcony and allow the interested ladies to pat them.

Companions: You may find that you form a friendship with a particular lady. Just spend time visiting and chatting.

Cookie Bakers: Homemade cookies and squares are always a treat at tea time!

Knitters: There may be ladies who would love to knit with you.

Travellers: Share your slides and tell your stories. Arrange for time and equipment with the office.

