

- **Baby Shower** – We host a baby shower for the female Veterans and Veterans that have wives that are expecting. We just hosted our second baby shower and hope to continue every 6-9 months. The e-mail, following this one, will have a picture from last Sunday's (4/29/12) event. The only way we can pull this off is the donations of funds and actual items (i.e., rocking chairs, baby bath tubs, diapers, wipes, rattles, etc.) and volunteers (**4-6 volunteers**).
- **Evening Activities** – (**8-12+ volunteers – depending on the event**) – This event is held in the evenings, normally weekdays (special occasions we will have them on the weekends), and they are sponsored by local service organizations (i.e., D.A.V., V.F.W., American Legion, etc.) and a few companies. We could use, on any given night, 5 volunteers if you GE is interested. If GE wanted sponsor one of these events (i.e., bingo, horse races, Nintendo Wii, movies, cornhole, etc.) it, normally, involves bringing \$100 (give or take) and refreshments (i.e., pastries, juice, milk, etc.).
- **Buddy Program** – This is a new program that we are launching at the Fort Thomas Domiciliary. We are seeking volunteers that would like to strike up a "buddy" friendship with a Veteran in the long-term wing of the CLC. This would give the Veteran something to look forward to on a regular basis. The volunteer, that is interested, can choose the frequency (i.e., once a week or month or what works for their schedule) that they want to visit their Veteran. We would like to start off with **approximately 5 volunteers in the first group**. As the program progresses we will need to add more volunteers until each Veteran has a "buddy". We will orientate them and match them up with a Veteran.
- **Newspaper Distribution/Reading on Sundays** – (**2-6 volunteers**) These volunteers would bring copies of the newspaper up to the psych floor (7th floor) and they would share/read it to the Veteran. This allows the patient to stay up to date on current events.
- **Equestrian Program** (**2-10 volunteers**) – Both Fort Thomas and Cincinnati VA Medical Center (VAMC) would need assistance with these field trips that they would take to a horse farm off-site (see attached image 100 7511.JPG).
- **Cookie Program** – (**3-4 volunteers**) – We started this program a couple of months ago. We need volunteers to bake cookies and disburse them to the patients on the 7th floor. Not only does this program bring a comforting smell to the floor it, also, makes them feel at home – which is the direction that the VA is going in to make it a less sterile feeling environment.
- **P.O.W/M.I.A. Ceremony** – (**6-10 volunteers**) – Fort Thomas Domiciliary hosts this event for their patients in September and another is held in April in Green Hills.
- **Homeless Veterans Stand Down** – We need a variety of assistance with this event:
 - **Volunteers (10+ volunteers – we will take what we can get)** for stuffing 500-600 bags of much needed items for the homeless/transitional Veterans that attend this event.
 - We, also, need volunteers for the day of event which is, always, the first Friday in October – this year it will be on Friday, October 5th. The event goes from 8AM-3PM. We would need (**5-15 volunteers or more**) to help assist with serving food/refreshments, play cornhole with the Veterans, register Veterans, assist with directions, and the list goes on.
 - The only this event can be made possible is through the generosity of donations (i.e., toiletries, clothing, monetary, individual snack items, etc.).
- **Refreshment Program** (**2-4 volunteers for either program**) – We are in need of a sponsor for our Morning &/or Afternoon Refreshment Programs. We are looking for groups to bring in pastries, milk, juice, fruit, &/or healthy individually-wrapped snacks. It can be the choice of the sponsoring party as to what they would like to bring in for the Veterans.

- **Fisher House** – We have a variety of ways that you can make a difference at the Fisher House.
 - **Holiday or Normal Everyday-Type Dinners – (4-6 volunteers)** – Because the Fisher House resident is busy tending to their Veteran, at the hospital, they rarely have time to spend at the house. Having a meal or sandwiches available to eat, on the run, is a blessing to resident. This type of volunteer event can be done anytime – holiday time or otherwise.
 - **Holiday Decorating – (6-8 Volunteers)** – The residents are so appreciative of those that come over to the Fisher House to decorate and make their stay feel more like home during the holidays. This is a simple but priceless random act of kindness that brings a tear to the resident’s eyes.
 - **Assembling Toiletry Bags – (5-10 Volunteers)** – We receive quite a bit of donations of shampoo, conditioner, lotion, soaps, tooth paste and toothbrushes. What we need is people to put these items into Ziploc baggies. We can, also, perform this activity inside the hospital as well. These baggies are utilized at the Fisher House, inpatients up on the wards and the Women Veterans Clinic.
- **National Salute to Veterans Week (10-30+ volunteers throughout the course of the week mid-February)** – We would need volunteers to greet people at special events that we create for that week, serve refreshments, greet at the entrance of the hospital or Fort Thomas Domiciliary, visiting up on the inpatients wards or at the CLC (in Fort Thomas) and many other items that we create to make this a great way to salute our Veterans for their service.
- **Various Holidays – (each event we could use an average of 6-10 + or more)** –We need assistance with the following major holidays.
 - **Pass out cards to inpatients, on the wards, at the Cincinnati VAMC or Fort Thomas – (2-10+ volunteers)** – this would apply to any of the holidays.
 - **Picture Opportunity – (2-10 volunteers)** – Taking the Veteran’s picture with Santa and Mrs. Claus and, possibly, providing hot cocoa&/or apple cider and a snack during the event.
 - **Holiday Decorating – (8-10+ volunteers at either facility)** – We, always, need assistance with decorating on any given holiday at both facilities.
 - **Revolving Door/Front Entrance Decorating – (2-4 volunteers)** – With the change of seasons/holidays we need assistance with decorating the revolving door that the majority of the Veterans enter the facility through.
 - **Memorial Day Picnic at Fort Thomas – (8-10+ volunteers)** – Every year there is a Memorial Day Picnic held for the Domiciliary patients. We would need assistance with serving food & refreshments, visiting with the patients, etc..
 - **Annual Pie Social at Fort Thomas (8-10+ volunteers)** – This event is held in lieu of Thanksgiving because of the different dietary restrictions. This allows the Veteran to have a tasty treat that they can share with their family and friends. We would need help with serving the pie, visiting the patients and set-up/clean up of the event.
 - **Halloween at Fort Thomas – (10-15+ volunteers)** – Just like the pie social, listed above, we would need volunteers to perform the listed duties.
 - **Labor Day Barbecue at Fort Thomas Domiciliary – (10+ volunteers)** – The D.A.V. State of Ohio hosts this event each year. We need people to assist with food prep, set-up/tear-down, helping the Veteran with getting their food, conduct/assist with bingo event, serving food, rolling the patients that are in wheelchairs down from the 3rd floor, and visiting with the patients.
 - **Wreaths Across America at Fort Thomas Domiciliary – (4-10+ volunteers)** – This event is held each year on the 2nd Saturday in December in remembrance of our fallen soldiers. We are making sure that the soldiers are not forgotten even after they are gone. For more information you can refer to: <http://www.wreathscrossamerica.org/>.
- **Assisting our Engineering Department with various landscaping duties (6-10 volunteers)** – These opportunities would vary according to the weather and time of the year.

- **Musical Talent – (6-10+ volunteers)** – We are always looking for different talent to entertain the Veterans at both facilities. The musical talent can be performed up on the wards or in largest area, respectively, at each facility. This type of talent can be displayed during the holidays, evening activities, National Salute to Veterans Week (mid-February), National Volunteer Appreciation Week (mid-April), Annual Volunteer Appreciation Luncheon (mid-June), etc.. These groups can be in the form of a band or a soloist. During these events, in the large social areas, we need people to assist with greeting and refreshments.
- **Theatrical Talent (6-10+ volunteers)** – The details surrounding this volunteer opportunity are the same as the Musical Talent – except for the type of talent displayed.
- **Hospitality Cart at the Cincinnati VAMC – (2-4 volunteers)** – We would need people to push the cart around the facility to various patients/Veterans and offer comfort items. This is just another value-added service that we can offer the Veterans – which is very much appreciated.
- **Visitation – (5-15+ volunteers)** – This can be arranged any time of the year. You can make this a weekly or bi-weekly event if you wanted to create a regular option for the employees. Visitation can be done on the inpatient wards (both ICUs and floors 5-8) or at the Fort Thomas Domiciliary CLC (or nursing home if you will).
- **Assembling Toiletry Bags – (5-10 Volunteers)** – We receive quite a bit of donations of shampoo, conditioner, lotion, soaps, tooth paste and toothbrushes. What we need is people to put these items into Ziploc baggies. This opportunity is exactly like the one that is listed under the Fisher House. This can be done at either location.
- **My HealthVet – (2-10 volunteers all depending on the event/setting)** -- My HealthVet is the VA's Personal Health Record. It was designed for Veterans, active duty Servicemembers, their dependents and caregivers. My HealthVet helps you partner with the Veteran's health care team. It provides the Veteran opportunities and tools to make informed decisions. In the past year, more features have been added that allow the Veteran to view VA appointments and check lab results. The most popular feature is still online prescription refills. The Veteran can also view your prescription history. We would need volunteers in a variety of ways: 1) Going up to the inpatient wards, room-to-room, and assist the Veteran with signing up; 2) Assistance with mass mailings; 3) Assisting at Health Fairs and/or our Mobile Health Unit on location at special events; and 4) Being available in our computer room (PERC) to assist the Veteran with enrolling. You may go to their website for more information: www.myhealth.va.gov.
- **Horticultural Program** – (2-10+ volunteers) – located at Fort Thomas Domiciliary. The Domiciliary just had a year-round greenhouse donated by P & G that the Veterans, of the facility, can utilize. This is a great therapeutic program for Veterans of any disability. If interested, please inquire about how you donate or take part in a volunteer activity that directly affects this program.
- **Ice Cream Social** – (4-6+ Volunteers)

***Please note that this list is only the tip of the iceberg of volunteer opportunities that we have to offer. We can create other opportunities as well. If you think that there is something else that would be great, to offer the Veteran, we are **ALWAYS** open-minded to new suggestions. In addition to this list we can also tap into the different departments (i.e., Nutrition & Food, OEF/OIF/OND Clinic, Primary Care, Canteen Services, etc.) and find out what their needs are and what large projects that they have coming up that they would need assistance with. **“The sky is the limit!”**