



Coastline Neighbors is an all-volunteer non-profit organization, governed by its own Board of Directors. We help people to remain safely in the home of their choice.

The organization is modeled after the highly successful village movement which offers aging-in-place services nationwide. However, we have customized our services to meet the needs in our community.

As a volunteer, you will play a vital role in the success of Coastline Neighbors. Your gifts of time, skills, and talent will help our members to thrive. We couldn't exist without you.

The volunteers assist the members of Coastline Neighbors by providing local transportation, long distance medical transportation, shopping assistance, delivery of food and medication, small household tasks, check-in phone calls, and friendly visits.

Background checks are done on both members and volunteers for everyone's safety and peace of mind.

Who are we looking for? People who have a positive attitude, compassionate heart, open mind, a willingness to try something different and the motivation to help others. If this is you, we would like to spend some time getting to know you!

***Spread the word about Volunteering for Coastline Neighbors***  
**Share this newsletter or a brochure.**  
**Tell a friend. Volunteering with friends is twice the fun!**

### **The benefits of being a volunteer**

- ♥ Gives you a personal connection to our community
- ♥ A chance to do something different
- ♥ A way to share your skills and talents with others
- ♥ Meet new friends
- ♥ Decrease the feeling of being alone
- ♥ Can reduce stress, anxiety and depression by increasing physical and mental activity
- ♥ Improves your social and relationship skills
- ♥ Gain valuable community engagement experience for employment
- ♥ Brings fun and fulfillment to your life

### **Coastline Neighbors offers unique ways to volunteer**

- ♥ Flexibility so volunteering can fit easily into any schedule
- ♥ You pick what you want to do and when you want to do it
- ♥ Appreciative Members
- ♥ Lots of variety of tasks to choose from either with members or organizational
- ♥ Volunteer as often as you would like. There is no minimum requirement



## ***JUST A FEW OF THE WAYS OUR VOLUNTEERS CAN LEND A HELPING HAND TO OUR MEMBERS***

### **Transportation:**

Local & Long Distance  
Running errands  
Medical appointments  
Post Office  
Hair/Barber appointment  
Go to events



### **Assisting With:**

Grocery shopping  
Clothing & gift shopping  
Organizing  
Pick-up & Mailing packages  
Decorating for holidays  
Delivering food/medication

### **Help Around the House:**

Simple repairs  
Occasional yard work  
Occasional pet care  
Use of indoor ladder  
Changing light bulbs  
Moving garbage cans  
Hanging pictures  
Refrigerator cleanout  
Mattress turning  
Changing bed linens  
Change smoke alarm batteries  
Reset clocks  
Vacuum 1 or 2 rooms



### **Technical Assistance:**

Set up e-mail  
Simple computer tasks  
Set up electronic gadgets  
Program TV remotes  
Program cell phones

### **Friendly Calls and Visits:**

Check-in phone calls  
Phone visits for conversation  
Deliver library material  
Sending cards  
Doorway visits  
Play cards or a board game

## **OUR VOLUNTEERS CANNOT PROVIDE**

Medical assistance or advice  
Chores on an ongoing basis  
Emergency services

Respite care  
Legal or financial advice

## **SOME OTHER WAYS VOLUNTEERS CAN USE THEIR SKILLS AND TALENTS TO HELP COASTLINE NEIGHBORS**

Develop Social Media Content  
Grant Writing  
Graphic Design  
Blog and Vlog  
Research  
Writing articles



Develop and Produce Podcast  
Photography  
Community Events  
Maintain Traditional Media  
Website Design  
Marketing



"Volunteers do not necessarily have the time;  
they just have the heart." – Elizabeth Andrew



# WHAT OUR MEMBERS SAY ABOUT OUR VOLUNTEERS



I am thankful for all the Volunteers in the Call Center and the Volunteers of the administrative staff. I am also thankful for the special events that allow us to meet together. ~Charley

You Volunteers are a blessing...kind, loving and useful. You are a ray of sunshine! I love you and thank you every day. ~Feliz

Thanks so much for calling. We've gotten to be good friends. ~Lea

I have enjoyed the social visits I've gotten so far. I want to express my thanks for them. ~Linda

You were life savers for me after my accidents. I needed help with the essentials like rides to the doctor, bank and grocery store. Thank you! ~Pat L

Thanks so much for all you do. I'm sold on the program and the process. ~Dar

I'm so impressed with the Volunteers that have come to help me...punctual, efficient, professional, friendly and kind. I'm most appreciative! ~Dottie

Thanks for putting up my smoke alarms. I feel safer. ~Stevie

I appreciate everything you've done to help me. I lost my husband two years ago and it gets very lonely. ~Jean

Thank you from the bottom of my heart. I don't have family here. You are my family! ~Soon Ae

How can I thank you enough? I enjoy spending time every week with a Volunteer! ~Mary

I appreciate the Volunteers! They are all so nice and thoughtful. ~Fern

I am 90 and live alone so having a call in the morning means a lot to me. The drivers are such good company too. ~Shirley F

Thanks for the rides to Physical Therapy and taking me to the Senior Center for lunch. ~Larry

Sometimes the Volunteers are the only people I see. They are cheerful and willing to do just about everything...except bring me a million dollars! ~Shirley M

Thanks for the handyman help. Since you fixed my clothesline, I again have the simple pleasure of wind-blown, sun-kissed laundry. ~Lindy

After using the Volunteers several times, the job has always been done well and in a timely manner. Thanks! ~Eunice

I wasn't expecting all the extra little things you do, you all make me feel special. ~Janet

I am so pleased our communities have such a valuable resource. The Volunteers are so generous to share. ~Judi

Thanks for all the goodies and the masks. I wish there was something I could do for you. ~Thia

We thank God for our long-distance Volunteer drivers. They are uplifting and caring. ~Roger and Jeannine

Thank you for my Christmas stocking. It was so much fun going through it and unwrapping all the presents. I don't usually get presents so this was special. —Deanna



## Coastline Neighbors - going strong since 2016!

