



"Seeing the joy the music brings to them is so rewarding and reminds us why we do what we do!"

Eastman students Letitia and Kenneth travel to St. John's Home to play for elders and guests each week. For Letitia, the opportunity to perform for a different type of audience appeals to her as a musician. However, the advantages of volunteering her time go further than that. "To hear the people here sing or to see them dance to the music in their seats is so much fun to watch," says Letitia.

Jackie lives on the Rose Neighborhood at St. John's Home and has appreciated fine music her entire life. "It was absolutely incredible," says Jackie, "Everybody was tapping their toes."

A Full Spectrum of Senior Services

St. John's provides access to a full spectrum of senior services and assistance at every stage, from exploration to moving into a new home. At any time, we are here to help seniors make their next transition.

- Senior Housing
- Rehabilitation
- Adult Day Services
- Skilled Nursing
- Alzheimer's/Dementia Care
- Comfort Care



stjohnsliving.org

150 Highland Avenue, Rochester, NY 14620
585-760-1300



Make a difference as a
St. John's volunteer!

Discover the Benefits

Volunteering not only makes a difference in the lives of our residents—it can change yours as well! Did you know that those who volunteer live longer, healthier lives? Ninety-four percent of people who volunteered in the last 12 months said volunteering made them happier. There is payback in paying it forward. As a volunteer, you also gain the added opportunity to foster new friendships while having fun.



Get Involved

There are many ways to get involved as a St. John's volunteer. Transport a resident to a Beauty Shop appointment, drum with a resident at the *Now We Drum* drum circle, or assist with a resident's project in the art studio. Prefer gardening, playing music, or visiting with your pet? Or how about a game of bingo or cards? We even have a gift shop run by volunteers like yourself.

As a volunteer, your support is essential to our residents' happiness and well-being, providing welcome companionship and a helping hand. As a way to thank our St. John's Home volunteers for their generosity, we offer free meals in our cafeteria, free ice cream at the ice cream shop, and flu shots for volunteers age 21 and over. All St. John's volunteers are also invited to enjoy our biannual volunteer recognition events.

We have opportunities to fit any schedule, whether you can give one hour or ten. To ensure you feel comfortable and prepared to assist in activities and programs, our volunteer coordinator is happy to provide the level of training you require.

Volunteer Opportunities

- Working in our gift shop
- Transporting residents in wheelchairs
- Bingo
- Card games
- Friendly visits with residents
- Musical performances
- Gardening with our Green Thumb Club
- Providing bedside manicures
- Visiting with your pet
- Art projects
- Library
- Tuesday and Sunday worship
- Helping with special events (concerts, the Lilac Festival, etc.)



"I thought that [volunteering] was something I could do to help make a difference in this part of people's lives. Sometimes it's just a small gesture or a look or a couple of words—that's all it takes."

"I enjoy seeing the smiles on their faces and hearing their stories. They appreciate the simple things in life and it makes me feel good."



We look forward to meeting you!

Apply online:
stjohnsliving.org/volunteer

For more information:
volunteer@stjohnsliving.org