

An Introduction to Volunteering at Arnprior Regional Health

Thank you for considering becoming a volunteer with Arnprior Regional Health. Our volunteers play a key role in helping us fulfill our vision of working together to create a healthy community.

What types of activities do volunteers do?

- **Opportunity Shop (downtown Arnprior):** sales clerk or sorter of donated clothing and household items
- **In-Hospital:** Gift Shop sales clerk, water distribution, porter (helping to transport patients to appointments within the Hospital), palliative care, sewing, or assisting with recreational activities
- **Grove Nursing Home:** assisting with resident activities, outings, meal assistance, special events, ministerial services, music, visiting with residents.
- **Adult Day Program:** Helps to plan and organize events, games, celebrations and outings with residents.
- **Off Site / At Home:** sewing, crafts

What is the time commitment expected from volunteers?

A minimum of 24 hours is required April 1 through March 31 every year. Whether you're available once a month, or once a week, all volunteer hours are appreciated, valued and important. We're happy to work with you even if your availability changes.

I want to become a volunteer. What do I need to do?

1. Complete our **Volunteer Application Form**.
2. All Volunteers are required to provide proof that they have received a 2-dose series **COVID-19 Vaccine**; **or Written proof of a medical exemption**, provided by either a physician or nurse practitioner that sets out: that the person cannot be vaccinated against COVID-19; and the effective time period for the medical.
or reason or sufficient proof, acceptable to ARH, that refusing the COVID-19 vaccination is based on a protected ground under the Ontario Human Rights Code. Proof of medical exemption or request an exemption to Human Resources based on Human Rights.

You can download your vaccine receipts at <https://covid19.ontariohealth.ca/> by inputting your health card information.

3. **Vulnerable Sector Check (VSC) * Grove & Community Programs.**
Criminal Reference Check (CRC) *Hospital & OPP Shop

This is free of charge for volunteers but takes 1 to 3 weeks to process. You can download the VSC/ CRC request form from the OPP website or contact us for a copy. The form must be taken to the OPP

detachment which is closest to where you live for processing. The completed check will either be emailed to you or you will have to pick it up at the OPP. If you already have one completed we will accept it as long as it is dated no more than 6 months from your anticipated start date.

4. ***ONLY IN-HOSPITAL; GROVE & COMMUNITY VOLUNTEERS***

Immunization Records required: Hep B, Measles/Mumps/Rubella, Tetanus/Diphtheria/Pertussis, Varicella, TB.

Records can be obtained from: yellow immunization card, family doctor, titer results from educational institution/employer, Renfrew County Public Health Unit (1-800-267-1097)

Not able to find any records? We will arrange for bloodwork to test your immunizations. Contact us for a lab requisition.

5. ***ONLY IN-HOSPITAL; GROVE & COMMUNITY VOLUNTEERS***

Before starting your volunteer placement, you must attend a mandatory orientation session. We offer these sessions on a monthly basis at the Hospital, always held on a Monday from 8:00am-12:00pm. Contact us so we can schedule you in advance.

Schedule an appointment with Human Resources to hand in your paperwork and complete the volunteer processes. Email volunteering@arnpriorhealth.ca or call 613-623-7962 x 518