



## Virtual Buddy:

*Provide friendly call services to residents and guests in long-term care; this may include listening, general conversation, friendship and compassionate support.*

### Requirements:

**Completion of:** [Application](#)

**Completion of Background check (if over 18):** [Background Check](#)

**Phone Interview:** Scheduled upon receipt of application and clearance of background check.

**Access to:** Phone or Computer

**Minimum Age to Call Alone:** Rising 9<sup>th</sup> grader

**Skills:** Good Listening & Communication Skills, and the Desire to Establish One-To-One Relationships

**Submit Volunteer Hours:** Monthly

## Entertainment Contributor:

*Provide a community based entertainment source. Submit prerecorded video of music, dance, singing, How To demonstrations, reading of books, short stories, or poetry. Be creative and share your talents/passions. Not comfortable in front of the camera be the videographer or editor for someone who loves the spotlight.*



**ALL VIDEOS MUST BE RATED "G"**

**Frequency of Call:** 1-2 times weekly

**Duration of Call:** Dependent on Participants

**Service Hours Awarded:** ½ Hour Given for Contact to 15 min., 1 hour given for 16 min. to an hour

### Requirements:

**Completion of:** [Application](#)

**Access to:** Phone or Computer

**Minimum Age:** All Ages Welcome

**Skills:** Good Communication Skills, Good Presentation Skills

**Submit Volunteer Hours:** With Submission of Video

**Service Hours Awarded:** Minimum 1 hour for Submitted Well Edited Video

**Video length:** How to / Educational 2-3 minutes, Entertainment as Appropriate for Performance

**Video format:** mp4

**Send Completed Video to:** <https://brooksvs.wetransfer.com>

Include your name and name of performance



## Cards/Art or Stories:

*Create cards, letters or short stories to brighten the day of our patients, residents, and staff all who have had to endure a unique and challenging time. It is these little things that can turn someone's day around.*

### Requirements:

**Completion of:** [Application](#)

**Access to:** art or writing supplies

**Minimum Age:** All Ages Welcome

**Skills:** Crafting, Basic Spelling, and Writing

**Submissions:** Minimum of 4 items

**Service Hours Awarded:** 1 Hour for Every 4 items Submitted

**Submit Volunteer Hours:** Monthly

**Delivery:** Volunteer Services/ Brooks Rehabilitation / 3599 University Blvd S. /Jacksonville, FL 32216

## Book Club:

*Lead the discussion of a book over Zoom. Choose a book and communicate the choice to the group. Conduct a weekly book discussion, of predetermined chapters encouraging everyone's involvement. Keep book choices to books close to 400 pages to ensure everyone can keep up.*



### Requirements:

**Completion of:** [Application](#)

**Completion of Background check (if over 18):** [Background Check](#)

**Access to:** Zoom, FaceTime, or Similar Program

**Minimum Age:** Rising 9<sup>th</sup> grader

**Skills:** Ability to Lead Discussion and Ensure Everyone has a Chance to Participate

**Commitment:** 4 weeks or One Book

**Submit Volunteer Hours:** Monthly

**Service Hours Awarded:** 6 hours per book



## Virtual Work Out Companion:

*Be someone's accountability partner. Contact them per their exercise plan, and join them via technology as you work out together. They will provide: the exercise plan, including type and duration.*

### Requirements:

**Completion of:** [Application](#)

**Completion of Background Check (if over 18):** [Background Check](#)

**Access to:** Phone or Computer; ability to use Zoom, FaceTime, or similar program

**Minimum Age:** Rising 9<sup>th</sup> grader

**Skills:** Good Communication Skills, Ability to Provide Encouragement, Through Positive Methods, Good Physical Condition

**Submit Volunteer Hours:** As Completed

**Service Hours Awarded:** Minimum 1 hour per session