

# GIVE A LITTLE, GET A LOT

## Hospice & Palliative Care Volunteer Opportunities

VNA Community Healthcare & Hospice's  
Hospice & Palliative Care programs  
are expanding and  
**WE NEED YOUR HELP!**



### We are seeking volunteers in a variety of areas, including:

- Complementary Therapies (Massage, Reiki, Reflexology)
- Pet Therapy
- Activities such as art and music
- Patient Companions (companionship, errands, light housekeeping, Family Caregiver respite)

### As a volunteer you will receive:

- Free, mandatory training
- The support of a team
- Unlimited appreciation and gratitude



**GET PERSONAL  
ATTENTION**



**KEEP YOUR  
INDEPENDENCE**



**IMPROVE YOUR  
HEALTH**

**Home Healthcare Services &  
Community Care Resources**



**VNA COMMUNITY  
HEALTHCARE & HOSPICE**

BESIDE YOU AT EVERY TURN

If you are interested in learning more about this rewarding experience,  
contact Jo Ann Begley at **203.458.5950** or **JBegley@vna-commh.org**