



Community Volunteers

Application

What is The Mustard Seed Project?

The Mustard Seed Project of Key Peninsula is a grass roots community-based organization dedicated to building an “elder-friendly community.” It’s not about how old you are, but how you are old. We believe an elder-friendly community is a good place for everyone to live.

Our Mission:

The mission of The Mustard Seed Project is to ensure choices for healthy aging on the Key Peninsula by connecting elders with innovative programs and resources.

Our Vision:

The vision of The Mustard Seed Project is to create an elder-friendly Key Peninsula, where our neighbors may choose to safely “age in place” with dignity and respect.

How YOU can help!

Volunteers are the cornerstone of The Mustard Seed Project, actively helping their neighbors to remain on the Key Peninsula as they age. The Mustard Seed Project is always looking for volunteers for a wide range of services and supports.

- **Community Volunteers**
Assist seniors with basic services at their home including yard & garden assistance, friendly visits/calls, general home maintenance, light housekeeping, and more.
- **Community Solutions Driver** *(requires separate application)*
Drive seniors to activities using our Pierce Transit Van that includes a wheelchair lift.
- **Key Peninsula Senior Ride Program** *(requires separate application)*
Drive seniors and disabled adults to medical appointments, grocery shopping, and errands with your personal car. Mileage reimbursement available through Catholic Community Services.
- **Key Senior Information Center**
Provide information about pertinent services and programs to elders and their families (training provided).
- **Other**
Your areas of knowledge and expertise could be used to bring new, innovative support to elders in our community.



Community Volunteers

Application

Date: ___/___/___ Name: _____

First

Middle Initial

Last

Female _____ Male _____

Mailing Address: _____

Street Address: _____

Home Phone: _____ Mobile: _____ Work: _____

Email: _____ I'd like to receive e-newsletter? yes no already do

Driver's License Number: _____ Driver's License State: _____

Occupation: _____

Are you over the age of 18? Yes No Date of Birth: _____

Previous Volunteer Experience (attach extra pages to this form, as needed)

Why would you like to be a Mustard Seed Project volunteer?

If you are a student, list your school, describe the community service you'd most like to do, and the number of hours required:

If you are doing court-ordered community service, please explain the circumstances:

What appeals to you about our mission?

Do you have your own transportation? yes no

Do you smoke? ___ yes ___ no Willing to visit a smoker? ___ yes ___ no

Are you allergic to pets ___ yes ___ no Other allergies? List: _____

What is your availability?

once a week more than once a week as needed other ___ hrs/week

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							

References:

Please list three persons we may contact who are not family members. You may include employers, teachers, religious leaders, or others whose relationship to you is more than a personal friend and who you have known you at least 2 years.

1 Name: _____

Phone number: _____ Relationship: _____

2 Name: _____

Phone number: _____ Relationship: _____

#3 Name: _____

Phone number: _____ Relationship: _____

Please complete the attached forms:

- Skills and Interests
- Disclosure Statement
- Washington State Patrol (background check)

If your information changes, be sure to let us know so we can update our records. Thank you!

Return completed application to:

Operations Director
The Mustard Seed Project
Physical: 9016 154th Ave Ct. NW Lakebay, WA 98349
Mailing: P.O. Box 182, Vaughn, WA 98394
operations@themustardseedproject.org
253-884-1355



SKILLS AND INTERESTS

Application

Name: _____

There are many ways to help Seniors in our community.
Please mark the boxes of the skills and/or interests you are willing to share.

Companionship

<input type="checkbox"/>	Get Out (dine, go for a drive, or see a movie)
<input type="checkbox"/>	Friendly Phone Calls (call to talk or check-in, phone during storms to provide reassurance)
<input type="checkbox"/>	Friendly Visitor (play cards or games, read books or the paper, share a movie, etc.)

Community Activity

<input type="checkbox"/>	Be a speaker at an event (share things learned in your profession)
<input type="checkbox"/>	Facilitate and host a group chat or support group
<input type="checkbox"/>	Donate or procure items for an auction
<input type="checkbox"/>	Help at an event or scheduled activity
<input type="checkbox"/>	Provide music for an event

Education/Advocacy

<input type="checkbox"/>	Basic Computer/Technology Training
<input type="checkbox"/>	Information and Referral Services (link seniors to resources)
<input type="checkbox"/>	Lead Classes or Workshops (art, fitness, cooking, wellness, etc)
<input type="checkbox"/>	Provide translation services
<input type="checkbox"/>	Share or teach a special skillset
<input type="checkbox"/>	Legal (prepare wills and attachments)

Help at Home

<input type="checkbox"/>	Meal Preparation (at their home or drop off)
<input type="checkbox"/>	Light Cleaning (laundry, wash windows, change sheets, dust, dishes, vacuum, organize)
<input type="checkbox"/>	Assist with Packing, Moving, or Rearranging Furniture
<input type="checkbox"/>	Pet Care (bathing, walking, grooming, fill bird feeders)
<input type="checkbox"/>	Phone Calls (schedule appointments or request prescription refills on their behalf)
<input type="checkbox"/>	Plant Care (water, fertilize, repot)
<input type="checkbox"/>	Respite Care (provide family/friend caregivers a break)

	Type/Write/Address Letters and Cards
	Wrap Gifts (especially at holidays)

Other

	Home Repair/Maintenance (minor carpentry, construction, plumbing, electrical)
	Smoke/Ozone Detectors (check and change batteries)
	Firewood (donate, chop, stack, carry)
	Yard & Garden Care (mowing, pruning, weeding, planting, picking/arranging flowers)
	Replace Light Bulbs
	Sweep Porches and Walkways
	Garbage/Recycling (collect, fill bins, take bins to curb and back, dump runs)

Recreation

	Outdoors (bird watching, boating, fishing, walking, hiking, sports)
	Help plan a trip or outing
	Indoors (crafts, games, storytelling, puzzles)
	Photography & Video

Transportation

	Drive Automobile (for maintenance or car washing, and bring back)
	Help with Errands and Grocery Shopping
	Take to Medical Appointments
	Take to Pet Groomer or Veterinarian
	Take to Activity (sporting event, concert, theater)
	Take to Train / Bus / Airport

Wellness

	Diet and Nutrition
	Fitness and Exercise
	Hair & Beauty (provide hair and nail care)
	Make sure client goes for foot care
	Yoga / Meditation
	Other

Administrative Assistance

	Office Support (data entry, scanning, organizing, mailing donation appeal letters)
	Graphics & Website Development (make flyers/brochures, update website)
	Join a committee (senior advocacy, annual auction, programs, fund dev? xxx)
	Interview and Report Stories (for our website and newsletter)
	Promote TMSP to other groups to increase awareness and encourage collaboration