

Shine On



**Youth Volunteer, Hope for Dementia
Marystown YMCA
Reporting to: Team Lead**

The YMCA has been part of life in Newfoundland and Labrador since 1854. Our charity's core programs of Health, Fitness, and Aquatics; Child Care and Day Camp; and Employment, Enterprise, and Newcomer Services are offered at more than 200 locations and points of delivery in our communities throughout the province. Our focus on inclusiveness and accessibility means we serve people of all ages, backgrounds and abilities through all stages of life.

Join Our Team

We are seeking Youth Volunteers for the Hope for Dementia program. Volunteers will engage one-on-one or in pairs with a senior, choosing from a variety of activities to facilitate meaningful interaction and skill development. Activities may involve technical skills improvement, crafts, puzzles and games, and cooking. By participating in this program, youth volunteers play a crucial role in enhancing the quality of life for seniors while gaining rewarding personal experiences. This position is located at the Marystown YMCA in Marystown.

This Intergenerational Learning Program has the dual aim of raising awareness among teenagers and young adults about dementia and of reducing the risks of dementia in the senior population. The program bridges the gap between generations, breaks the social isolation experienced by seniors, while providing a mutually beneficial learning experience for both seniors and youth volunteers.

Youth volunteers teach senior citizens how to use various applications on tablets and iPads. This helps to reduce the risks of dementia among seniors, as they learn new skills, continue being mentally stimulated, and feel socially connected with their families and friends through digital media. Using their life experience, seniors teach the youth volunteers various skills and provide advice on aspects of daily living. This makes seniors feel valued as citizens actively contributing to the community.

Job Requirements

- Must be between 13-18 years of age
- Must be able to commit 11 hours per cohort (one cohort is 1 hour training session, 5 1 hour program sessions, and 1 hour of commute time for each session)
- Acceptable Criminal Records Check

Key Competencies

- Creates a respectful and inclusive environment
- Takes personal responsibility for following through, responding and resolving issues and complaints

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- Demonstrates personal discipline to produce high quality work and meet expectations and goals
- Self-manages behaviours, learns from mistakes, and seeks out feedback and coaching
- Reliable and punctual to ensure our team creates a great member experience

Benefits of Volunteering with the YMCA

- Youth volunteers gain valuable experience and interpersonal skills. Seniors benefit from increased social interaction and learning opportunities
- Both generations enrich their understanding and appreciation of each other's experiences and perspectives
- Travel cost of \$12 per return trip to participate in the program. Maximum of 6 return trips
- An honorarium of \$100 will be provided after completion of 11 hours in the program
- Opportunities for professional development and career advancement
- Volunteer in an inclusive environment where caring, honesty, diversity, respect and responsibility are lived values

Contact humanresources@nl.ymca.ca to apply.