

Be Involved!

Here's how:

Join our Prayer Partners

- Apply to be a Volunteer
- Provide financial or other support

On Site for Seniors is a 501(c)(3) Entity.

All donations are tax deductible.

YES, I want to help.

.....

(Name)

(Mailing Address)

(City, State, Zip)

(Phone)

(Email)

Enclosed is my gift of \$ _____

I would like to volunteer.

Return form to: **On Site for Seniors**

PO Box 238

Hayden, ID 83835

Or go to our website and sign up:

www.onsite4seniors.org

Why Partner with OSFS?

John 13:35—By this all men will know that you are My disciples, if you have love for one another.”

OSFS understands the frail stage of life can be an overwhelming experience for the elderly and their loved ones. Life can be reduced to simply coping and repeated encounters with the healthcare system. Emotional, psycho-social and spiritual energy begins to wane and opportunities to discover new strengths, quality of life and vitality appear out of reach.

In response to these challenges and by the light of God's word, *On Site for Seniors* wants to empower our elders to maximize their quality of life by meeting their needs and sharing God's love.

Contact us:

208-967-4771

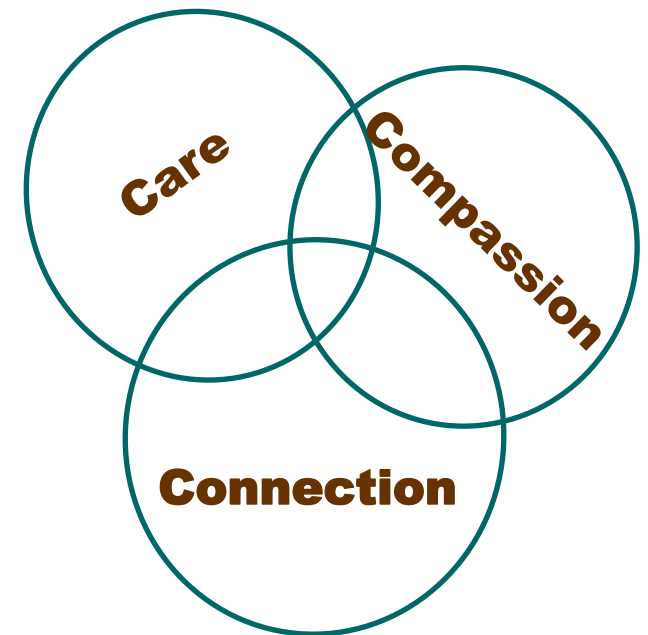
info@onsite4seniors.org

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“Your Path” – A GPS (Guided Plan of Support)

A holistic wellness partnership that matches trained volunteer Guides with persons in our community that could benefit from a personal ‘guide’ to help navigate the healthcare system and to identify and reach individual life goals.

Think of it like a GPS – a guided plan of support!

- ◇ Increase confidence in living life according to what matters most
- ◇ Provide a listening ‘ear’
- ◇ Identify and develop a support network
- ◇ Initiate the creation of a ‘Personal Wellness Record’ that contains:
 - ◆ medical information
 - ◆ person-centered values and preferences
 - ◆ Legacy or ‘story’ building for improving quality of life and meaningful relationships
- ◇ Encourage a lasting hope through difficult life transitions.

Spiritual Support



The goal of On Site’s spiritual support is to help others find strength in the Lord (I Samuel 23:16).

Often seniors find encouragement from having someone help them process spiritual/emotional thoughts. Trained volunteers are available to listen and assist with:

- * Prayer or Bible Reading
- * Discussing Spiritual Concerns
- * Self-Discovery about God
- * Forgiveness & Relationship Reconciliation
- * Meaning in Life/ Developing Legacy

ht^{2!} (high-tech/high-touch)

The goal of **ht^{2!}** is to increase meaningful connections with frail seniors and to improve quality of life for seniors by increasing valued relationships.

Using mobile tablet technologies (ex. iPads), individuals and small groups engage in meaningful music, strategic play and reminiscence.

Volunteers are trained to engage seniors with:

- ◇ Favorite Music
- ◇ Multi-Sensory Activities
 - ◆ 2-D and 3-D Puzzles
 - ◆ Word Games
 - ◆ Coloring / Drawing
- ◇ Capturing Personal Legacy
 - ◆ Photo Journaling
 - ◆ Video Story-Telling

