

VOLUNTEER POSITION DESCRIPTION

Title: Senior Health Assistant

Purpose: The Senior Health Assistant will be available to help the Satellite Senior Program by testing blood pressure for clients, socializing, and assisting frail seniors. The Senior Health Assistants will be instrumental in encouraging better health and nutrition, promoting safety and wellness, and keeping seniors connected to their community.

Description of Duties:

- Testing blood pressure for clients who request this service (volunteers must bring their own equipment)
- Socialize and get to know the clients with positive, friendly interactions
- Assist the site supervisor and/or clients as needed
- Setting up and serving meals (if needed and if appropriate at the site)

Qualifications:

- Trained to use blood pressure equipment
- Experience working with seniors and/or desire to do so
- Positive energy and personality
- Bonus: CPR/First Aid Certifications

Time Requirements:

- 10:30am – 2pm/ at least once a month at one of these program days and locations:
 - Mondays
 - The Ring House in Rockville
 - Temple Solel in Bowie
 - Wednesdays
 - Shomrai Emunah Synagogue in Kemp Mills (every 1st and 3rd Wednesday of the month)
 - Thursdays
 - The Ring House in Rockville
 - Har Tzeon Synagogue in Silver Spring

Orientation/Training: Orientation and training will be on the first day of service

Benefits:

- Helping seniors in the community
- Networking and socializing
- Free lunch at sites

Locations: See Time Requirement section for when we are at each site:

Ring House - 1801 East Jefferson Street, Rockville, MD 20852

Har Tzeon - 1840 University Boulevard West, Silver Spring, MD 20902

Shomrai Emunah - 1132 Arcola Avenue, Wheaton-Glenmont, MD

Temple Solel - 2901 Mitchellville Road, Bowie, MD 20716

Supervisor and Agency Contact:

Jennifer Wenk, Member/Guest Services Director, 301-348-3850, jwenk@jccgw.org

About the Organization: The mission of the Jewish Community Center of Greater Washington (JCCGW) is to create a welcoming and inclusive environment, connecting people of our Jewish community with each other, Israel, and the broader community. We provide programs, classes, and safety-net services to people of all ages and backgrounds, enhancing their social, physical, intellectual, and spiritual well-being.