



Volunteer Opportunity

Adult DayBreak Volunteer Assistant



Assist with planned sessions of therapeutic activities and provide general assistance to the program's frail, disabled and cognitively impaired adults in our Skowhegan, Waterville, Hallowell, or Belfast community center.

Adult DayBreak is an affordable licensed alternative to more expensive assisted living level services. It is a very special place for adults who need supportive daytime care.

Duties May Include:

- Guides and assists program participants in planned group activities.
- Provides activities on a one on one basis.
- Assists with meals, serving, preparing food items and cleanup.
- Establishes rapport with participants and their families.
- Makes adequate provision for and/or participates in escorting consumers to and from the activity area.
- Attends to consumers during activity or dining.
- Prepares rooms and equipment for activity sessions; lays out materials for consumer's use; cleans up room and puts materials and supplies in the proper place.
- Participates in housekeeping duties in the activity area.
- Replenish storage cabinets or worktables with supplies and materials.

To volunteer today, please contact the Volunteer Liaison at your closest Spectrum Generations Community Center www.spectrumgenerations.org/volunteer

Muskie Community Center, 38 Gold Street, Waterville
660-9263

Cohen Community Center, 22 Town Farm Road, Hallowell
626-7777

Somerset Community Center, 30 Leavitt Street, Skowhegan
474-8552

Waldo Community Center, 18 Merriam Road, Belfast
930-8080