



**In addition to the personal rewards one receives from volunteering, Northwest Medical Center offers the following benefits:**

## **ADULT VOLUNTEERS**

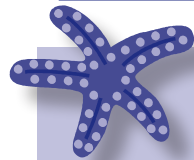
- May use this opportunity to make a difference in your community
- Volunteering is a great way to stay active both mentally and physically
- Bring a friend with you to volunteer or use this opportunity to meet new people
- Free membership to the hospital fitness center
- Free meal on the day your are volunteering
- Bi-annual luncheons
- Free membership in our Senior Circle Program (after 100 hours of volunteer service)

## **JUNIOR VOLUNTEERS**

- Volunteer experience is valuable on job or college applications
- Gives you an inside view of the careers in healthcare
- Fulfills community service requirements for school
- Free meal on the day you are volunteering
- Junior Volunteers may choose assignments in the following areas: Messenger, Urgent Cares, Women's Center Patient Care and some Information Desks

The success of Northwest Medical Center is due in part to the hard work and dedication of its volunteers. We have more than 325 volunteers that work in almost every area of the hospital. Our volunteers play a vital role in meeting the non-medical needs of our patients.

**Volunteer Services**  
**Northwest Medical Center**  
**6200 North La Cholla Blvd.**  
**Tucson, Arizona 85741**  
**520-469-8537**  
**tina\_makinen@chs.net**



### **The Young Man and the Starfish**

A man was taking a sunrise walk along the beach. In the distance he caught sight of a young man who seemed to be dancing along the waves. As he got closer he saw that the young man was picking up starfish from the sand and tossing them back into the ocean.

“What are you doing?” the man asked.

“The sun is coming up and the tide is going out; if I don’t throw them in they’ll die.”

“But young man, there are miles and miles of beach with starfish all along it – you can’t possibly make a difference.”

The young man bent down, picked up another starfish and threw it back into the ocean. “It made a difference to that one,” he replied.

Just like the young man, volunteers make a difference too. They touch more lives in one week than most people do in a lifetime.



# **NORTHWEST MEDICAL CENTER**

## *Volunteer Services*

**Join our Volunteer Program.  
Improve your life and make a  
difference in your community.**



## ABOUT THE PROGRAM

We truly understand what it takes to care for our community, because they are our family, friends and neighbors. To save lives, give hope and bring comfort to our patients and their families is not just our job; it is our purpose. It's what makes Northwest Medical Center not only a place our neighbors and families want to come to for medical care, it makes us a place where physicians want to practice and people are proud to work and volunteer.

## COMMITMENT

The act of volunteering means commitment to a definite program. As a Volunteer, you will be expected to work a minimum of 4 hours per week. The Adult Program Volunteer (ages 18 and above) make a 6-month commitment (100 hours). The Junior Program (ages 15 – 18) makes a 4-month commitment (60 hours).

## WHAT IS THE FIRST STEP?

**Complete the enclosed Volunteer Application.**  
*(If the application is missing, Call 520-469-8537 or stop by the NMC Volunteer Office to request a Volunteer Application.)*

**After receipt of your application materials, you will be contacted for an interview.**

You will need to bring the following additional information to the interview:

- A photo ID and your social security number
- Two references from non-family members attesting to your suitability to be a hospital volunteer
- A copy of your immunization record, if available.

## VOLUNTEER OPPORTUNITIES

### **Messenger\*** - Adult and Jr. Position

- Transports non-critical patients via wheelchair
- Errands inside the campus

### **Cuddler Program\*** - Adult Position

- Cuddle infants in the Neo-Natal ICU
- Assist with general clerical and stocking duties

### **ICU Liaison\*** - Adult Position

- Works as a liaison for ICU patients' family members and staff
- Visits with family members to assist them during this difficult time

### **Information Desks\*** - Adult and Jr. Position

- Resource for Visitors and Patients regarding locations of patients and services on campus
- Flower and newspaper deliveries
- Some positions require minimal computer skills

### **Clerical** - Adult and Jr. Position

- Clerical duties filing, typing and general receptionist duties

### **Gift Shop** - Adult Position

- General Gift Shop duties which include waiting on customers, using a cash register and credit card machine, balancing your drawer at the end of your shift and restocking the Gift Shop
- Proceeds from the Gift Shops are used to purchase items that benefit our patients and their family members.

### **Courtesy Cart Driver\*** - Adult Position

- Shuttle errand around the hospital campus (valid driver's license required)

### **Surgical Liaison\*** - Adult Position

- Liaison between patients' family members and staff
- Helps with restocking

### **Emergency\*** - Adult Position

- Liaison between patients and staff
- Act as a messenger
- Assist with stocking rooms
- Assist in the transportation of discharged patients

### **Urgent Care\*** - Adult and Jr. Position

- Liaison between patients and staff
- Act as a messenger
- Assist with stocking rooms
- Assist in the transportation of discharged patients

### **Patient Care at The Women's Center\*** - Adult and Jr. Position

- Assist with meal distribution
- Flower deliveries
- Restocking
- Assist with patient requests

### **Patient Care - Main Hospital\*** - Adult Position

- Assist with patient requests
- Restocking

*\*Position requires a lot of walking*