



# Normandale Center for Healing & Wholeness

*Serving seniors in transition and their family caregivers  
to support health in spirit, mind, and body*

## **Looking to Make a Difference in 2012?**

*Do you have a passion for older adults?*

*Do you believe in vitality at any age?*

We are expanding our volunteer opportunities in 2012 and need adult volunteers. Each service offers specialized training that can be helpful in one's own life as well as to assist others. *Please consider these opportunities and call us to share the gift of your time.*

### **Matter of Balance Program - Group Leaders**

"Matter of Balance" is a fun, interactive 8-week course that includes an exercise component for people wanting to improve their balance. The course has been proven to help people avoid falls in their home and feel more confident about moving around. No experience is needed but volunteers are required to attend 2 days of training provided by the Metropolitan Area Agency on Aging. The next training classes will be held here at Normandale on Feb. 27 & 28. The time commitment for volunteers includes:

- ✓The 2 days of training
- ✓2 hour group sessions each week for 8 weeks
- ✓Facilitate at least 1 group each year with a co-leader

### **Better Choices Better Health - Group Leaders**

"Better Choices Better Health" workshops are group sessions designed to help people set goals to improve their health and are usually held at churches, senior centers, or senior housing units. *Better Choices* group leaders are volunteers, trained to present the material and encourage discussion within the group. The workshop has been proven to be effective in helping people feel more empowered even 4 years later! No previous experience is needed but volunteers are required to attend 4 full days of training provided by the MN Dept. of Health. Volunteer leaders are provided with a "scripted" training manual that they utilize in their workshops. The time commitment includes:

- ✓The 4 days of training
- ✓2 hour group sessions each week for 6 weeks
- ✓Facilitate at least 1 group each year with a co-leader

### **Volunteer Health Coaches**

This is a new service we are launching in 2012! We have learned how effective it is for older adults to have a "buddy" for encouragement and active listening support. Each volunteer will be trained and then will be "matched" with an older person who is interested in increasing his/her health & wellness behaviors or who has set a goal toward positive change. The volunteer is asked to meet with the older person once at the beginning of the relationship. After that most of the ongoing support and listening will be conducted by telephone on a weekly or every-other week basis, with occasional in-person visits, as decided by the senior. Volunteer coaches will attend a multi-session training program and will work closely under the direction of Center staff. The time commitment includes:

- ✓The multi-modular training
- ✓About 20-30 minutes of time (every week or every other week) by phone

**If you have been "on the fence" about helping, please consider this a personal invitation. Call the Center as soon as you can at 952-929-1697. We look forward to hearing from you! *Thank You.***