



## VIS Serving Opportunities

### **FRIENDSHIP SUPPORT**

#### **Friendly Visitor**

Social outings  
Respite (no personal care)  
Social visit

- Games
- Reading
- Crafts
- Puzzles

#### **Mother's Helper**

(Not child care)

Parenting support person  
Friendship  
Listening  
Outings  
Playing with child/children

#### **Big Brother/Sister**

Mentor child outside of school.

#### **Budgeting Assistance**

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### **SERVICE PROJECTS**

#### **Meal Prep**

Help prepare freezer meals  
(ingredients provided)

#### **Household chores**

Laundry  
Washing walls/windows  
Washing dishes  
Cleaning

- One time
  - On-going
- Organizing
- Paperwork
  - Hoarding
  - Closets

#### **Transportation**

Grocery shopping  
Errands  
Food pantry  
Doctor Appointments

- Local
- Out of town

#### **Moving**

Packing/unpacking  
Trucks & trailers  
Pick up donated furniture

### **SERVICE PROJECTS**

#### **Yardwork**

Mowing  
Raking  
Trimming bushes  
Disposing of brush/leaves

#### **Snow Removal**

Shoveling  
Blowing  
Plowing

#### **Painting**

Indoor walls  
Outdoor

- House
- Fence
- Garage/shed

#### **Appliance Repairs**

Refrigerator  
Washer/dryer  
Stove  
Freezer

### **SERVICE PROJECTS**

#### **Plumbing Repairs**

Leaky faucet  
Toilet  
Sink  
Garbage disposal

#### **Electrical Repairs**

Ceiling fan  
Lights  
Broken outlets

#### **Car Repairs**

Brakes  
Oil changes  
Front end work  
Tune up  
Tires

#### **Ramps**

Temporary  
Permanent  
In garage  
Outside

#### **Window Covering**

Winterize windows with plastic