

Nashoba Neighbors Sampling of Services

This is a list of potential services that we are working to provide, depending on member interest and volunteer ability. Nashoba Neighbors will revise and refine this list during its Pilot Phase.

Have other suggestions? Let us know! Members shape the types of services we try to provide!

Transportation

- Appointments (doctor, hairdresser, physical therapy, classes)
- Shopping & Banking (groceries, gifts, pet supplies, farmer's market, bank visit)
- Cultural Events (concerts, museum visits, library visit, movie, lectures/presentations)
- Social Get-Togethers (coffee with friends, birthday lunch, town beach visit)
- Weekend and Evening Transportation (religious services, funeral, special event, town meeting)
- Errands *for* Members (mail, dry cleaning, medications, take-out meals, pre-ordered groceries)

Light Home Repairs & Upkeep

- Occasional cleaning tasks (helping with the wash, changing the sheets, sweeping the porch, cleaning up spills or broken glass, cleaning out the fridge)
- Moving light household furniture
- Repairing broken things (changing light bulbs, repairing a broken lamp)
- Organize recycling
- Take trash/recycling to curb or to Recycling/Transfer Station (acc to town policy)
- House plant care
- Reorganize Closets
- Schedule a visit from the fire department to check smoke/carbon dioxide detectors

Yard / Outdoor Home Care

- Planting flowers, shrubs, variety of outdoor plants
- Raking/blowing leaves
- Light weeding
- Garden watering
- Shoveling snow from paths/porches
- Sanding walkways

Change of Season Chores

- Putting away porch furniture
- Changing screen/storm doors
- Installing/ removing small air conditioners and fans
- Stacking or bringing in wood
- Removal of fireplace ashes
- Putting away/taking out hoses

Friendly Visits & Wellness Checks

- Drop in for tea or coffee or lunchtime chats
- Card games, puzzles, crafting, read aloud
- Phone call check-ins, including check-ins after big weather events and power outages
- Relieving caregivers for short periods of time
- Walking buddy

Short-term Emergency Supports

- Checking on the home
- Picking up mail
- Pet care or dog walking

Support with Technology

- Teach how to use phones, ipads, Kindle, computers / laptops, remotes, answering machines, TVs and related units
- Teach how to use applications, such as Zoom, FaceTime, Facebook, email
- Install home assistance devices like Amazon Echo (Alexa) and Google Assistant
- Install or update applications on the computer, TV, phone
- Troubleshoot technology difficulties and/or contact technical support services directly
- Replace printer cartridges
- Change remote or back-up batteries
- Research personal emergency assistance devices (like LifeAlert, 5-Star/Great Call)

Home Management Support

- Schedule services or appointments
- Mail and bill payment assistance
- Fill out forms
- Phone call assistance
- Organizing paperwork or files
- Help research local services available for members to hire

Social and Educational Activities (some fee-based, some no cost)

- Interest Groups (cribbage club, book groups, knitting gathering, woodshop talk)
- Social Gatherings (food and performances)
- Learning Events (speakers, classes, workshops)
- Health & Wellness Classes (notify of classes provided by local organizations)
- Trips to museums, fairs, sporting events, concerts, or cultural affairs
- Civic Engagement (conversations with local and state officials, get out the vote activities, discussion forums)

Volunteers CANNOT:

- Administer or handle medications, treatment, or any type of medical care

- Feed members
- Do any tasks that require a professional license (plumbing, electrical work, nurse assistance)
- Attempt to lift someone who has fallen, provide lift assistance, or lift objects over 40-50 lbs.
- Use the member's vehicle for transporting the member or conducting errands
- Clean up bodily fluids or hazardous materials
- Accept gifts of value; however, tea, coffee, and small food items are acceptable
- Make referrals or recommendations to paid services or contractors

Nashoba Neighbors DOES NOT:

- Guarantee to schedule and deliver a requested service
 - Although we try to accommodate all requests within the scope of the service categories offered to members, there may be instances where it is simply not possible to find an available or appropriately qualified volunteer. In these situations, we make every effort to redirect a member to another reliable resource.
- Provide a service if an equivalent service is readily available
 - It is our goal to complement rather than compete with established resources available to residents of Berlin, Bolton, and Lancaster. The categories of services offered to our members are designed with that in mind. We will make every effort to redirect a member to another reliable resource if an equivalent service is readily available.
- Discriminate in its assignment of volunteers, although a member may request a volunteer of a specific gender for an appointment or situation they consider sensitive and would prefer a service provider of the same gender. Every effort will be made to accommodate such a request wherever possible; however, Nashoba Neighbors has sole authority for the assignment of volunteers.