



South Puget Sound

Volunteer Services

What is Volunteering?

volunteer

verb

UK  /ˌvɒl.ənˈtɪər/ US  /ˌvɑː.lənˈtɪr/

C1 [I or T]

to offer to do something that you do not have to do, often without having been asked to do it and/or without expecting payment:

- [+ to infinitive] *During the emergency many staff volunteered **to** work through the weekend.*
- *He volunteered **for** the army (= he joined even though he did not have to).*
- *I volunteered myself **for** the position of Health and Safety Representative.*

"

SMALL ACTS, WHEN
MULTIPLIED BY MILLIONS OF
PEOPLE, CAN TRANSFORM
THE WORLD.

"

– HOWARD ZINN

"

WITHOUT VOLUNTEERS,
WE'D BE A NATION
WITHOUT A SOUL.

"

– ROSALYNN CARTER

Volunteer Health Benefits

Improves physical and mental health

Provides a sense of purpose and teaches valuable skills

Nurture new and existing relationships

Builds a stronger and healthier community





[Our Mission, Values, Vision and Promise](#)

South Puget Sound Volunteer Services

Where we serve...



**St Peter
Hospital**



Centralia Hospital



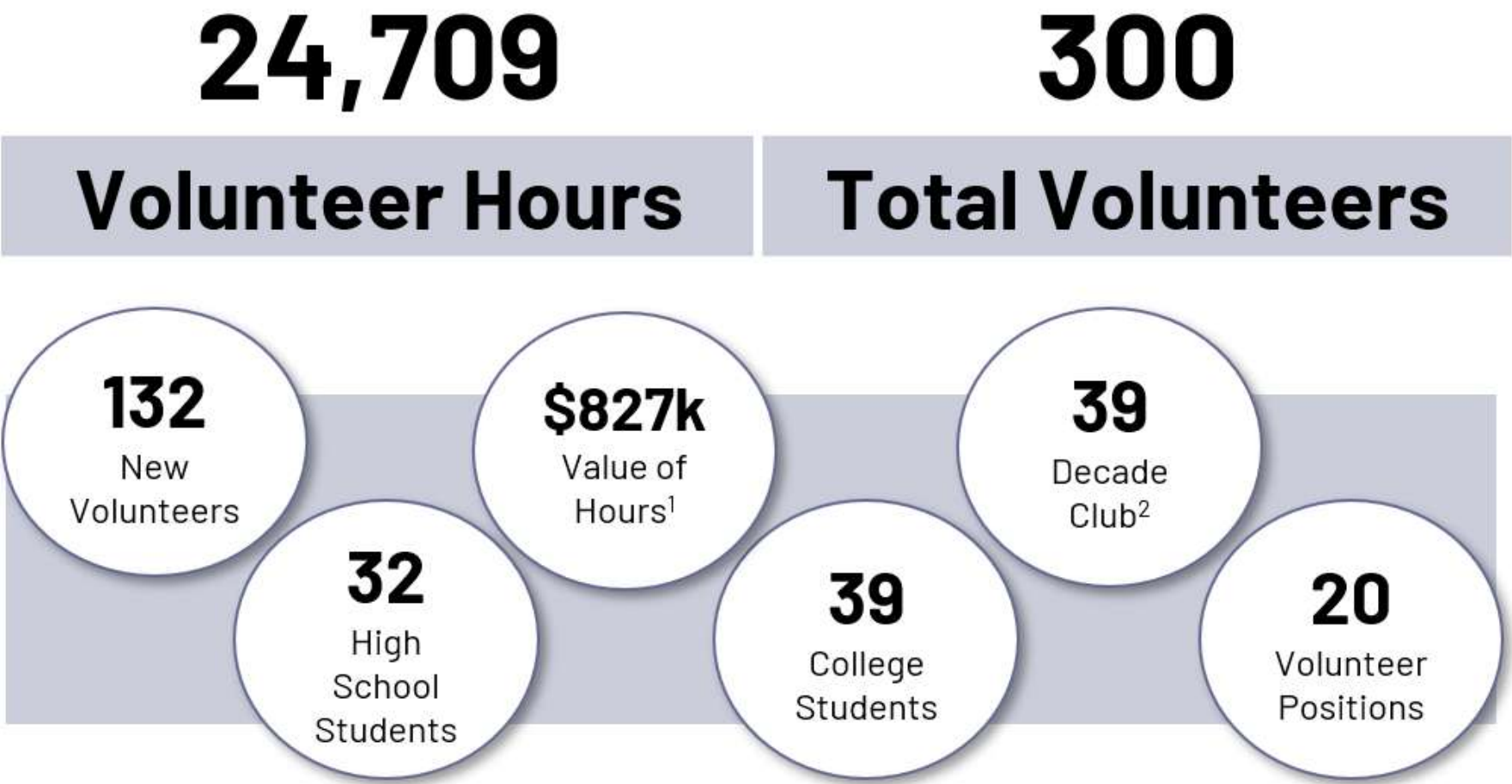
**Regional Cancer
System**
Lacey / Centralia



**Abuse
Intervention
Center**

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By the numbers in 2024...



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Position	Description	Site
Information Desk Greeters	Volunteers assist patients with appointment check-in, escort patients and visitors to their destination, look up room numbers and answer questions.	PSPH PCH
Wayfinders	Volunteers escort visitors throughout the hospital, assist patients with appointment check-in, collect and disinfect wheelchairs and run errands.	PSPH
Gift Shop & Book Nook	Volunteers provide customer services and retail therapy to staff, patients and visitors seeking a snack, bouquet, gift, surgical aid or lactation rental.	PSPH



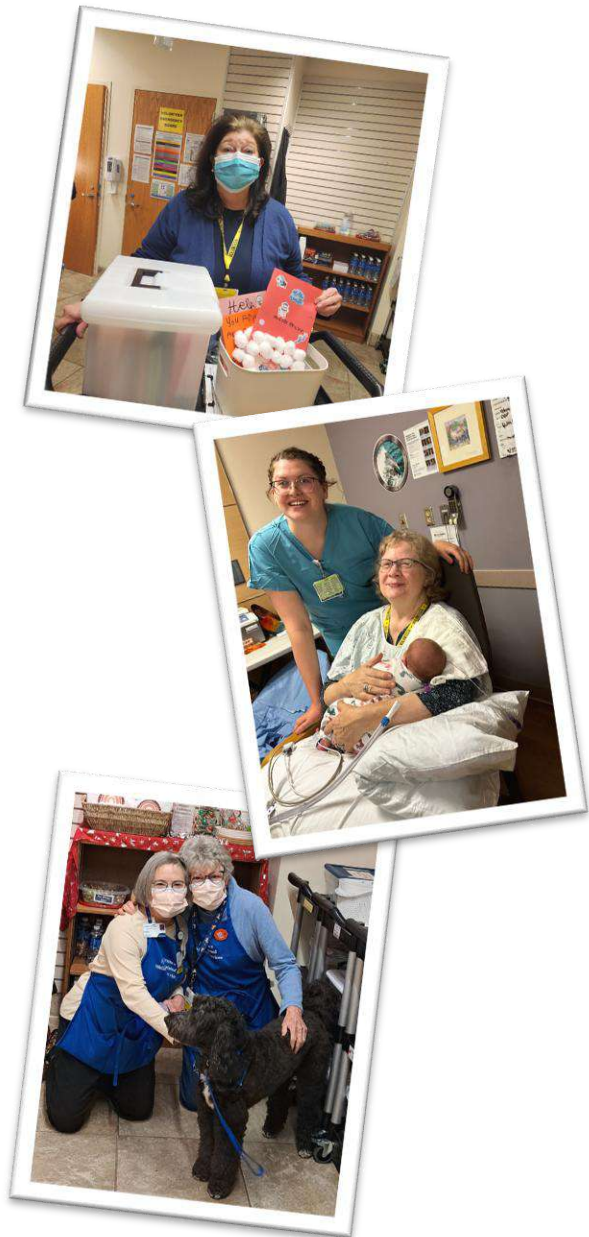
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Position	Description	Site
Needlers	An approved and experienced group of sewers come together to sew beautiful and decorative post-operative heart and ab pillows for patients.	PSPH
Office Support	Volunteers assist with data entry, documentation, assembling packets / kits, sorting and bagging donations, and deliveries. Volunteers worked in Caregiver Health, Family Birth Center, Sunshine House and Volunteer Services.	PSPH
Pharmacy	Volunteers provide support to the Pharmacy by stocking supplies, checking inventory and making deliveries.	PSPH
Therapy (new!)	Help staff track, inventory, disinfect, and move equipment as well as stock supplies and assist with administrative tasks.	PSPH



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Position	Description	Site
Cuddlers	Volunteers provide physical comfort by holding infants in the Special Care Nursery.	PSPH
No One Dies Alone / NODA	Volunteers serve at the bedside as compassionate companions to end-of-life patients, providing a sense of peace and comfort.	PSPH PCH
Eucharistic Ministers	Catholic volunteers assist with the distribution of Holy Communion to patients.	PSPH PCH
Patient Companion	Volunteers visit with patients who are long length of stay or are bored/lonely. Sessions are 1-2 hours and can consist of visiting, playing games, or looking at pictures.	PSPH
Unit Support	Volunteers support healthcare team by answering patient call lights, providing drinks & snacks, tidying rooms, and stocking supplies. Volunteers served on patient units (floors 3-11), Clinical Decision Unit and Emergency Dept.	PSPH PCH
PAWS	Paw-Assisted Wellness Service. Therapy dogs and their humans visit with patients, visitors and staff to reduce stress and provide comfort.	PSPH PCH



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Position	Description
Abuse Intervention Center Greeter	Volunteers greet patients, provide activities to children, and assist with administrative support at the Providence Abuse Intervention Center.
Resource Cancer System Support	Volunteers provide patients with snacks, drinks, activities and conversation, as well as tidying and stocking supplies in the infusion center
Patient Family Advisory Council (PFAC)	PFAC partners patients and families with Providence clinical staff to provide guidance and input on how to improve the patient and family experience. The council meets monthly, working on projects ranging from service excellence and quality oversight to fall prevention and palliative care.



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Position	Description	Site
Mended Hearts®	Volunteers provide peer support to heart patients and their families upon diagnosis of heart disease, pre- medical procedure, during a hospital stay or recovery, and any time support is needed.	PSPH



"Volunteering is at the very core of being a human. No one has made it through life without someone else's help."

- Heather French Henry