

Background: The UW Medicine Memory & Brain Wellness Center (MBWC) promotes the well-being of persons living with memory loss and their families by providing exceptional care, advancing scientific understanding and clinical best practices, and building dementia-friendly communities. As part of its mission, the MBWC offers a variety of education, support and social programs for the community – including creative arts and nature engagement programs.

Creative arts and nature engagement programs include:

1. **Creative Arts Series** - A weekly, 4 – 6 session virtual program for people with memory loss and their loved ones, introducing participants to a variety of art modalities led by local arts organizations/instructors. On Zoom.
2. **Caregiver Wellness Series** - A monthly virtual opportunity for family caregivers to connect and relax together as they complete an activity led by a horticultural therapist. On Zoom.
3. **Garden Discovery Walks** - A monthly guided nature walk and nature-based activity designed for people with memory loss and their loved ones. Currently on video.
4. **SOAR (Shared Outdoor Adventures for Resilience)** - A monthly outdoor recreation opportunity for people with younger onset Alzheimer's and their families. Currently on hold.

We are seeking Program Assistant volunteers to help support the first three programs above.

Position Title: Program Assistant, Arts & Nature Programming

Supervisor: Marigrace Becker, MSW, Program Manager for Community Education & Impact. 206.744.2190, mbecker1@uw.edu.

Responsibilities:

Volunteers will have the following responsibilities, depending on which program they are supporting:

1. **Creative Arts Series:** The volunteer will be responsible to coordinate the series, including organizing dates, times, arts modalities and instructors, from a list of possible options provided by the Program Manager. The volunteer can also assist with outreach such as inputting information into marketing flyer and helping to distribute flyer. The volunteer will also be responsible for moderating the Zoom events, such as welcoming participants, introducing the instructor, helping participants with any Zoom issues, and thanking everyone for attending. If applicable, volunteer may also prepare and send materials to participants, and send reminder emails or phone calls regarding program sessions.
2. **Caregiver Wellness Series:** The volunteer will be responsible for hosting the Zoom events, including welcoming participants and familiarizing them with Zoom, introducing the instructor, helping participants with any Zoom issues, and thanking everyone for attending. The volunteer may also assist with creation and distribution of outreach materials, or other duties depending on interest/experience.
3. **Garden Discovery Walks:** The volunteer will support the program instructor during filming of the walk at a local park or garden. Volunteer may appear on camera to

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increase the interactive elements of the video, for example walking on a path, pointing out plants, etc. The volunteer may act as a sounding board in discussing how to set up or approach the filming, or may help carry supplies. The volunteer may have additional roles depending on interest/experience.

Time Commitment and Training:

- Total time commitment for option #1 is roughly 2 hours per week; option #2 roughly 2 hours per month, and option #2 roughly 2 hours per month. Volunteer can choose to support any or all of these roles as desired
- Volunteer must be able to serve for minimum 6 months.
- During onboarding, volunteer will attend an orientation/training for 1.5 hours which covers information about memory loss and dementia, the UW MBWC, and the program and roles. Volunteer will complete Harborview Medical Center/UW Medicine volunteer paperwork. Volunteer will be familiarized with the program and staff associated with the program(s) they are supporting and will have opportunities to observe similar roles/programs before taking on their responsibilities.

Volunteer Requirements:

For all roles -

- Age 21+
- Bachelor's degree in social or health sciences, art, environmental science, or related field. Retired professionals encouraged to apply.
- Some personal or professional experience with older adults, caregivers, or persons with memory loss
- Dependable and organized
- Excellent interpersonal and communication skills
- Interest in brain health and wellness, interest in arts and/or nature engagement, and desire to contribute to the memory loss community

For options #1 and #2 -

- Access to reliable internet, computer/tablet and webcam, and facility with Zoom platform
- Some experience and comfort level with public speaking or leading groups, such as teaching, presenting, facilitating, etc

Volunteer Benefits:

- Contribute to the quality of life of persons with memory loss and caregivers throughout the region
- Support innovative programming while enjoying connecting with interesting people, nature and/or the creative arts
- Enhance skills such as communication, program coordination, public speaking
- Learn about the clinical, research and community education offerings of the UW MBWC
- Letters of recommendation available upon request

More Information:

For questions, concerns or more information, please contact Program Manager Marigrace Becker: mbecker1@uw.edu, (206) 744-2190. Thank you for considering serving with us!