

## Golden Games Volunteer Fact Sheet

CARIE (the Center for Advocacy for the Rights and Interests of the Elderly) is a non-profit organization dedicated to improving the well-being, rights and autonomy of older persons through advocacy, education and action. Please visit [www.carie.org](http://www.carie.org) for more information. CARIE has sponsored Golden Games since 1987, when Gerry Stride, then Activities Director for Simpson House, suggested that CARIE develop a senior Olympics for nursing home residents. Golden Games, originally known as Philadelphia Senior Olympics, started with four nursing homes participating. Today up to 15 nursing homes and LIFE programs (for those who live at home but are nursing home eligible) from all over Philadelphia assist in planning, attending and participating in the event. In addition, residents practice throughout the year in preparation for the games and work hard to be the team to take home the trophy!

Volunteers are essential to making this day run smoothly. Although some volunteers are needed simply to cheer the participants as they compete, there are many more specific tasks that need to be accomplished. We are thankful for the assistance we receive from the community every year. Golden Games volunteers make the day a success!

**WHAT:** GOLDEN GAMES - 15 teams nursing home residents compete in a variety of races and relays, specifically adapted for seniors with a wide range of abilities.

**WHERE:** CAROUSEL HOUSE, 1701 Belmont Avenue, Phila. PA

**WHEN:** TUESDAY SEPTEMBER 14<sup>TH</sup> 2010. Golden Games is an indoor event!

**TIME:** Volunteers are asked to arrive at 9 am for an orientation and to assist with clean up, which should be finished by 4 pm. Residents arrive by 10 am and leave at 3 pm.

### **DUTIES COMMONLY ASSIGNED TO VOLUNTEERS AND CARIE STAFF:**

- Set up: decorating tables with tablecloths, centerpieces
- Meet and greet nursing home residents: assisting with registration and passing out of team T-shirts and pom-poms.
- Referees and Judges: The majority of volunteers spend most of their time assisting in ensuring that all games run smoothly. The head judge directs all referees and judges.
- Preparation and coordination of lunch for all participants
- The Ribbons: assist with winner's ribbons
- Afternoon relays: there are some various small jobs to do in preparation for afternoon group relay events (blowing up balloons using helium, etc).
- CHEERING! CHEERING! CHEERING!
- Clean up: throwing away trash, sweeping floor, putting away folding chairs etc.

### **THINGS YOU WILL NOT BE ASKED TO DO:**

- Push wheelchairs, transfer residents, assist with ambulation
- Assist anyone in using the restrooms
- Feed anyone but yourself

Contact Lori Walsh at [walsh@carie.org](mailto:walsh@carie.org) or 267-546-3441 for more information or to volunteer. All volunteers will receive a T-shirt, a light breakfast and complimentary lunch.

**Thank you for volunteering!**