

# REMOTE VOLUNTEER FORM

*Personalized encouragement cards and handmade gifts are a sincere expression of affection and are appreciated by our seniors.*

## Volunteer information

Name

Part of a  
Group  
Y/N?

Address

Email

Phone

If you are affiliated with a group, please provide group name and be as specific as possible (i.e. Teens In Action, Chapter 2) and contact info.

If more than one person volunteered, please provide the total number of volunteers who participated in this opportunity.

Please provide the estimated number of hours dedicated to this opportunity. For cards, we estimate 5 minutes/card.

**Please mail or drop off handmade donations to** The Gary & Mary West Senior Wellness Center (Attn: Volunteer Team) 1525 4th Ave, San Diego, CA 92101.  
Questions? Email [volunteer@servingseiors.org](mailto:volunteer@servingseiors.org) or call (619) 487-0621.