

## **HEALTH SCIENCE VOLUNTEER & JOB SHADOW OPPORTUNITIES**

1. **Metro Health Hospital** - <http://www.metrohealth.net/careers/volunteers>  
Metro Health offers the following activities for students. Interested students may call (616) 252-7009 for information.

Volunteers donate one morning, afternoon, or evening to an assigned department to meet a minimum of 100-hour commitment per year. Volunteers receive a free meal on days they work a 4-hour shift. Some volunteer positions are open to teens that are 14-17 years of age.

### **Steps to Become a Metro Health Volunteer:**

1. Application\*: Complete the application form and mail it to the Volunteer Services Office. [Volunteer Application Form](#)
2. Upon receipt of your application, you will be contacted to schedule an interview.
3. After a successful interview, volunteers are required to:
  - Obtain a free TB skin test provided by Metro Health before their first volunteer assignment.
  - Purchase a volunteer uniform (\$17 - \$21)
  - Consent to a criminal background check
  - Attend a general orientation session and a department-specific training.  
(General orientation familiarizes the volunteer with Metro Health's mission, vision and policies.)

\* To request an application be mailed to your residence, please call (616) 252-7009.

**Job Shadow:** A short-term experience, less than one day, where a student is allowed to observe an assigned employee and ask questions about their career. This is an experience with no assistance in patient care. Participants in a job shadowing experience must complete several forms. Please download the Health Screening Form, Confidentiality Agreement and Job Shadow Application and return to Metro Health Hospital Volunteer Services, Attn. Jennifer DeVries, P.O. Box 916, Wyoming, MI 49509. [Job Shadow Application Health Screening Confidentiality Agreement](#)

**Internship:** A process where a student's course work in class is applied to a directly related work experience for one semester in a department. An internship involves a set number of hours on site at the hospital.

2. **Spectrum Health Grand Rapids** - <http://www.spectrum-health.org/body.cfm?id=711>

The volunteer program at Spectrum Health provides a rewarding volunteer experience for anyone 18 years of age or older.

In order to properly orient and train individuals for certain areas, volunteers are asked to commit for a minimum of six months.

Please complete our [online volunteer application](#).

Once your application is received, we will review current volunteer openings and determine if any align with your interests. We will contact you if there is a match. If a match is not identified, we will keep your application on file for six months.

**Job Shadowing** - <http://www.spectrum-health.org/body.cfm?id=714>

The Talent Acquisition Department collaborates with various other departments to offer a job shadow experience for high school students and adults interested in exploring medical careers. Job shadow opportunities will be offered based on department availability. Applicants must complete the required paperwork, have an annual flu vaccine, and submit negative TB skin test results within the last 12 months.

Due to the high volume of job shadow requests, opportunities are limited to the time periods below:

December 21, 2009 to January 8, 2010

March 1 to March 12, 2010

September 13 to 24, 2010

A job shadow is defined as a short-term career exploration, typically one 4 to 8 hour experience, where an individual is allowed to observe a professional and ask questions about his or her career. This is a "hands off" experience with no assistance to patient care or productive work.

Applicant must be a minimum of 14 years of age and in the 9th grade.

**We currently are not accepting additional applications.**

### **3. Mary Free Bed - <http://www.maryfreebed.com/About-Us/Volunteering.aspx>**

#### **Career Seminar - High School and College Students**

Mary Free Bed's Career Seminar Program is designed for high school and college students interested in health care. MFB offers a Career Seminar every other month. Short presentations are given by a physical therapist, occupational therapist, speech therapist, and a nurse. Students can expect to receive information on schooling requirements, potential salary expectations, and a typical day's routine. Job shadowing opportunities are then available to students. These opportunities are offered on a limited basis and students must attend a Career Seminar before signing up for job shadowing opportunities.

#### **Career Seminars Dates**

February 11th, 2010

April 15th, 2010

All seminars are held 3:00-5:00 pm in the Board Room in the Mary Free Bed Inpatient Building.

For more Career Seminar information or to reserve a spot, call Mary Free Bed's Volunteer Services at **616.242.9206** or email [volunteer@maryfreebed.com](mailto:volunteer@maryfreebed.com).

#### **Volunteering at Mary Free Bed**

MFB volunteers have the opportunity to give back to the community by providing assistance to patients, visitors, and staff. In addition to the joy of helping others, volunteers receive exposure to

healthcare careers and special recognition. Volunteer opportunities are available for both **students** and non-students.

### **Volunteer Qualifications**

To become a Mary Free Bed volunteer you must be:

- 16 years of age or older
- Available for one shift per week
- Willing to follow the hospital's dress code and appearance standards
- Customer service oriented
- Able to commit to a minimum of six months (students must be able to commit to a minimum of 12 weeks)
- Able to complete pre-placement requirements, orientation, and training

### **Service Areas**

- Health Information Management (not billing and coding)
- Medical Education
- Clerical assistance
- Child Life
- Toy library
- Seamstress
- Cosmetology
- Physical therapy and occupational therapy - **view student information**
  
- Many other opportunities

Because of Mary Free Bed's focus on rehabilitation, the hospital does not offer volunteer opportunities in radiology, pharmacy, surgery, the emergency room, or for physician assistants

#### **4. North Ottawa Community Hospital – <http://www.noch.org/main.aspx?id=121>**

North Ottawa Community Health System has over 400 volunteers that brighten our hallways with their smiles, provide compassionate companionship and are one of our most valuable assets. If you would like to volunteer please take the time to fill out an application by one of two ways,

[Sign up on-line to volunteer](#) or

[download an application here](#) and mail it to the address below.

Junior Volunteers [ages 14-18] also mail in the [Jr. Volunteer Insert](#)

## **Volunteers**

1309 Sheldon Road

Grand Haven, MI 49417

Call (616) 847-5215 or (616) 847-5612 with any questions or [E-Mail](#)

### 5. **Mercy Health Partners** - <http://www.mghp.com/volunteer/>

#### **Job Shadowing**

It is the policy of Mercy to provide educational experience and encourage students to consider healthcare as a career choice. Through our school-required job shadow program, students are allowed to observe employees in the performance of their duties within established guidelines.

To qualify for a job shadow experience, you must make the request through the Volunteer Services Department and your student must be at least 16 years of age.

Once you have made the initial inquiry, the Volunteer Services office will provide the job shadow guidelines. These requirements ensure that your student(s) have a successful and meaningful experience at MHP.

To inquire about MHP job shadow opportunities, contact Kathy Daly, Volunteer Manager at 231-728-4711.

Volunteering a minimum of 8 hours per month (or more) can make a big difference in someone else's life, as well as your own. Share your time and talent with others and feel good about giving back to the community. Whether you are an active, "on the go" personality or want more of a "sit down" role, there's a place for you.

You can choose from a variety of service areas either at the Mercy Campus or Hackley Campus:

- Surgery Waiting Host/Hostess
- Courtesy Coach Driver
- Clerical
- Cancer Center
- Clerical Courier
- Admitting Escort
- Information Desk
- Gift Shops
- Lobbyside Diner
- ...and more

Please consider joining us. Choose from a wide variety of volunteer opportunities to accommodate your interests and personal schedules. For more information about joining the Mercy Health Partners volunteer program and/or to obtain an application, contact Kathy Daly, Volunteer Manager 231-728-4711

### 6. **Holland Hospital** - <http://hollandhospital.org/volunteers/default.asp>

Many teens volunteer to meet school requirements or to learn about health care careers. Students must be at least 16 years of age to volunteer.

What are some of the benefits of volunteering at Holland Hospital?

- gain experience and new skills
- make new friends
- develop a sense of self-worth and meaning to your life
- give back to the hospital and community
- be part of a team that promotes the best in health care
- interact with patients, families, staff and fellow volunteers

Did you know that volunteering is good for your health? Meaningful and rewarding volunteer work can add balance and perspective to your life. Meeting people, learning new skills, receiving positive feedback about a job well done does wonders for you and the people you are helping.

We welcome your gifts of time, talent and energy and offer a number of opportunities to make a meaningful difference in the lives of others. If you are interested in volunteering in any way, please call Volunteer Resources at (616) 394-3140 or fill out our [application](#).

7. Saint Mary's Health Care – <http://www.smhealthcare.org/foundation>
  - Must be 18 to volunteer with direct patient contact.
  - 16 and 17 year olds can volunteer in the Cancer Resource Center, Gift Shop, Guest Services, Music Therapy, and a few more.
  - Contact Rachel Selgo at 685-1898 for more information.
8. Gilda's Club of Grand Rapids - <http://www.gildasclubgr.org/volunteer.html>