

## CHARACTERISTICS OF A GOOD BASEBALL REMINISCENCE VOLUNTEER

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- First, take a look at our “Overview” web site page to get more information on the program. It’s at: <http://www.sabrhornsby.org/about-basebalz/>

- As with all volunteerism, a baseball reminiscence volunteer should have a genuine desire to help others.

- We need to have empathy for those we're serving. This means the capacity of seeking to understand, being aware of and being sensitive to our participants/caregivers needs and concerns.

- We need to be good listeners - our purpose is to get the participants talking so it’s important to be able to follow-up with more leading/supportive questions based upon interests they may express. We are not there to show off how much we know about baseball, but rather to get them to talk about fond memories of baseball and related experiences of their past.

- Willingness to lead/discuss topics that are of interest to both the participants, caregivers and to you. So, for example, if you're an automobile buff, perhaps a presentation on autos that were popular as they were growing up.

Note – don’t be concerned about having to lead discussions immediately upon volunteering. Sit in and observe some sessions, meet everyone, and get comfortable with how things flow. The more-experienced volunteers are always available to help you when you’re ready to put an item on the agenda yourself.

- Punctuality and commitment - we want to provide a stable and inclusive environment for our participants and caregivers. Part of that stability is that they consistently see the same volunteers; and that we are able to start and stop the program as scheduled.

- Be open to learning more. We ask that our volunteers do some homework prior to committing to participate.

Alzheimer's Texas has put together two power point presentations - about the disease itself and about reminiscence programs. We can arrange for an in-person training session, or the power points can be downloaded from our “Resources” web page at:

<http://www.sabrhornsby.org/basebalz-resources/>

The documents are titled: “Alzheimer’s Texas – Alzheimer’s 101” -- and --  
“Baseball Reminiscence Volunteer Training”