

# Summer 2023 Junior Volunteer Program

## Make a difference in your life and community

- Experience the healthcare industry first-hand
- Learn new skills
- Develop your career path
- Enjoy helping others



Lakes Regional  
Healthcare

2301 Hwy 71 South  
Spirit Lake, IA 51360

712.336.8799  
[www.lakeshealth.org](http://www.lakeshealth.org)

## Program Details

Apply now to be a part of Lakes Regional Healthcare's 8-week Summer 2023 Junior Volunteer Program, focusing on exposing students to the healthcare field and fostering service values. The program will be held from June 5 - July 28. You must be a high school sophomore, junior, or senior or a college student that's at least 16 years old by June 1 to be considered for the program. Potential Junior Volunteers must complete and submit an application, parental consent form, and written reference from a school guidance counselor/advisor or teacher/professor. These forms can be found online at [www.lakeshealth.org/volunteer](http://www.lakeshealth.org/volunteer). You will be interviewed by Lakes Regional Healthcare staff and potentially offered a Junior Volunteer position. Junior Volunteers must then complete an orientation process that includes a criminal background check, health assessment, TB test, COVID-19 vaccine (or religious/medical exemption), and review of immunizations including the Hepatitis B series. As a Junior Volunteer, you choose one or more volunteer positions based on your interests and availability. You must volunteer at least once each week in each chosen volunteer position.

## Educational Opportunity

On July 11 from 8 am - 12 pm, we will provide a hands-on, educational session with various professionals. Attendance is optional. Topics include:

- // How to Intubate
- // How to Gown and Glove in Surgery
- // How to Give a Shot
- // How to Apply a Cast
- // How to do an IO
- // How to do CPR and use an AED
- // Education Planning, Resume Building and Interviewing

## ER Volunteer

Shifts: 4 hour shifts any time / any day (24/7)

- // Assist physicians and nurses as requested
- // Turn over ER rooms (disinfect equipment, beds, etc) after discharge
- // Go on at least one ambulance call
- // Visit with patients as requested
- // Offer items to patients
- // Transport and escort patients and visitors
- // Restock supplies and deliver items
- // Cross train to other Junior Volunteer positions as time allows

## Inpatient Volunteer

Shifts: Monday-Friday, 8 am - 12 pm

- // Provide companionship to patients
- // Turn over patient rooms
- // Offer items to patients (such as food/drinks)
- // Transport and escort patients to and from Imaging
- // Assist with obtaining vital signs
- // Assist nurses as requested
- // Support Birth Center staff as requested
- // Transport samples to Lab
- // Fill water pitchers/mugs and replace ice
- // Cross train to other Junior Volunteer positions as time allows

## Surgery Volunteer

Shifts: Monday-Friday, 8 am - 12 pm

- // Call and escort surgery patients into Surgery Center
- // Turn over surgery pre-op rooms (disinfect equipment, bed, etc) after patient discharge
- // Give items to patients (toast, beverage, etc)
- // Transport and escort patients to and from Imaging
- // Assist nurses as requested
- // Cross train to other Junior Volunteer positions as time allows



## WHAT TO DO NEXT

Download and complete the Application and Parental Consent at [lakeshealth.org/volunteer](http://lakeshealth.org/volunteer) and submit them by April 28, 2023 to:

Lakes Regional Healthcare  
Attention: Jennifer Gustafson  
PO Box AB  
Spirit Lake, IA 51360.

Please note the application requires a written reference from your school guidance counselor/advisor or a teacher/professor.

For more information, email [jennifer.gustafson@lakeshealth.org](mailto:jennifer.gustafson@lakeshealth.org) or call 712-336-8799.