

# Join Us this April for Volunteer Appreciation!!



For each event below that you attend, sign in to be put in a drawing for a \$50 Chamber Certificate, as well as other smaller prizes.

## April 1—6 - Free Blood Pressure and/or Glucose check at Viking Pharmacy

Hours: M—F 8 am—7 pm; Saturday 9 am—5 pm Drawings, giveaways at Viking

## Wed, April 3— QPR (Question, Persuade, Refer)—Suicide Prevention Training

4:30—6 pm RAMC Lower Level Conference Room **Attend 1 session** (open to public)

\* **Become a Gatekeeper!** A gatekeeper is someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide. Gatekeepers can be anyone, including parents, friends, neighbors, teachers, ministers, office supervisors, police officers, firefighters, & many others who are strategically positioned to recognize & refer someone at risk of suicide. This is you, our volunteers! **As a QPR-trained Gatekeeper, you will learn to:**

\* Recognize the warning signs of suicide \* Know how to offer hope \* Know how to get help and save a life

## Thurs, April 11— QPR—Suicide Prevention Training

9—10:30 am RAMC Lower Level Conference Room

**Mon, April 15—Movie Night 5:30 pm** at the Senior Life Center—Join me as we watch a movie on the big screen in the Chapel and enjoy free popcorn and drinks

**Tues, April 16 - Ethics in Volunteering**—RAMC's Main Lobby—All Day. Stop in and see how Ethics affects you in volunteering - displays/vendors/giveaways

## Thurs, April 18—Resale Beyond the Expected Open House—11:30 am—1 pm

Come see what the Thrift Store is all about and let them celebrate YOU!

502 S Albert Ave - drawings, prizes, refreshments

## Tues, April 23— QPR—Suicide Prevention Training 12—1:30 pm

RAMC Lower Level Conference Room



**Wed, April 24—Appreciation Banquet @ Fusch Center, 4:30-Social Time; 5 pm-Dinner, Entertainment & Awards—RSVP to Jodie** at 768-6247 or [jmolitor@ramchealth.org](mailto:jmolitor@ramchealth.org)

**Thurs, April 25—Volunteer Social Hour 2-3 pm**—hosted by Life Enrichment at Senior Life Center from —ALL RAMC & SLC Volunteers are invited to the Senior Life Center for refreshments, and to visit and explore opportunities in new areas!