

# SUNSHINE VOLUNTEER FORM

## THE SUNSHINE COMMITTEE NEEDS YOUR HELP

Our Committee is there to help Temple Beth Sholom members in times of need. You may be asked to provide any of the following that you volunteer for. Kindly fill out this form and return it to me at Temple Beth Sholom, 32 Park Avenue, Park Ridge, NJ 07656 or email to [tbsoffice@temple-beth-sholom.org](mailto:tbsoffice@temple-beth-sholom.org).

NAME:

ADDRESS:

HOME #:

WORK #:

CELL #:

E-MAIL:

*(please check where appropriate)*  
**YES, I WILL GLADLY**

Cook/provide a meal	
Deliver a meal	
Car-pool a child	
Drive an adult	
Shop at the supermarket	
Run local errands	

How often can we call on you?

Frequently ..... Occasionally ..... Once a year .....

If YOU need our help at any time, just pick up the phone and call or email me.

Debbie Altscher  
Sunshine Chairperson  
(201) 666-7129  
[Debaltscher@yahoo.com](mailto:Debaltscher@yahoo.com)

