



# RSVP

## Menu of Volunteer Opportunities

**NEW!** MOST RECENTLY ADDED OPPORTUNITIES

-  CHILDREN & YOUTH ACTIVITIES
-  DISASTER SERVICES
-  ECONOMIC OPPORTUNITY
-  EDUCATION – ADULT & COMMUNITY
-  EDUCATION – CHILDREN & YOUTH
-  ENVIRONMENT & OUTDOORS
-  FOOD & CLOTHING SERVICES
-  GOVERNMENT & PUBLIC SAFETY
-  HEALTH CARE
-  HUMAN & VETERAN SERVICES
-  MEAL SERVICE/DELIVERY
-  OTHER NON-PROFIT
-  SENIOR SERVICES

**NEW!****MOST RECENTLY ADDED OPPORTUNITIES****Pathways 4 Youth, St. Cloud**

Every night there are approximately 150 homeless youth sleeping outside, in cars, porta-pottys or couch-hopping with friends in the St. Cloud area. Pathways 4 Youth provides youth experiencing homelessness with the opportunity to learn about and gain access to resources that can put them back on a path to grow as individuals and be contributing members of our community. Pathways 4 Youth started as a St. Cloud Area Rotary initiative and is a partnership project with HOPE 4 Youth, a nonprofit that provides pathways to end youth homelessness in the north metro suburbs of the Twin Cities. The Youth Opportunity Center will be open Monday – Friday from 2:00 – 7:00 pm.

**Mentor** – Looking for compassionate volunteers who want to help youth meet their basic needs, and reach their person goals by connecting them to resources and services. On-site training provided. Volunteer Mentors are asked to help with 4 shifts per month for a one-year commitment. Shifts are Monday – Friday from 1:45 – 5:00 pm and 5:00 – 7:15 pm. Mentors are asked to complete a \$25 background check. (4/18)

**Admin Team** – Volunteer at the front desk to help with data entry, answering phones, light office work, checking in youth and staff support. Shifts are Monday – Friday from 1:45 – 5:00 pm and 5:00 – 7:15 pm. Admin volunteers are asked to complete a \$25 background check. (4/18)

**Donations Team** – Greet the donor dropping off items, give them a giving receipt, sort through donations, stock pantry shelves with food, hygiene products, stock and organize the clothing closet. Pick a regular shift weekly, by-weekly or monthly on Wednesdays from 9am-noon or Saturdays from 9:00 am – noon. (4/18)

**Stearns County Jail**

**Bingo Helper** – A volunteer will either help work the floor or call Bingo for about 15 – 20 people. Onsite training provided and program staff will be there to help run the games. Time commitment is anytime on Thursdays. (4/18)

**Good Shepherd**

**Northern Delights Store Volunteer** - As you stroll down Canal Street on the Good Shepherd campus, you'll discover a hidden treasure. Northern Delights coffee and gift shop is looking for customer service volunteers that are comfortable with technology and computers. Volunteers will assist shoppers with the electronic check out process, socialize with guests and brew coffee. Help is needed most on Saturdays or Sundays for a 3-hour period. (2/18)

**Librarian** – There are five libraries on the Good Shepherd Community Campus. Assist with organizing the libraries by rotating, labeling and shelving books. The schedule can be weekly and flexible. (2/18)

**City of Waite Park**

**Senior Center Host** – The senior center host attends to the needs of the visitors and provides a social environment. Is responsible for opening and/or closing the Senior Center room. The host welcomes visitors, answers questions in person and over the phone. The host also prepares coffee and snacks as needed. Assist with light cleaning such as wiping off tables and washing out coffee pots and cups. The host is not required but encouraged to participate in the events at the senior center while hosting. Must be able to sit, stand and lift at least 10 pounds. The senior center room is open M-F from 9am – 3pm. Seeking hosts on Monday, Thursdays and Friday. (2/18)

### **Dist 742 Madison Elementary School**

**First Grade Reading Buddy** – Listen to and read with first grade students any day from 9:00 -10:00 am. (1/18)

**Kindergarten or First Grade Reading or Math Buddy** – Help in a Kindergarten or First grade classroom to support students with reading and/or math activities. Volunteers will read to individual students or a small group, tutor students on independent math concepts or reading concepts. Help 2-3 hours per week. (1/18)

### **St. Cloud Technical and Community College**

**Benefits Access Program Intake Worker**– Meet individually with students to assist them with accessing benefits through local organizations. Work with local organizations to receive ongoing training on community resources. Track and update student files after each encounter helping a student in need. Commitment to serving all students no matter race, creed, or ethnic heritage. Comfort with some basic computer applications specifically web resources and spreadsheets. Ability and willingness to follow up with students with whom you meet. Seeking volunteers to help 4-8 hours per week with flexible scheduling. Training provided. (1/18)

### **Catholic Charities**

**Emergency Services Volunteer Receptionist** – Help answer phones, take messages and greet clients. Volunteer 2-3 hours per week, any day M-F. (2/18)

**North Campus Volunteer Receptionist** – Catholic Charities would love to have a pleasant and positive volunteer answer phones and take messages for staff, greet people coming in the front door, and accept packages from 11:45 am - 12:30pm, any day Monday through Friday. (1/18)

### **City of Sartell**

**Community Center Office Assistant** – Seeking volunteers to greet members of the community, answer general questions and phone calls and help with light office work. Volunteers needed for 2-4 hours shifts. Training provided. (1/18)

### **Rural Stearns Faith in Action**

**Transportation** - Transport and client escort to an individual who had difficulties (physically or cognitively) using regular vehicular transportation to medical, social service, grocery, pharmacy, food shelf, hair dresser, barber, place of worship, adult day care or evidenced based Health Promotion Programming. (1/18)

**Homemaker** - Provide assistance to persons having difficulty with one or more of the Instrumental Activities of Daily Living. Includes services such as: preparing meals, shopping for food and other personal items, managing money, answering or making telephone calls, or routine housekeeping (dusting or sweeping). (1/18)

**Chore Services** - Heavy housekeeping such as washing the floors, windows and walls, minor home repair and maintenance, safety modifications/ grab bar installation, snow shoveling/ ice removal, lawn care, leaf raking, etc. (1/18)

**Friendly Visitor** – In person or by the phone providing visitation to clients that are home bound or socially isolated. (1/18)

**Respite Volunteer** – Provide assistance with meals, medication reminders and general supervision. Respite volunteers are screened, trained and matched with older adults and supervised by provider. Respite visits should be approximately 4-6 hours in length for an average of one or two times a week. (1/18)

### **Woodcrest of Country Manor, St. Joseph**

**Country Store** – The Country Store attendant's assist our customers with everything from soda, coffee, snacks, and other items for the customer's convenience. Volunteers are responsible to run the Country Store and will be available to assist customers in finding items and ringing up their purchases. Volunteers are also responsible for basic cash register operation, and some gentle cleaning (i.e. wiping down counters, tables, etc.) Volunteers in the Country Store need to be able to commit to one shift per week for a 4-hour period of time. (1/18)

### **Community Grassroots Solutions**

**Volunteer Manager** – Community Grassroots Solutions are looking for an individual who can help recruit, train, and supervise volunteers! You will be assisting the organization to have enough volunteers to fulfill its service mission, and to assist with creating/maintaining the volunteers files, tracking their hours, and help do program reports. Knowledge of Microsoft Office Programs and have interpersonal communication skills is helpful. The time commitment can be determined by the volunteer. (1/18)

### **Arlington Place**

**Card Player** – Do you love to play cards? Arlington Place is looking for someone who has knowledge of card playing and an interest in playing with residents. They are seeking individuals with patience and the ability to communicate with residents who may be hard of hearing. Card groups meet on Tuesday afternoons. Come two-four times a month for 1-2 hours at a time. (1/18)

### **Friends of the Library Bookstore – St. Cloud Public Library**

**Book Store Volunteer** – The St. Cloud Friends of the Library accepts donations of used books and media materials and then sells them in the Friends Bookstore located in the library. Volunteers handle purchases and assist customers in finding books. They also help stock shelves, arrange books by category, and straighten shelves. Volunteers are trained in the procedures and are asked to commit to a 2-hour shift every other week—or more if desired. Store hours are Monday - Friday 10:00 am – 8:00 pm and Saturday 10:00 am – 4:00 pm. Each year the Friends of the Library makes \$30,000 or more through the bookstore and special sales. These funds are donated to the library to purchase new materials, provide free events, and fund children and adult programs. (1/18)

**Sorting Room Assistant** - Volunteers sort donated books and materials into categories such as fiction, science fiction, mysteries and thrillers, romance, history, children's etc. They help clean the books if needed, price them, and shelve the books in the store. Volunteers will also assist in planning sales, promotions, and handling special sales such as the bag of books sale. Hours are contingent on volunteer schedule and availability. (1/18)

### **Reach-Up Headstart Inc.**

**Classroom Cleaner** – Volunteer needed for the cleaning of a children's class room(s). Responsibilities would include cleaning the children's bathroom, sweeping, mopping, vacuuming, dusting, and wiping down the sink and counters in classroom. This position is four days a week, for one-hour a day either before class starts (6:30am-7:30am) or after class (5:00pm-6:00pm). (1/18)

### **Minnesota WorkForce Center- St. Cloud**

**Volunteer Receptionist** – Greet and direct WorkForce Center visitors, answer the multi-line telephone, provide clerical support to the agency and to the WorkForce Center Partners, as well as provide client assistance in the resource room. The receptionist represents the agency to the public. It will help if you have basic computer skills and good customer service. This position has flexibility in hours, preferably for a minimum of three months. Training will be provided and there will be staff available for questions and assistance. (1/18)

**Volunteer Case Aide** – Provide case management support to employment and training Career Planners. Responsibilities include completion of paperwork and other job related tasks, sending out forms and information, provide one-on-one focused universal services to include mock interviews, resumes, and job leads, and the optional (if interested) assistance of facilitating presentations. It will help if you have basic knowledge of working with computers and Microsoft Office products. This position has flexibility in hours, preferably for a minimum of three months. Training will be provided and there will be staff available for questions and assistance. (1/18)

**Volunteer Employment Resource Area Specialist** – Provide universal services for job seeker customers in the resource area at the Minnesota WorkForce Center. Responsibilities include using employment websites to search and apply for jobs, research local employers, complete job applications, offer advice on resume building and cover letters, and recommending other community resources and services. It will help if you have basic knowledge of working with computers and Microsoft Office products. This position has flexibility in hours, preferably for a minimum of three months. Training will be provided and there will be staff available for questions and assistance. (1/18)

### **Minnesota Reading Corps or Minnesota Math Corps**

**Tutor** - Local elementary, middle and preschools need you! Join Minnesota Reading Corps or Minnesota Math Corps as a tutor and work with students every school day. You can join hundreds of other caring adults who are making a difference for Minnesota children statewide. No teaching experience necessary – just a belief in all students' potential and a desire to see them succeed! You'll be eligible for an education award of up to \$5,920 (for full-time) at the end of your service. Tutors 55 or older may gift this award to their child or grandchild to pay tuition or student loans. (4/18)

### **Opportunity Matters**

**Administrative Assistant** – Looking for a friendly, organized and people oriented-volunteer to answer and direct phone calls, greet and assist individuals as they arrive in the building, and other miscellaneous administrative work such as copying, typing, and filing. There is training on the phone when individuals arrive for their shift. Two volunteers needed on Thursdays from 12:30pm-3:00pm. (1/18)

### **Tri-County Action Program, Inc.**

**Building Maintenance** – Volunteers are needed to perform routine and semi-skilled repair and maintenance work for the Agency's buildings and grounds. Responsibilities include hanging air filters in furnaces, checking fire extinguishers, testing exit emergency lights, hanging pictures or shelves, minor grounds keeping such as applying weed killer, etc. There is a physical demand of frequent lifting and pushing of 50 pounds, as well as standing, walking, reaching, stooping, and kneeling. Positions available between 8am-4:30pm, with 4-5 hours per week. (1/18)

### **Stearns History Museum**

**Front Desk Receptionist** - Volunteers welcome and admit guests to the Stearns History Museum. They provide information about the current exhibits, special events and the Museum's floor plan. Volunteers record the number of guests and listen to and report guest comments or concerns. Volunteers will need to operate the cash register and answer the phone. Volunteers may be asked to do general clerical work for staff members and assist guests in the Museum Store. Select a specific day of the week and time to volunteer: 10:00 am - 1:00 pm Wednesdays and/or Fridays 10:00 am - 2:00 pm. (1/18)



## **CHILDREN & YOUTH ACTIVITIES**

### **Anna Marie's Alliance**

\*For additional Anna Marie's Alliance opportunities see Human Services.

**Child Mentor** – The children of Anna Marie's want patient volunteers to spend time with them in the shelter. Volunteers must have a strong interest in the growth and development of children and have the ability to maintain appropriate boundaries. Anna Marie's has a great playroom, two play yards, games, books, arts and crafts, and many more activities for you and the children to use. Volunteers are asked to make a six month commitment and work a minimum of one two hour shift per week.

(1/18)

### **Big Brothers Big Sisters of Central MN**

Big Brothers Big Sisters of Central MN helps youth to realize their potential by providing positive growth experiences through one-on-one mentoring relationships.

**Enrollment Assistant** – Serve as an Enrollment Assistant by contacting references for potential volunteers/mentors. A calling questionnaire form and training will be provided. Seeking volunteers with the ability to talk professionally and clearly on the telephone and have knowledge of Microsoft Word. Opportunities are available 3-4 hours a week, with in-home volunteer options. Flexible scheduling. (1/18)

**Mentor** – Big Brothers Big Sisters is currently in need of Big Brothers, Big Sisters, Big Couples, and Big Families. We need both male and female "Bigs" to mentor the Littles who are waiting to be matched with a Big. This position requires a one year commitment. School and site based mentoring is one day a week for 1 hour while meeting on school or site grounds. During summer vacation we ask that mentors keep in contact via, phone calls, mail, e-mail, Skype, etc. We are referred to many of these children by their teachers who see an identifiable need in the child's life for a mentor. The activities that you are able to do at a school or site are the following but not limited to: Open Gym, Reading Books, and Playing Board Games, Arts and Crafts, Playing on the Play Ground, Homework, Talking and Listening. (1/18)

**American Sign Language Interpreter** – A volunteer, who is fluent in ASL, is needed to help BBBS communicate adequately with families involved with the agency. This volunteer would need to attend meetings involving families and assist at events/activities and special meetings for the agency. Time involvement varies depending on the need (on-call basis). (1/18)

**Office Receptionist** - Screen and assist with phone calls/office visits during time spent at front desk, help with other general file work, compilation of forms and data entry. Seeking volunteers with a professional, pleasant demeanor and knowledge of Microsoft Word and Excel Programs. Opportunities are available on Fridays 8:00 am – 12:00 noon (1/18)

### **Boys & Girls Clubs**

To accomplish their mission of enabling all young people, especially those who need it most, to reach their full potential as productive, responsible and caring citizens, the Boys & Girls Clubs of Central Minnesota needs volunteers. Several options are available.

**KIDSTOP Program Volunteer** – KIDSTOP is open after school hours (school dismissal times vary) until 6pm and during the summers from 6:30am to 6:00pm M-F (programming with the children runs

8:00-5:00). All this position takes is a volunteer who is able to relate well with children in a group environment, participate as an active team member with staff and other volunteers, and abide by volunteer policies. Examples of volunteer activities are teaching children how to play cribbage and other board/card games, reading together, and assisting with art projects. (1/18)

**Office Volunteer** – Help Boys & Girls Club administrative staff by answering and directing phone calls using a multi-line system. Other duties may include: filing, word processing, data entry, scanning documents and other duties as projects arise. Office volunteers work at the administrative offices in the Roosevelt Club. Volunteer shifts are available M-F between 8:00am and 5:00pm; the greatest need is on Tuesdays and Thursdays between 10:00 am – 2:00 pm and Wednesdays from noon - 3:00 pm. (1/18)

**Roosevelt Boys & Girls Club Reading Buddy** – Help a child read and volunteer in the Super Readers program. Volunteers are needed to listen to children read on a one-to-one basis, spending 10 minutes per child during after school hours. Volunteers must be patient and comfortable in an active environment. (1/18)



## **DISASTER SERVICES**

### **American Red Cross**

**Donor Ambassador Volunteer** – Volunteers greet and register donors, check schedules, serve refreshments, and observe donors for the American Red Cross. Days and times vary. (1/18)



## **ECONOMIC OPPORTUNITY**

### **Paramount Theatre**

**Gallery/Gift Shop Volunteer** – Greet and assist customers, complete and record sales, and learn about our local artists at the Gallery/Gift Shop. Opportunities are available weekdays from 11:00 am – 2:00 pm and 2:00 – 5:00 pm, on Saturdays from 10:00 am – 2:00 pm and for one hour before performances and during intermission (typically 6:30 – 8:30 pm). Volunteers that help in the Gallery on performance nights are invited to see the show. Sign up to help once a week or once a month! (1/18)



## **EDUCATION – ADULT & COMMUNITY**

### **Catholic Charities**

\*For additional Catholic Charities opportunities see Education – Children and Youth, Clothing and Food Services and Meal Services

**Matter of Balance Lay Leader** – To assist people to feel more in control and build their self confidence in managing their lives regarding Falls Prevention through positive role modeling and facilitating of the Matter of Balance workshops. Volunteers participate in a two day (8 hour day) training prior to co-facilitating a workshop for 6 weeks/2.5 hours per week. (1/18)

**Chronic Disease Self-Management Program Lay Leader** - To assist people to feel more in control and build their self confidence in managing their lives with chronic diseases through positive role modeling and facilitating of the Stanford Chronic Disease Self-Management Program workshops. Volunteers participate in a four day (8 hour day) training prior to co-facilitating a workshop for 6 weeks/2.5 hours per week. (1/18)

**Diabetes Self-Management Lay Leader** – This workshop is given 2½ hours once a week for six weeks, in community settings such as churches, community centers, libraries and hospitals. People with type 2 diabetes attend the workshop in groups of 12-16. Workshops are facilitated from a highly detailed manual by two trained Leaders, one or both of whom are peer leaders with diabetes themselves. Subjects covered include: 1) techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration; 2) appropriate exercise for maintaining and improving strength and endurance; 3) healthy eating 4) appropriate use of medication; and 5) working more effectively with health care providers. Participants will make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program. Physicians, diabetes educators, dietitians, and other health professionals both at Stanford and in the community have reviewed all materials in the workshop. (1/18)

### **Central MN Council On Aging Evidence-Based Health Workshops**

**Living Well with Chronic Conditions Co-Leader** - This is a 4 day (8 hour day) training split into two weeks. Training location is at the Central MN Council on Aging office in Sartell. The Chronic Disease Self-Management Program is a workshop given two and a half hours, once a week, for six weeks, in community settings such as senior centers, churches, libraries and hospitals. People with different chronic health problems attend together. Workshops are facilitated by two trained leaders, one or both of whom are non-health professionals with chronic diseases themselves. Subjects covered include: 1) techniques to deal with problems such as frustration, fatigue, pain and isolation, 2) appropriate exercise for maintaining and improving strength, flexibility, and endurance, 3) appropriate use of medications, 4) communicating effectively with family, friends, and health professionals, 5) nutrition, 6) decision making, and, 7) how to evaluate new treatments. Each participant in the workshop receives a copy of the companion book, *Living a Healthy Life With Chronic Conditions, 4th Edition*, and an audio relaxation CD, *Relaxation for Mind and Body*. (1/18)

**Stepping On Co-Leader** – Stepping On is a high-level, evidence-based program proven to reduce falls and build confidence in older people Stepping On is designed specifically for people who are: 1) at risk of falling, 2) have a fear of falling, or 3) who have fallen one or more times. Participants meet for two hours a week for seven weeks. Workshops are facilitated by trained Leaders and provide a safe and positive learning experience. The 3 day volunteer training will be offered this summer 2017. (1/18)

### **Central MN Adult Basic Education**

We help local adults to learn or improve basic reading, writing, or math skills, earn a General Education Diploma (GED) or adult diploma, and/or improve English language skills (ESL). Shifts available: mornings, evenings and Saturday mornings. Literacy Sites: Discovery School, Waite Park



Hillside School, Sauk Rapids LaCruz apartment complex, St. Cloud ABE Volunteer / Tutoring Program  
Hands Across the World, St. Cloud SCSU Campus, St. Cloud Bel Clare.

**ESL Certified Tutor:** Teach English to ESL learners in a small group setting (curriculum provided). Subject areas may include reading, writing, speaking, listening, vocabulary, basic math, life skills, spelling, comprehension and citizenship. (1/18)

**ESL Classroom Assistant:** To provide assistance to literacy and ESL students in a general, ESL or citizenship classroom under the direction of a professional teacher. (1/18)

**ABE Classroom Assistant:** To provide assistance to GED and Diploma students in a general classroom under the direction of a professional teacher. (1/18)

### **Hands Across the World**

**Hands Across the World's Mission:** To provide a first learning experience for newly arrived immigrants and refugees who do not have language or living skills to thrive in our community. In a classroom environment, we help both children and parents acquire the tools needed to become an integrated citizen of Central Minnesota.

**Citizenship Class Assistant** – Volunteer will tutor students in preparation for the Citizenship Exam. Position is Fridays 9am -12pm. (1/18)

**Adult ESL Classroom Assistant** – There are four (4) levels of English instruction. Volunteer will assist teachers with classroom activities, work one-on-one or in small groups. (1/18)

**Early Childhood Program** – Assist lead teacher. Read stories and play with children, while parents are in classes. Monday – Friday 9:00 – 12:00pm. (1/18)

### **Whitney Senior Center**

\*For additional Whitney Senior Center opportunities see Senior Services

**Teachers/ Instructors/ Leaders** –Do you have a skill or talent that you'd be willing to share? Volunteers are needed to lead Whitney participants in activities. This could be a one-time project/session, or a several week project. Possible ideas would be to teach a craft such as card stamping, collage making, or a fiber art. Perhaps you could demonstrate how to use a spinning wheel or other skill. The ideas are as limitless as there are people, because we all have things that make us unique. Work in pairs or alone. Everything considered. The dates and times are flexible. Let your imagination soar! (1/18)

**Computer Instructor - Education through internet** - Looking for an instructor to teach seniors about Pinterest and YouTube, and the basics of using these websites to gather information that makes life easier, faster, more creative, etc. (1/18)

**Computer Instructor - Photo Creativity** - Seeking an instructor to teach basic skills on free online program/s (such as Coborn's photo, Walgreens, Flickr) to help class participants learn how to create holiday cards, invitations, a photo collage or storyboard! (1/18)

**Computer Open Lab Volunteer** – Staff the computer lab so users can utilize the lab and assist users as needed. Volunteers are needed for a two hour shift once a week. (1/18)



## **EDUCATION – CHILDREN & YOUTH**

### **Avon Elementary**

**Reading/Math Interventionist or Class Room Helper** - Work with individual students or small groups to learn numbers, letters, colors, and shapes in Kindergarten. In grades 1-3 work with students individually or in small groups to help them master reading out loud; gain confidence in comprehension. May also help with math – individual students or small groups learning number facts – adding, subtracting, counting by 1's, 2's, 5's, and 10's, etc., multiplication and division. Volunteer should want to help foster love of learning in education, have willingness to work with elementary students of all abilities and learning styles. Time commitment will be determined by individual – as many days and hours as individual would care for between the hours of 8:15 a.m. and 2:45 p.m. (1/18)

### **Junior Achievement**

**Junior Achievement Classroom Volunteer** - Junior Achievement teaches students about key concepts of financial literacy, entrepreneurship, and college/career/workforce readiness. Their mission is to inspire and prepare young people to succeed in a global economy. JA connects local students with caring adults who share their life experiences as well as nationally tested and proven curriculum to help them create a plan for success. JA helps students to connect what they are learning in the classroom with the real world. JA's K-12 programs are interactive and hands-on, making it easy for volunteers to teach and fun for students to learn. They will work with you to select the ideal school and/or grade level opportunity that works with your schedule, and provide all the training and materials you'll need to be prepared. Average time commitment is 5 lessons - each 30-45 minutes in length. Flexible schedule decided by teacher and volunteer. (1/18)

### **Minnesota Reading Corps or Minnesota Math Corps**

**Tutor** - Local elementary, middle and preschools need you! Join Minnesota Reading Corps or Minnesota Math Corps as a tutor and work with students every school day. You can join hundreds of other caring adults who are making a difference for Minnesota children statewide. No teaching experience necessary – just a belief in all students' potential and a desire to see them succeed! You'll be eligible for an education award of up to \$5,920 (for full-time) at the end of your service. Tutors 55 or older may gift this award to their child or grandchild to pay tuition or student loans. (4/18)

### **Reach-Up Inc**

**Child Classroom Assistant** – Help teachers with children in a pre-school setting. Volunteers play with children 3 to 5 years old, read books and assist with art area and other activities. Volunteers may put in one hour or more per week, Monday – Thursday between 8:00 am – 3:00 pm. (1/18)

### **St. Cloud Area Schools District 742**

**Early Learners Academic Support** - Volunteers provide academic support to some of our youngest students. Support students one-on-one or in small groups with reading and/or math skills. Volunteers should be fluent readers and comfortable working with students 5-8 years old. We ask that volunteers commit time weekly throughout the school year. Consistency in volunteer schedule is very important for academic support positions. Variety of elementary sites are available. (1/18)

### **Sartell-St. Stephen Schools**

**Oak Ridge Elementary Early Childhood Aide** - Work one on one with particular children or in small groups assisting with art projects, children's board games (Candy Land, memory, counting/shape/color games), and possibly at snack times. Also reading stories or playing with them

or helping the teacher prep art projects or decorate the room. The teacher and assistant are available for support or guidance. The only requirement is a love of young children ages 3 and 4 or possibly younger and a desire to help us. Time commitment is as much or little as you'd like. Criminal background check required. (1/18)

**Oak Ridge Pre-K Classroom Helper** - Work with Pre-K teacher and assistant reading stories to 3 to 5 year olds, playing board games and other games with small groups of children. Help on playground, in gym and media center. Must be able to get up and down from small chairs and the floor with comfort and ease. Twice a week on Monday, Wednesday, Friday and Tuesday, Thursday – 7:45 to 10:15 am. Criminal background check required. (1/18)

**Little Kids Connection (Daycare)** - Volunteers needed on Tuesdays and Thursdays from 9:00-11:00 am. Duties include helping with snack set up, interacting with children (reading, coloring, activities) and helping with light clean up. There will be staff with you. This is a great group of children that just need another adult to help them out. Volunteer when it works in your schedule. (1/18)

### **St. Francis Xavier School**

**School/Student Support** – Volunteers are needed to assist teachers in the classroom and help in the library. Must enjoy working with students and adults. Seeking volunteer help 24 hours a week. (1/18)

### **St. Katharine Drexel School**

**Cafeteria Assistant** – Volunteers are needed to assist students with getting their lunch trays, and serve lunch to students. Encourage good nutrition. Volunteers are required to enjoy working with children and should have ability to stand while volunteering. Water or pop is provided while working. (1/18)

**Classroom Resource Assistant** – Volunteers are required to support individual students who may need special help in reading and math. Should be able to perform other supervisory responsibilities as requested. Must have good communication skills, interest in working with young children individually or in small groups, must have patience to listen to their needs and have true interest in being a friend to a young child. Lunch is provided while volunteering. Time could be flexible between 8:00 am- 2:00 pm, Monday- Friday. (1/18)

**Media Center Volunteer** – Volunteers are required to read books to children; Check materials in and out; Reshelf resource materials; Put books and magazines in order on the shelves; Make out the overdue book list; Staff the checkout desk; Dust and clean media equipment; Possibly help on special projects such as typing; Assisting with book inventory' Covering books; Assisting with non-print inventories and other miscellaneous duties as requested. Assist in computer room with students, filing, etc. Volunteers should be willing to learn about library systems and procedures; Interest in working with young children; Ability to be flexible to perform whatever tasks need to be completed. Time could be flexible according to the projects and volunteer's availability, Monday-Friday between 8:00am- 3:00 pm. Lunch is provided to the volunteers. (1/18)



## **ENVIRONMENT & OUTDOORS**

## **WACOSA**

**Recycling Assistant:** Assist with maintaining a clean, safe, and productive recycling facility. Assist staff members with assembling gaylords to store prepared recycling materials. Assist with preparing recycling for clients by cleaning and sorting recycling materials. Sort recycling materials according to type (plastics and glass) and remove any garbage. Sweep and mop floor and clean sink area. Occasionally clean *Message in a Bottle* recycling receptacles. Assist staff members with emptying sorted recycling materials that are prepared by clients into storage bins, and providing materials to clients to be sorted. Ability to lift and carry 20 pounds, along with intermittent bending, twisting, and reaching, and ability to stand for up to four hours while performing tasks. Shifts are available Wednesdays and/or Fridays from 8:30am – 12:30pm (flexibility available for start time). Shift may be shorter or longer depending on materials available. (2/18)

**Environmental Projects Assistant:** Assist our maintenance team in projects to enhance the quality of the environment for the benefit of clients, such as painting, landscaping, patio design and care, and gardening. Assist with vehicle checks and care to ensure safe and comfortable transportation for staff members and clients. Assist with the development of adaptations for clients to increase their ability to complete paid work and interact in non-paid projects and activities. Assist with accessible equipment adjustments and minor repairs. Must have experience with basic shop procedures, yard equipment and tools. Ability to lift and carry 20 pounds, along with intermittent bending, twisting, and reaching and ability to stand for up to four hours while performing tasks. Shifts are available Monday through Friday between 6:00am – 2:00pm. \*A driver's license and health screening is required to drive WACOSA vehicles but is not necessary to fulfill this position. (2/18)



## **FOOD & CLOTHING SERVICES**

### **Catholic Charities Emergency Services Food Shelf/Clothing Program**

**Clothing Program Sorter** – Sort donated clothing and household items that is then supplies to low income persons. Help is needed 3-4 hours per week. (1/18)

**Donation Door Aide** – Help move garbage outside and move donations into the building and sorting area. The Door Aide will keep the sorters supplied and operate pallet jacks and handcarts as needed. Assist in compacting and binding of cardboard, sort and size all bags, inform staff when supplies are low, and keep the area neat and orderly. The Door Aide MUST be able to reach, bend, and lift up to 20 – 40 pounds. This is needed on Tuesdays all day or split shift, Wednesdays noon – 7 pm, and Fridays from noon – 4 pm. (1/18)

**Food Shelf Stocker** - Stock shelves, coolers, and freezers with product purchased from Second Harvest, as well as product procured from local grocery store donations, food drives, and private donors. This person may also be called upon to repack or sort bulk products under proper sanitary conditions when needed. Responsibilities include unpacking grocery donations or surplus stores and stock shelves, coolers, and freezers. Sort through donated product, checking expiration dates and freshness according to guidelines posted in the work area. Repackage bulk products under proper sanitary conditions when necessary. Clean up area at the end of the shift. Job requires lifting and reaching, working on your feet. Also, an understanding, non-judgmental attitude toward low-income persons or people in crisis is important. Time commitment: Average of 4 hours per regular weekly shift. (1/18)

**Food Shelf Checkout** - Assist clients with groceries in the “check out” area of the food shelf. Directly responsible to program staff. Volunteer will greet the client as they come to the auditing area. Assist the client with the bagging of groceries if necessary. Clean the lobby; get boxes and bags ready for future use and retrieve shopping carts from the entryway and the parking lot. Must demonstrate ability to understand and empathize with low-income persons or others in crisis. Must be willing to

work with diverse groups of people and maintain client confidentiality. Must be physically able to move groceries from the counter into boxes and/or bags. Must be able to read weights and record the information on the shopping sheets. Time commitment: between 3 – 5 hours per shift. (1/18)

**Client Assistant** – Assist clients who request clothing and household items during clothing program hours. Volunteer greet clients and help locate clothing in proper sizes, styles, etc. Keep shopping area neat and occasionally sort and hang clothing. Must demonstrate ability to understand and empathize with low-income persons or others in crisis and be willing to work with diverse groups of people. Must maintain client confidentiality. Time commitment: 2-4 hours a week during program hours. (1/18)

**Food Shelf Lobby Greeter** – Duties are to regulate traffic in the lobby and assist clients with information they need. Meet and greet clients as they enter. Answer client questions or find someone who can answer their questions. Share any special food shelf information with clients. Regulate number of clients at intake windows while calling numbers for food /clothing programs. Interact with the clients in the lobby. Must demonstrate ability to understand and empathize with low-income persons or others in crisis and be willing to work with diverse groups of people. Must maintain client confidentiality. Time commitment: Variable, to be determined by program hours. Usually 6-10 hours per month. Monday 9:00-12:00 and 12:00-3:00 and 3:00-6:00. Wednesday- 9:00-12:00 and 12:00-3:00 and 3:00-6:00 and 6:00-7:00. Friday- 9:00-12:00 (1/18)

**Intake/Registration Worker** – Greet client, check ID, and perhaps interview client as necessary regarding food and clothing assistance. Update intake forms, and do some filing. Must have the ability to interview and assist clients' needs and help them utilize the community resources while maintaining confidentiality. Answer clients' questions, and direct to staff when needed. Must demonstrate ability to understand and empathize with low income persons and others in crisis. An initial training session is required, and yearly in-service reviews occur. Time commitment is usually 2 to 5 hours per shift, to be determined by program hours. (1/18)

**Produce Sampler** – Catholic Charities Emergency Services could use volunteers to help raise awareness of fresh fruits and veggies available at the Food Shelf by offering taste testing to allow clients to sample unfamiliar produce before they select their items to take home. Hours: Monday: 8:30 to 11 a.m. (can alternate Mondays with other volunteers). Produce sampler will wash, cut and prepare fresh produce samples; greet clients and encourage tasting of produce samples while explaining how to use, prepare and safely preserve these products for later use; hand out tips for use and/or recipe of product sampled; conduct a quick survey to assess knowledge of product and if product was added to shopping cart; and clean and store equipment. (1/18)

### **Cross Center**

The Cross Center in Foley is open Monday 1:00 to 4:00 pm and 6:00 to 8:00 pm and Thursdays from 10:00 to 3:00 pm.

**Food Shelf Volunteer** - Help distribute food to those in need by greeting clients, assisting clients as they shop, and stocking food shelves. Volunteers are needed with commitment to help on weekly basis (1/18)

**Clothing Program Volunteer** - Help sort through clothing that has been donated to the center by determining whether the clothing can be used; sizing and marking the clothing; organizing the clothing in the appropriate location; hanging up clothing for distribution; and greeting clients and making them feel welcome and comfortable. Volunteers are needed with commitment to help on weekly basis (1/18)

### **Salvation Army**

**Food Shelf Volunteer** – Help clients with selection of dry goods, prepare donation slips for donations delivered, maintaining the cleanliness of the ‘Free Bread Room’, and stocking of shelves (may include in the cooler) and all other donations in the proper areas. Looking for a volunteer who has the desire to help the needy, willing to take direction from staff, willingness to work alone if needed, and to maintain confidentiality. On-call shifts are M-F, 8:30 – 11:15 am or 12:45 - 4:15 pm. (1/18)

**Meal Helper** – Looking for volunteers that have a positive attitude towards those who are less fortunate and enjoy working in a kitchen atmosphere. You would help with various activities for the meal to serve those in our community obtain a good meal. Helping prepare and serve food to guests at the Salvation Army, set up tables, clean up in kitchen after the meal, clean up the tables and put items away. Duties include: cutting up fruit, buttering buns, making a salad, assisting cooks as needed. On-call shifts are M-F, 8:00 am – 1:30 pm or from 4:00 pm – 6:30 pm. (1/18)

**Dining Room Assistant** – The Salvation Army is looking for individuals to assist with their dessert table by keeping this table full throughout lunch. This table seems to be the socializing spot of the dining room, so it is a great way to visit with guests and fellow volunteers while helping out this organization! After lunch, you would then assist with cleaning up by washing off tables and gathering pitchers to be cleaned. Lunch is provided at 11:00 for the volunteers and staff, and for the public from 11:30-12:45, therefore your shift would be from 11:00 – 1:00 any day(s) Monday – Friday. (1/18)

**Lunch Cook** – If you like to cook and create in the kitchen, we would love to talk to you! Responsibilities include the preparation of food for our client’s noon meal which includes the main entrée, vegetables, and one side. You will have assistance of other volunteers to prep the other items and any additional help you may need. Volunteer must be familiar with quantity cooking and sanitation methods, willing to take directions, as well as creating/preparing items that you like to make. Openings include Wednesdays 6:30 or 7:00 am – 1:30 pm, and on call as needed. There are days that we may need an additional cook to assist and welcome extra help. Training days will be provided. (1/18)

**Evening Cook** - If you like to cook and create in the kitchen, we would love to talk to you! Responsibilities include the preparation of food for our clients evening meal (both the main entrée and sides) and cleaning up leftovers by marking and putting into the cooler. Volunteer must be familiar with quantity cooking and sanitation methods, willing to take directions, as well as creating/preparing items that you like to make. Openings include every evening, except Thursdays, from 2:00 pm – 6:15 pm. (1/18)

**Dishwasher** – Looking for someone who likes to have fun while you work! We have a great group whose laughter can be heard all through the halls. Responsibilities include assisting in providing meals to needy families and individuals, washing dishes using a commercial dishwasher and washing large pots and pans by hand. You will be working as part of a team to keep our food line moving, getting clean dishes up to the line and putting away cooks items. Note: must be able to lift 20 lbs. Openings include Monday-Friday from 10:00 am – 1:30 pm. (1/18)

**Janitor** – Maintain cleanliness in all general public areas and offices, clean public restrooms, sweep and mop floors, empty trash from offices, and kitchen cleaning after lunch is completed. Volunteer must be able to bend, stoop, stand and arm/shoulder movements for vacuuming and reaching. Beverages, snacks and lunch provided from 11:30 am – 12:45 pm for volunteers. Openings for the position include Monday – Friday anytime from 8:30 am – 3:00 pm. (1/18)



## **GOVERNMENT & PUBLIC SAFETY**

### **City of Sartell**

**On-Call Cablecaster** - Volunteer would be responsible for startup and preparation of the equipment prior to the meeting or event, operate the videotaping equipment during the meetings, and videotape the proceedings by pointing the remote cameras to where there is action and shutting down the equipment at the end of the meeting. This is an on-call volunteer position with meetings held two evenings per month from 7:00 – 10:00 pm on the 2<sup>nd</sup> and 4<sup>th</sup> Mondays. The location of the assignment is handicap accessible. Volunteers will be thoroughly trained on the videotaping equipment. (1/18)

### **Stearns County Jail**

**Arts and Crafts Assistant**– The activities in this area are to serve as an introduction to materials, processes, styles and concepts underlying the production and appreciation of visual arts. This may include, but is not limited to, the following: cards, stamping, bird houses and bird feeders, the study of color and shading, mosaics, collage, paper and clay sculpture, and freehand drawing, photography, calligraphy and lettering, weaving, painting still life and human form. Conduct classes and/or workshops on art history, Minnesota art, US art and world art. Volunteer must be able to relate to a wide variety of ages, abilities and motivations and be comfortable in a correctional facility environment. Time commitment of a minimum of 2 hours every other Thursday at the jail. (1/18)

**Bingo Helper** – Volunteer will be asked to either help work the floor or be the caller for Bingo for about 15 – 20 people. Onsite training if needed and program staff will be there to help run the games. Time commitment is anytime on Thursdays. (1/18)

**Classroom Assistant** – Four positions are available to work with the teachers helping inmates with basic skills such as math, English, science, balancing a checkbook, job interviews, ESL, etc. Assist with small group of students in the computers labs. Requirements: Computer skills and college or experience with education is preferred. The volunteer should have the ability to work with a variety of people who have a wide range of educational, social, ethnic and criminal backgrounds. Monday/Tuesday/Wednesday/Fridays – 9:00 am to 5:30 pm, 1-2 days a week. The length of the shift is approximately 3 hours a day. Would appreciate a minimum commitment of one year. (1/18)

**Game Group Facilitator** – Teach skills for a variety of board or card games. Help run a tournament. Program staff is nearby for any questions. Requires knowledge of different games. Should like talking to people and have patience. Two to three hours Monday, Tuesday, Wednesday or Friday, once a week. Mornings 9:00 to 12:00. Afternoons 12:30 to 2:30 or 3:30 to 5:30. (1/18)



## **HEALTH CARE**

### **American Red Cross**

**Donor Ambassador Volunteer** – Volunteers greet and register donors, check schedules, serve refreshments, and observe donors for the American Red Cross. Days and times vary. (1/18)

### **Heartland Home Health Care & Hospice**

**Hospice Volunteer** – There is a need for caring, compassionate volunteers, who are willing to spend time with Hospice patients and families, who have been diagnosed with a terminal illness. Volunteers provide the extra love and care the clients and their families need at this time in their lives. They offer support by running errands, staying with the patient so the family members can take a break, reading to patients, or holding their hand. Volunteers are not asked to become a family counselor,

just a non-judgmental listener and friend. Orientation is provided. Volunteers donate as much or as little time as desired. (1/18)

### **Quiet Oaks Hospice House**

**House Volunteer** – Provide hospitality and comfort to families and patients staying at the Quiet Oaks Hospice house, located in St. Augusta. Volunteers prepare meals, answer the phone and door, spot clean, help with laundry and assist staff with misc. hospitality projects/tasks including yard and garden work and floral arranging. Volunteers are needed for at least two, three to four hour shifts monthly. Weekend help greatly appreciated. (1/18)

**Patient Care Volunteers** – Assist the nursing staff with caring for and visiting with the residents. Volunteers also read to residents and listen to music. Volunteers can assist at their own comfort level. Previous CNA or nursing care is preferred, but not required. Ability to be comfortable interacting with residents (patients) and their families is important. Time commitment: Flexible hours; 5 – 10 hours per month. Two four-hour training shifts provided. (1/18)

### **St. Cloud Hospital**

**Central Processing** – Assist Central Processing in sterilization. Fold towels from laundry and place in instrument packs for sterilization. Put away supplies, wrap trays and basins, assist in delivery of items to other departments. Must be able to stand/walk most of the shift and communicate verbally in English. This position does not involve required immunizations or health screening. (2/18)

**Clerical Float Pool** – Assist throughout the St. Cloud Hospital with office/clerical errands or tasks. This position does not involve required immunizations or health screening. (2/18)

**Coborn's Cancer Center** – Support patients as an escort, serve as a host/hostess for families, and as an assistant to staff in the Cancer Center. (2/18)

**Gift Gallery** – Assist with day-to-day operations and sales in the Gift Gallery. All proceeds benefit the St. Cloud Hospital Volunteer Auxiliary funded programs. The Gift Gallery is an excellent place to shop for gifts for all occasions. We offer a plentiful selection of plush animals, flowers, plants, balloons, greeting cards, jewelry, seasonal items, and much more. Staffed by welcoming and gracious volunteers, you will always find a friendly and helpful voice. Volunteer once a week for 4 hours at CentraCare Health Plaza or St. Cloud Hospital. (2/18)

**Gift Gallery Merchandise** – Volunteers will assist with merchandise to be distributed to CentraCare Gift Gallery locations. Volunteer will assist with opening boxes and sorting items, tagging items with price sticker, boxing items to be distributed to other Gift Gallery locations. (2/18)

**Coborn Healing Center** - Provide a welcoming smile, information and caring support to guests visiting Coborn Healing Center, a 100% philanthropy-funded connection place for survivorship services that truly enhance our patients' lives throughout their cancer journey. The Coborn Healing Center will be built adjacent to Coborn Cancer Center and is expected to be fully operational by mid-2018. (2/18)

**Hospice** - Hospice volunteers are an instrumental part of the hospice team. They provide emotional support and practical assistance, which enhances the comfort and quality of life of hospice patients, their families and loved ones. Hospice volunteers may be utilized in many ways, including supportive listening, assisting with social activities, providing supportive services such as shopping and transportation, and assistance in the bereavement process. Respite care is an important volunteer function, allowing family members to take time for themselves. Volunteer coordinators work closely with families and patients to match their specific needs with volunteer services. St. Cloud Hospital Hospice Program provides services to patients and families living within a 45-mile radius of St. Cloud, MN. Due to the intensity of training and orientation, as well as nature of working with people at the



end of life, we ask that volunteers commit to volunteering with our program for a minimum of 1 year. (2/18)

**Medical Alert Service Representative** – Represent the Medical Alert Service department by assisting with installing equipment in subscriber's home as well as occasional service calls and trouble shooting. Must be comfortable entering subscriber's home and walking through the installation process with individuals/families. Training and mileage reimbursement provided. Seeking volunteers in St. Cloud, Albany, Sauk Centre, Becker, Monticello and surrounding communities. On average, this is a 2 hour weekly commitment with flexible scheduling. (2/18)

**Musician** – Provide soothing musical entertainment to patients and visitors. This position does not involve required immunizations or health screening. (2/18)

**No One Dies Alone** – Extend caring concert to patients and the community of Saint Cloud Hospital by providing a reassuring presence at the bedside of a dying patient who would otherwise be alone. (2/18)

**Recovery Coach** – Help by supporting clients in treatment and during the first, crucial, year of recovery. Coaches are assigned a client and work with them on logbooks and assignments as well as supporting connections to prevent relapse. Some knowledge of Chemical Dependency, AA, NA, or Al-Anon is preferred. The group meets on Tuesday and Thursdays at 1:00 and 2:00 pm. (2/18)

**STEP Force (Speedy Transport Escort Pool)** – Volunteers provide a friendly caring walking escort or wheelchair transport for patients and guests throughout the facility. Volunteers work as a team to complete errands and deliver flowers, mail and packages to patients at St. Cloud Hospital. Volunteer once a week for 4 hours at St. Cloud Hospital. (2/18)

**Urgency Center (Plaza)** – Volunteers will enhance patient and guest experience by providing excellent customer service through visitor, purposeful rounding and patient escort and transport. Volunteers will transport patients and guests in wheelchairs, guide patients and families to assist with finding their way, run errands as requested by staff, assist with clerical and administrative assistance as needed, and assist with cleaning and restocking exam rooms as needed. (2/18)

## **St. Croix Hospice**

Volunteers are an integral part of providing emotional support to St. Croix Hospice patients and their families during a difficult time. There are numerous ways that caring individuals can provide comfort, dignity and respect to our hospice patients.

**Hospice Companions** - Volunteer companions provide the extra care and support through companionship and practical, caring help. Respite care involves staying with the patient while the family members enjoy a moment alone to run errands, make appointments, or simply take time to care for themselves. Hospice companions visit on a regular basis and do a variety of activities like reading, handholding, playing music, card games, looking at photo albums, and sharing memories.

**Vigil Companions** - Volunteers provide the support, physical presence, and reassurance that patients and families need. These individuals stay at the bedside of patients who would otherwise be alone during the last days or hours of life.

**Pet Therapy Companions** - Pet therapy has been shown to reduce physical and emotional pain, along with reducing anxiety, and a sense of isolation. Certified handler/dog teams visit with patients wherever the patient may live (i.e. assisted living, memory care, or skilled nursing facilities).

**Administrative Volunteers** - The administrative support volunteer provides support for all hospice departments in a wide range of important duties including data entry, filing, copying, mailings, research, answering phones, and assembling admission packets.



## **HUMAN & VETERAN SERVICES**

### **Anna Marie's Alliance**

**Women's Support Volunteer** – Direct phone calls, staff the front desk, monitor the front door of the shelter, assist with incoming donations, and provide basic office support. Volunteers also provide transportation for the women and children living at the shelter (using shelter vehicle). Volunteers must have a valid driver's license and a clean driving record. Volunteers are asked to make a six month commitment and work a minimum of one 4 hour shift per week. Shifts available seven days a week from 8:00 am - 12:00 pm, 12:00 pm-4:00 pm, or 4:00 pm-8:00 pm. (1/18)

**After-Care Advocate Volunteer** - Support former residents of Anna Marie's Shelter through weekly visits at the client's home or another safe place. Volunteers listen actively to clients and ask meaningful questions to help clients explore their situations, visions, strengths, and challenges. Volunteers provide knowledge and tools that help clients reach their goals and develop healthy, nonviolent, self-sufficient lifestyles. This is a position for anyone with a background in social services, social work, counseling, or a related field in human services. Time commitment is estimated at 2 hours weekly. (1/18)

**Weekend Cooking Crew** – Volunteers prepare meals on weekends for women and children at Anna Marie's. May use the menu of the day or arrange the menu with staff in advance. Anna Marie's will supply groceries. Volunteers are encouraged to eat in the dining room with the residents. Time Commitment is Saturdays or Sundays from 9:30 am – 12:30 pm or 3:00 pm – 6:00 pm. (1/18)

**Facilities Support** – Assist with the organization and maintenance of donated items, along with the exterior and interior of our shelter. Responsibilities include organizing in-kind donations received; transport donations as needed; make welcome bags for new residents; perform related duties as assigned. Requirements: Ability to do independent work with minimal supervision. Demonstrate ability to maintain confidentiality. Ability to work well with people from diverse racial, cultural, social and economic backgrounds. Capable of managing time well and ability to move from one duty to the next as needed. Should be detail oriented, believe in non-violence, a self starter. Must have a valid MN Driver's License. Time commitment: Department training and a six month commitment. Volunteers are expected to work a minimum of one 4 hour shift every other week. Shifts are available Monday – Friday 8:30 am – 12:30pm and/or 12:30pm – 4:30pm. (1/18)

**Child Mentor** – The children of Anna Marie's want patient volunteers to spend time with them in the shelter. Volunteers must have a strong interest in the growth and development of children and have the ability to maintain appropriate boundaries. Must be able to pass a thorough DHS background check. Anna Marie's has a great playroom, two play yards, games, books, arts and crafts, and many more activities for you and the children to use. Volunteers are asked to make a six month commitment and work a minimum of one two hour shift per week. Weekdays only. (1/18)

### **Communication Center – State Services for the Blind**

**Volunteer Radio Broadcaster** - Serve blind and visually impaired persons who live in Central Minnesota by reading local newspapers on the radio. With partners, help choose articles, editorials, briefs, sports stories, obituaries and columns from daily and weekly papers, concentrating on local news in all papers. Go through checklist with partner to be sure equipment is operational. Read on air with partner and at end of broadcast turn off all equipment, recycle used papers into bin. Record names and dates of newspaper read. Restore studio to order. Time commitment is approximately two evenings a month from 5:30 – 8:00 pm. (1/18)

**Producer** - Set up studio for broadcast and check equipment. Get St. Cloud Times at the campus security office shack. Choose county newspaper according to the posted schedule in the KVSC broadcast booth. When broadcasters arrive, continue to choose and mark stories with their help.

Look through for difficult or confusing names, look up if necessary and give note with correct pronunciation to broadcaster (use dictionary in studio). Be prepared to read if one broadcaster has voice problems or is unavoidably detained or absent at the last minute. Record date and names of weekly papers each night in the book provided for this purpose. Time commitment is two times a month, arriving at broadcast studio by 4:00 pm. If not reading, producer may leave at 6:15 pm, but prepare to stay if necessary. (1/18)

Interested volunteers need to pass an oral reading test, consisting of 50 vocabulary words and 5 to 6 newspaper articles. Volunteers who pass the test will receive training prior to broadcasting. The Broadcast Studio is located in the KVSC radio station at St. Cloud State University. Free parking will be provided.

### **Opportunity Matters, Inc.**

**Administrative Assistant** – Greeting and directing visitors arriving at the organization, answering phones, light data entry or administrative tasks as the volunteer is comfortable in completing. Hour requirement would be on call or as the volunteer is available. (1/18)

**Music Volunteer** – Do you play an instrument? Volunteers are always needed to play all types of musical instruments. This opportunity can be set up as a onetime event or scheduled to happen twice monthly, whatever your schedule allows. Typically volunteers play for about one hour. Consider sharing your love of music with others! (1/18)

**Volunteer Friend** – Volunteer Friends are very important at Opportunity Matters! Volunteers are matched with a client who is looking for someone to visit them, give them a call or send them an occasional letter. Often times, family members do not live in the area or are physically unable to visit their loved one. Shifts are available as the volunteer's schedule allows. (1/18)

### **Tri-Cap (Tri-county Action Program)**

**Building maintenance Technician**- Volunteers are needed to perform routine and semi-skilled repair and maintenance work for the Agency's buildings and grounds. Essential responsibilities include, ground maintenance i.e. lawn mowing, trimming, watering plants, weeding, etc., perform basic heating and cooling system maintenance (filters, observing outdoor coils and general operations), furniture assembly and repair, walk through buildings and check lights, replace if necessary, minor plumbing repair, driving errands as assigned (supplies, delivery, other garage locations), report damage, broken items, and security issues, and assist in maintaining inventory of equipment and supplies needed for cleaning and repair. Qualification: Volunteers should be efficient in the use of hand tools, power tools, and lawn care equipment. Time Commitment: Opportunities are available Monday-Friday from 8:00am to 4.30pm. (1/18)

**Volunteer Driver** – Volunteer drivers provide rides using their own private vehicles to residents of Benton, Stearns and Morrison counties. Passengers are assigned to volunteers by the Tri-CAP dispatch center and may be traveling to medical appointments or a variety of other destinations. Volunteer drivers are reimbursed at the Federal IRS rate and may also be eligible for some meal reimbursements. Our volunteer drivers provide an important service to those in need in the tri-county area. If you are interested in volunteering, please contact Tri-CAP. (1/18)

### **VA Medical Center**

**Volunteer Ambassador** - St. Cloud VA Health Care System is looking volunteers to meet and greet all visitors to the medical center while providing general directions and guidance. Various shifts available Monday through Friday from 7:30am - 3:30pm. This is a great opportunity for volunteers who have great customer service, physical ability, and the desire to help Veterans! (1/18)

**Business Office Assistant** – Provide light clerical assistance such as data entry, assemble packets, copying, filing and answering the phone. This is a flexible weekly volunteer position (1/18)

**Pharmacy Aide** – Package mail-out prescriptions, stock shelf units, check expiration dates, prepackage drugs and run errands to various places throughout the facility. This is a flexible weekly volunteer position (1/18)

**Wheelchair Clinic Assistant** – Help unpack and assemble new wheelchairs, wash wheelchairs and do minor repair on existing wheelchairs. This is a flexible monthly position. (1/18)

**Escort** – Provide companionship for patients while escorting them to various locations in the Medical Center. Opportunities are available Monday – Friday from 8:00 am – noon or 12:00 – 4:00 pm. (1/18)

**Transportation Volunteers** - Volunteers are needed to help transport Veterans to their VA health care appointments. Drivers need to have a valid Class D Minnesota driver's license, physical exam, and show proof of a safe driving record. (1/18)

## **WACOSA**

**Coffee Buddy** - Modeled after traditional mentor programs, this volunteer position provides additional one-to-one time to our clients who need a little more attention throughout their day. The volunteer and client are partnered together based on common interests and hobbies. A typical shift might include putting a puzzle together, participating in arts and crafts, chatting about a favorite sports team or discussing weekend plans – no coffee drinking required! All shifts are available Monday through Friday. Times available are from 7:15am – 3:00pm at 1527 Northway Drive in Saint Cloud, and from 8:30am – 7:00pm at 320 Sundial Drive in Waite Park. (2/18)

**Client Services Assistant:** Assist staff in utilizing age-appropriate, creative, and stimulating curriculum activities while at WACOSA. This can include activities such as reading about specific topics and playing games to learn social skills, as well as assisting staff members with taking clients into the community during scheduled activities. All shifts are available Monday through Friday. Times available are from 7:15am – 3:00pm at 1527 Northway Drive in Saint Cloud, from 8:30am – 7:00pm at 320 Sundial Drive in Waite Park. (2/18)

**Class Instructor:** Depending on your skills, talents, and interests, teach WACOSA's clients age-appropriate, creative, stimulating and varied skills. Possible classes include: Sewing, Creative Movements Dance, Woodworking, Leather-Crafting, Photography, Decoupage, Bogus Paper Painting, Introductory Music, Self Defense, Knitting, Cooking, and Poetry. Shifts are available Monday through Friday from 8:45am – 4:00pm. This volunteer position is available at 320 Sundial Drive, Waite Park, MN, and 1527 Northway Drive, St. Cloud, MN. (2/18)

**Musical Therapy Provider:** Provide musical entertainment to clients for a period of 1 – 2 hours. Previous musical acts have included acoustic guitar, accordion, piano and electric organ. Shifts are available Monday through Friday between 8:45am – 4:00pm. This volunteer position is available at 320 Sundial Drive, Waite Park, MN, and 1527 Northway Drive, St. Cloud, MN. (2/18)

**Curriculum Assistant:** Utilize basic computer skills to assist with the development of new, and maintenance of existing, task boxes, individual sensory bins and curriculum activities. This may involve accessing the internet, cutting and pasting images, saving documents into proper folders, and basic typing. Also utilize basic digital camera skills to assist with the development of new, and maintenance of existing, task boxes, sensory bins and curriculum activities. This could include taking photographs, saving photographs on the computer, laminating and printing photographs. Assist with preparing materials needed for client classes, such as sewing, gardening, musical therapy, creative movements, etc., as needed. Shifts are available Monday through Friday between 8:30am – 4:00pm, at 320 Sundial Drive, Waite Park, MN. (2/18)

**Retail Assistant:** Provide upbeat, positive customer experience to all who enter WACOSA's ThriftWorks! store. Duties include managing donation drop-off area while assisting customers, sorting and/or pricing donations, and merchandising items on the store floor. Shifts are available Monday through Friday between 8:00am - 7:00pm, and Saturdays from 9:00am - 5:00pm. We ask that you volunteer for a minimum 2 hour shift. The day / time you are scheduled may vary according to your availability and the needs of our organization. This volunteer position is available at 310 Sundial

Drive, Waite Park, MN. \*\*\* **This position is available for one time volunteers, and volunteer groups up to 10, with notice.** (2/18)

**Wellness Assistant:** Assist the staff members in teaching WACOSA's clients creative and stimulating workouts of varying ability levels as well as healthy eating skills. These include activities and classes such as aerobics, yoga, walking, meditation, making smoothies and healthy choices while eating. Shifts are available Monday through Friday at various times, depending on class schedules. This volunteer position is available at 320 Sundial Drive, Waite Park, MN. (2/18)

**Recycling Assistant:** Assist with maintaining a clean, safe, and productive recycling facility. Assist staff members with assembling gaylords to store prepared recycling materials. Assist with preparing recycling for clients by cleaning and sorting recycling materials. Sort recycling materials according to type (plastics and glass) and remove any garbage. Sweep and mop floor and clean sink area. Occasionally clean *Message in a Bottle* recycling receptacles. Assist staff members with emptying sorted recycling materials that are prepared by clients into storage bins, and providing materials to clients to be sorted. Ability to lift and carry 20 pounds, along with intermittent bending, twisting, and reaching, and ability to stand for up to four hours while performing tasks. Shifts are available Wednesdays and/or Fridays from 8:30am – 12:30pm (flexibility available for start time). Shift may be shorter or longer depending on materials available. This volunteer position is available at 320 Sundial Drive, Waite Park, MN. (2/18)

**Environmental Projects Assistant:** Assist our maintenance team in projects to enhance the quality of the environment for the benefit of clients, such as painting, landscaping, patio design and care, and gardening. Assist with vehicle checks and care to ensure safe and comfortable transportation for staff members and clients. Assist with the development of adaptations for clients to increase their ability to complete paid work and interact in non-paid projects and activities. Assist with accessible equipment adjustments and minor repairs. Must have experience with basic shop procedures, yard equipment and tools. Ability to lift and carry 20 pounds, along with intermittent bending, twisting, and reaching and ability to stand for up to four hours while performing tasks. Shifts are available Monday through Friday between 6:00am – 2:00pm, at 320 Sundial Drive, Waite Park, MN. \*A driver's license and health screening is required to drive WACOSA vehicles but is not necessary to fulfill this position. (2/18)

**Photography and/or Videography Specialist:** Utilize photography and/or videography skills to assist the Development Manager as well as the Marketing and Sales Manager in updating photos and videos on our website, social media sites, pamphlets, and handouts. This may include photographing client classes, recording videos of client testimonials, and editing photos and videos. Specialist must be able to provide their own camera/camcorder, as well as computer with editing software. Shifts are available Monday through Friday between 8:00am – 4:00pm with some evening and weekend opportunities available as special events arise, at 320 Sundial Drive, Waite Park, MN. (2/18)



## **MEAL SERVICE/DELIVERY**

### **Catholic Charities Senior Dining**

**Whitney Dining Room Assistant** – Help serve nutritious meals to seniors at the Whitney Senior Center. Volunteers are needed to set tables, assist with food preparation, serve food and beverages and help with clean-up. This position requires standing, lifting, bending and an interest in working with others. Currently there are openings on Thursdays or Fridays from 9:30 am – 1:00 pm. (2/18)

**Whitney Dining Cashier** – Work at a desk and serve as a cashier by taking money donations and making change to diners as they come for a nutritious meal. Volunteers are needed on an on-call basis from 10:00 am – noon. (2/18)

**Whitney Dining Hostess** – Assist with serving beverages, carrying plates and clearing place settings at the Whitney Senior Dining Site on Tuesdays from 11:00 am – 1:00 pm or on an on-call basis. (2/18)

**Whitney Dining Registration** – Work at a desk and register diners as they come for a nutritious meal. Volunteers are needed on an on-call basis. Registration hours are from 10:00 am – noon. (2/18)

**Foley Area Meals on Wheels Driver** – Drivers are needed to deliver meals from the Foley Senior Dining Site to home-bound seniors in the Foley area (10 mile route). Volunteer any day Monday – Friday from 11:30 am – 12:30 pm. (2/18)

**Rice Area Meals on Wheels Driver** – Drivers are needed to deliver meals from Whitney Senior Dining to home-bound seniors in the Rice area. Volunteers needed 1-2 Mondays a month from 10:30 – 11:30 am. (2/18)

**St. Cloud Area Meals on Wheels Driver** – Drivers are needed to deliver meals from Whitney Senior Dining to home-bound seniors in the St. Cloud area on Thursday or Friday from 10:45 am – 12:15 pm. Volunteer may pick the day that works best for their schedule to help with this important service to seniors. (2/18)



## **OTHER NON-PROFIT**

### **Central MN SCORE (Senior Corps of Retired Executives)**

SCORE is a volunteer organization that provides services to both in business and pre-business entrepreneurs across the nation through a network of almost 300 Chapters. We also run regular workshops on business subjects – QuickBooks, Financial seminars, and “Going into Business”.

**Office Volunteer** – Help in the office once a week by answering phone calls and responding to requests for assistance that arrive by phone, e-mail or mail. Following training, and depending on prior experience, some of the requests could be responded to with the requested information, or passed on for the Chapter Chair to determine who should be responding to the request. Management of paperwork–incoming requests, phone call record, data entry and some minimal filing at the end of the month. Other responsibilities *could* include assisting as needed in administrative duties in running the workshops which occur at various times during the day and week to meet client’s needs. Volunteers needed for a 3 hour shift on a Monday, Tuesday or Wednesday. (1/18)

### **GREAT Theatre**

**Sewing Circle** – The Great Theatre is seeking volunteer sewers to help sew costumes for theatre productions. Costume Shop volunteer shifts are Tuesdays & Thursdays from 1 am - 4 pm or 6:00 pm - 8:30 pm at GREAT Theatre World Headquarters located at 710 Sundial Drive, Waite Park, MN 56387. If these days do not work, other sewing times can be arranged. Volunteers should have the ability to sew by machine and hand. (1/18)

### **Friends of the Library Bookstore – St. Cloud Public Library**

**Book Store Volunteer** – The St, Cloud Friends of the Library accepts donations for used books and related materials and then sells them in the Friends Bookstore located in the library. Volunteers are needed handle purchases and assist customers to find books. They also help stock shelves, arrange books by category, and straighten shelves. Volunteers are

trained in the procedures and are asked to commit to a 2-hour shift every other week—or more if desired. Store hours are Monday - Friday 10:00 am – 8:00 pm and Saturday 10:00 am – 4:00 pm. Each year the Friends of the Library makes \$30,000 or more through the bookstore and special sales. These funds are donated to the library to purchase new materials, provide free events, and fund children and adult programs. (1/18)

**Vintage/Collectible Book Sorter** – Volunteers help appraise the value of vintage books and recordings. Volunteers use the internet to research and set a price for each book. This is a great opportunity for someone who is somewhat computer savvy and interested in exploring the exciting field of book evaluation and collection. Training provided by an experienced book appraiser. Hours are contingent on volunteer's schedule. (1/18)

**Sorting Room Assistant** - Volunteers sort donated books and materials into categories such as fiction, science fiction, mysteries and thrillers, romance, history, etc. They help clean up the books if needed, price them, and stock the books in the store. Volunteers will also assist in planning sales, promotions and store procedures and handling special sales such as the bag of books sale. Hours are contingent on volunteer schedule and availability. (1/18)

### **Stearns History Museum**

**Docent**- A docent's job is to give tours for a age groups and sizes. Docents learn the stories of the three main exhibits: the Pan motor company, St. Cloud Granite and natural history. Docents are trained and can practice before they work with groups. Volunteers for this job should be outgoing, have a strong voice and get along with children. Retired teachers are the best docents we have. (1/18)

**Event Helpers**- We need helpers when we have our biggest onsite events: KrisKringles/Halloween Historia where helpers work with children doing crafts, explaining the events of the day and generally making sure everything runs smoothly (1/18)

**Front Desk Receptionist** - Volunteers welcome and admit guests to the Stearns History Museum. They provide information about the current exhibits, special events and the Museum's floor plan. Volunteers record the number of guests and listen to and report guest comments or concerns. Volunteers will need to operate the cash register and answer the phone. Volunteers may be asked to do general clerical work for staff members and assist guests in the Museum Store. Select a specific day of the week and time to volunteer: 10:00 am - 1:00 pm Wednesdays and/or Fridays 10:00 am - 2:00 pm. (1/18)

### **St. Benedict's Monastery**

**Garden Partner** – A garden partner works with the flower garden director to plant, weed, and hoe the beautiful garden area. This volunteer should enjoy working outdoors and other volunteers. Wednesday or Thursday mornings, 8: 00 am – 11:30 am. (1/18)

**Haehn Museum Host/ess** – Invite and introduce visitors to the current museum exhibit and/or to the gift shop. Give out museum guide sheets and keep a record of visitors. Openings are Tuesday-Friday 10:00 – noon, 1:00 -2:30 pm or 2:30 – 4:00pm and Saturday/Sundays from 1:00 – 2:30 pm or 2:30 – 3:30 pm. (1/18)

**Sewing** – Sewers are needed to do mending and alterations - by hand or with a machine – primarily the shortening of slacks and skirts. This is an in-home assignment as needed (1/18)

**EZ-GO Driver** – Transport Sisters to different locations on the St. Benedict campus. Drivers are needed for the 8-11:30 am shift or 1-4 pm shift. (1/18)

### **Treasure Chest**

Proceeds from Treasure Chest thrift and gift shop located in Waite Park are used to support the operation of Birthline.

**Restocker** - Help prepare merchandise to be sold by sorting items into seasonal categories and determining if items are in sellable condition; tag items; hang garments on hangers; and arrange merchandise on shelves. Openings are Monday – Saturday anytime between 9:00 am – 5:30 pm, (1/18)

**Tagger**-Attach price tags to merchandise to get it ready for the sales floor. Usually volunteer shifts are approximately 3 hours. Mostly sitting required. (1/18)

**Hanger**-Hang clothing that has been tagged. Standing required. Usually work individually. Minimal lifting. (1/18)

### **Tri County Humane Society**

**Off-Site Adoption Agent** – Volunteers will take animals to offsite adoption locations to provide more exposure for the animals and increase their chances of adoption. The volunteer will report to the Humane Society to pick up an animal and supplies. At the end of their shift they will return the animal (if not adopted) or money and paperwork (if adopted). This is once monthly, and shifts are generally 3-4 hours long. (1/18)

**Office Work** – Help with miscellaneous office projects such as data entry, filing, editing website descriptions, stocking and pricing merchandise, phone calling, bulk mailings, etc. This could be a weekly shift or an on-call volunteer position. (1/18)

**Petco Cat Caretaker** – Clean cages of Tri-County Humane Society animals at Petco while they wait for their forever home. Watch for signs of illness and socialize with the animals. Hours are 8:30-10:30am any day of the week. (1/18)

**Shelter Volunteer** – Help keep a clean atmosphere for the animals and visitors of the Humane Society as well as provide attention to the animals while they are waiting to be adopted. Also provide customer service to visitors. Volunteers keep cages and animal areas clean, socialize with animals, assist in showing of animals to potential adopters, and assist with basic housekeeping. Volunteer shifts are a minimum of 2 hours per week during business hours. (1/18)

### **United Way of Central MN**

**Events Volunteer** - The United Way of Central MN is seeking outgoing volunteers to assist with events, expos and displays. Responsibilities include engaging individuals in conversation about services provided by the United Way (training and ongoing support will be provided and a United Way staff member will always be present) and interacting with children. This is an on-call position, volunteers can sign up to help at an event when available. (1/18)



## **SENIOR SERVICES**

### **Arlington Place Assisted Living**

**Evening Supper Assistant** – Set tables for evening meal. Take meals to residents and pour coffee. When meal is finished, remove plates and wipe off tables. Time commitment: Monday – Friday, 4:30 to 5:30 or 6:00. (1/18)

**Exercise Companion** – Join residents doing their morning video exercise routine. Be a companion to those participating and encourage participation by others. Time commitment: Monday-Friday 10:00 – 10:30 am. (1/18)



**Bingo Caller** – Volunteer is needed to call Bingo on Sundays at 2:00 p.m. for the residents that live at Arlington Place. (1/18)

### **Landings of Sauk Rapids**

**Bingo Caller** – Our residents love Bingo and it is an important part of their social time. Help develop meaningful friendships with residents while calling Bingo on Sundays at 3:30 pm. (1/18)

### **Country Manor**

**Cobble Stone Eatery** – Serve up a cup of coffee and a smile to our residents and guests! The Cobblestone Corner Eatery located in our Health Care Center is a great place for individuals who like to meet and greet people. Volunteers would serve beverages and prepared food such as sandwiches, salads, pizza, soups, etc. to our residents, their families and staff. Duties required are to run the cash register (training provided), serve the customers and keep the area clean and neat. Food is prepared and brought to the eatery. Volunteer openings: Mondays 2:00 – 7:00 pm, Tuesdays 2:00 – 7:00 pm and Fridays 8:00 am – 7:00 pm! (1/18)

**Mail Delivery** – Get your walk in while delivering mail to residents within the senior apartments on campus. Volunteers may also need to assist residents with opening and reading of their mail if requested. Volunteers are asked to deliver mail once morning a week. Openings are on Mondays, Tuesdays and Thursdays. (1/18)

**Outing Helper** – Help our activities assistants take a small group of our residents on an excursion into the community to take part in an activity! Outings often include shopping trips, lunch outings, movies, bowling etc. Volunteers must be able to push wheelchairs great distances. The Volunteer Coordinator would call the outing assistants at the beginning of each month to sign them up for month's outings. Therefore, volunteers would be on an on-call basis. Outings generally take place on Tuesday and Thursday afternoons and occasionally mornings. Volunteers can meet the residents at the destination or come to Country Manor and ride with the residents on our campus transportation. (1/18)

**Friendly Visitor** - Make a difference in a resident's life by becoming a friendly visitor! Develop a special friendship with a resident of Country Manor by visiting with them regularly. You can visit in their room; the lounges, the bird aviary or when the weather permits you could take the resident outside the facility to one of our gardens and/or ponds for your visit. The residents have very interesting stories and insights to share about their lives and love to have visitors to share with! (1/18)

**Card, Cribbage, Game Player** – Sit with an individual resident or a group of residents and play the game of choice. Checkers, cribbage, Uno, Kings in the Corner, bridge and 500 just to name a few! The residents love to visit and play games with our wonderful volunteers! This is a great way to build relationships and get to know residents over some friendly competition! (1/18)

**Therapy Escort** - Volunteer and get your exercise at the same time! Escort our residents to their therapy appointments located right within our facility. When their therapy session is over assist them back to their rooms. If so inclined you can visit with them while they are waiting for their therapy session to start. Shifts available: Monday-Saturday from 8:00 am – Noon and 12:30-4:30 pm. Commitment: 1 day per week for 2-3 hours. (1/18)

### **Good Shepherd**

**Northern Delights Store Volunteer** - As you stroll down Canal Street on the Good Shepherd campus, you'll discover a hidden treasure. Northern Delights coffee and gift shop is looking for customer service volunteers that are comfortable with technology and computers. Volunteers will assist

shoppers with the electronic check out process, socialize with guests and brew coffee. Help is needed most on Saturdays or Sundays for a 3-hour period. (2/18)

**Librarian** – There are five libraries on the Good Shepherd Community Campus. Assist with organizing the libraries by rotating, labeling and shelving books. The schedule can be weekly and flexible. (2/18)

### **Heritage of Foley**

**Country Store Clerk** – The Clerk is in the store selling items, making change, stocking items, and working the cash register. Volunteers need to be good with people and typically operate in shifts Sunday – Saturday. Need is Saturday and Sunday shift from 12:30 – 1pm, and Monday through Friday from 9:30 – 10:00 am or 3:30 – 4:00pm. (1/18)

**Friendly Visitor** – Serve as a friend to a resident who may be socially isolated. Act as a companion and engage the residents in activities depending on their needs. The Friendly Visitor must be warm and friendly, and willing to engage with persons with special needs. A state criminal background check is required. (1/18)

**Game Volunteer** – Engage and encourage socialization of residents with others. Assist residents to and from card playing area. Play cribbage or 1-2 games of 500, Kings in the Corner, or other card/board games. Any weekday after 5 pm or on weekends is needed. (1/18)

**Men's Group Facilitator** – Lead a group of guys who enjoy visiting, woodworking and tinkering with projects. Make bird houses, tinker with engines, have coffee together, etc. This can be a weekly flexible volunteer opportunity. (1/18)

**Manicurist** – Involves taking off polish, shaping and filing nails, applying new polish and washing residents' hands. Two to three volunteers are needed for this activity. Time commitment: Every Monday from 12:30 – 1:30 PM. (1/18)

### **Ridgeview Place Assisted Living**

**Card Player** – A positive and caring volunteer with knowledge of card games is needed to provide socialization and cognitive stimulation for tenants in a variety of card games including 500, cribbage, Up the River and various other games. Days and times are flexible for this position. (1/18)

**Guitarist/Accordion Player** – Looking for a volunteer who is passionate about music and plays guitar to come in to lead a sing-a-long once or twice a month. Books will be provided. Looking for afternoon hours between 1:30-3:30 pm. (1/18)

**Hidden Talent** – Do you have a hidden talent that you would like to share with others? Ridgeview would love to explore your hidden talent with you and find a volunteer opportunity incorporating that talent! (1/18)

**Mealtime Assistant** – Pour coffee, water and assist with serving food in the dining room. Volunteers are needed any day from noon – 1:00 pm and/or 5:00 – 6:00 pm. (1/18)

**Pet Visitor** – Looking for someone to bring in their friendly pet for residents to meet and pet. Cats and dogs preferred. Pets must have vet papers, and the pets must be friendly and not bark. If the pet is a trained pet therapy animal, that is a plus! All hours of the day Monday through Friday are available to volunteer. (1/18)

**Piano Player** – Looking for a volunteer able to play the piano. Volunteers can play the electric piano in the memory care building and/or play on the upright piano in the assisted living building. Volunteers will spend time and communicate with tenants in order to provide entertainment. Other instrument or musical talents are accepted as well. Volunteers are needed at least one day a week, it

is possible to volunteer more if desired. Time is flexible and can be worked around the Wellness calendar and the volunteer's schedule. (1/18)

### **Senior Companion Program**

**Senior Companions** - Visit homebound, isolated adults and offer their time and compassion by being a friend who listens, helping with routine errands and transportation or providing support to caregivers. This allows individuals the ability to remain living in their own homes and avoid costly long term care placements. Volunteers must commit to 10-15 hours per week, have dependable transportation, be willing to travel in your service area and have compassion, patience, and respect for others. Benefits to volunteers include a non-taxable stipend of \$2.65 per hour and possible meal allowance for qualified service, transportation reimbursement, training and recognition, and the opportunity to meet new people. Currently needed in the St. Cloud area. (1/18)

### **St. Cloud Area Senior Fun Singers**

**Singer/Entertainer** – Join this dynamic group of singers that enjoy providing entertainment to residents in local senior living communities. Rehearsals are every Monday from 10:00 – 11:30 am at Whitney Center (off June- August). Performances are an average of four times per month, 2 hours each. There are occasional out of town performances. Dues are \$20.00 per year for rental of book and vests. Members must make own arrangements for transportation. (1/18)

### **Sterling Park Assisted Living**

**Bingo Assistant** – Assist activity staff with bingo by placing bingo cards and chips on each table, pass out quarters to winners and call numbers if requested. Mondays and/or Thursdays from 2:45 pm– 4:00 pm (1/18)

**Pet Visits** – If you have a dog or cat that is friendly and good with people, we would love to have them visit some of our residents. Hours are flexible. Must have up to date vet records for the pet and would like to meet the pet and owners before introducing them to residents. (1/18)

**Manicurist Volunteer** - Help residents with nail hygiene while giving them an opportunity to socialize. Volunteers paint nails and visit with residents. Mondays and/or Thursdays at 1:30 pm-2:30 pm. (1/18)

### **Sterling Park Health Care**

**Bingo Assistant** – Assist activity staff with bingo by placing bingo cards and chips on each table, helping residents to dining room, pass out quarters to winners and call numbers if requested. Mondays and/or Wednesdays from 2:00 – 3:00 pm and Saturdays 2:00 pm – 3:30 pm. (1/18)

**Manicurist Volunteer** - Help residents with nail hygiene while giving them an opportunity to socialize. Volunteers paint nails and visit with residents. Days and times are flexible, two hours per week. (1/18)

**Music volunteers** – We are always looking for more talented musicians to come and play music for the residents. They enjoy all kinds of music but especially country, polka, old time, jazz and more. Hours are flexible, usually Tuesday, Thursday, and Friday afternoons. (1/18)

**Coffee Socials Volunteer** – Volunteers gather residents for socials, serve coffee and visit. Days and times are flexible. (1/18)

### **St. Benedict's Senior Community**

**Bingo Caller** – Volunteer to call numbers and/or assist with escorting residents to activity room, set up bingo, offer assistance during games as needed. 1x weekly or monthly. Held on Wednesday and Saturday afternoons. (1/18)

**Musicians and performers** – Opportunity to share your music during socials, happy hour and special events. Could also offer music in one to one visits for residents who may not be able to leave their room. (1/18)

**Outings** – Volunteers would assist Therapeutic Recreation staff on community outings. Volunteers are typically paired up with a resident pushing wheel chair and assisting as needed. Some usual destinations: movie theatre, restaurants, shopping trips, and summer outings of fishing or to walk in the gardens. (1/18)

**Manicures** – Great opportunity to visit one to one with the residents and patients. Offer some time for pampering, socializing while polishing nails. (1/18)

**General Activities Assistant** – Assist staff with a variety of activities- crafts, baking, art classes, board and computer games, Validation, exercise, yoga or tai chi. Could be assisting Therapeutic Recreation Staff in a group setting or one to one. (1/18)

**Reader** – Read stories or poetry to individual or small group of residents. Prefer a weekly commitment though can be flexible. (1/18)

**Pet Visits** – Many of our residents and patients are pet lovers. Volunteer pet visits spend one to one time residents and patients throughout the care center. Times and days flexible. (1/18)

**Housekeeper for the Birds** – come in 1-2x monthly to assist in cleaning bird aviaries. Day and time flexible. (1/18)

### **St. Scholastica Convent**

**Computer Assistant** - Help sisters learn various computer skills such as spreadsheets, set up an email account, connecting to the internet or assist with trouble shooting requests. The time frame can be 1-3 hours per week. (2/18)

**Gardener** – Make it possible to have a garden for elderly residents who are unable to provide for themselves. One hour per week spring-fall, gardeners are needed to help pull weeds, hoe and plant when needed. (2/18)

**Meal Helper** – Provide assistance during mealtime. Volunteers are needed to help pour coffee and picking up dishes on Sunday or Monday evenings from 5-6 p.m. Volunteers are offered a free meal when they help serve. If you wish you could serve as a couple. (2/18)

**Reception/desk work** – Volunteers are needed to answer phones, greet visitors and do some office work. Shifts are available from 5:30 pm – 8:45 pm especially on Wednesday. (2/18)

### **Talahi Senior Campus**

**Bingo Caller** – Assist with gathering participants, passing out cards, markers and prizes, and help with calling bingo. Volunteers are needed Mondays, Wednesdays and Saturdays from 2:30 – 3:45 p.m. (1/18)

**Special Outings Assistant** – Enable staff to take residents on special outings such as lunches, garden visits, shopping trips, etc. by serving as an extra supervisor. This is an on-call position. (1/18)

**Fancy Fingers Volunteer** – Paint fingernails with the ladies on Wednesdays from 1:00 – 2:00 pm. (1/18)

**Visitor** – A volunteer is needed to visit with a female resident in Nature's Point Assisted Living. This resident could benefit from social interaction with a volunteer, and need's someone to bring her

shopping once a week. The volunteer would be able to do any social activities with the resident that the resident is comfortable with. The time commitment is to meet with the resident at least once a week to bring her shopping. The companionship and access to the community would be very beneficial for her. (1/18)

### **Edgewood Sartell Memory Care and Assisted Living**

**Manicurist** – Volunteers will be visiting the ladies and helping them taking off the nail polish, filing nails and polishing their nails. Volunteers are expected to have love for the seniors. Help is needed Wednesdays at 3:30 pm. (1/18)

**Activity Volunteer** – Help serve happy hour refreshments to residents on Thursdays 3:30 – 4:30 pm. (1/18)

### **Whitney Senior Center**

\*For additional Whitney Senior Center opportunities see Education- Adult and Community.

**Facilitator** - Seeking a volunteer to host Thursday Humanities at Whitney Senior Center. The staff program coordinator will schedule speakers, but a host is desired to build community by creating social connections, welcome attendees, and monitor environment. Thursdays, 9:30-11:30 am. (5/17)

**Teachers/ Instructors/ Leaders** – Lead Whitney participants in an activity of your choice. Do you have a skill or talent that you'd be willing to share? This could be a one-time project/session, or a several week project. Possible ideas would be to teach a craft such as card stamping, collage making or a fiber art. Perhaps you could demonstrate using a spinning wheel or other skill. The ideas are as limitless, everything considered. Work in pairs or alone, Flexibility in dates and times. Let your imagination soar! (1/18)

**Fitness Center Receptionist** – Greet fitness participants, answer questions, and keep an eye on any safety issues that could arise in the fitness center. Volunteers are needed for a weekly 2-3 hour shift. (1/18)

**Computer Instructor - Education through internet** - Looking for an instructor to teach seniors about Pinterest and YouTube, and the basics of using these websites to gather information that makes life easier, faster, more creative, etc. (1/18)

**Computer Instructor - Photo Creativity** - Seeking an instructor to teach basic skills on free online program/s (such as Coborn's photo, Walgreens, Flickr) to help class participants learn how to create holiday cards, invitations, a photo collage or storyboard! (1/18)

**Computer Open Lab Volunteer** – Staff the computer lab so users can utilize the lab and assist users as needed. Volunteers are needed for a two hour shift once a week. (1/18)