

# AmeriCorps Seniors

# RSVP

## Sherburne County Area Volunteer Opportunities

RSVP is a volunteer program for adults age 55 + sponsored by the City of St. Cloud, servicing Benton, Sherburne, and Stearns Counties. RSVP is actively seeking volunteers for a variety of volunteer opportunities. Volunteers create their own flexible schedule and level of commitment.

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### **Big Brother Big Sister Program**

**Virtual Mentor:** With these uncertain times, the youth and families Big Brothers Big Sisters serve are among the hardest hit, and they are doing everything they can to keep them safe and supported. Children are needing mentorship now more than ever! They now offer virtual matching - you can attend an Info Session, be interviewed and meet your Little through Zoom! This is a one-on-one volunteer opportunity to provide friendship and guidance to a child in Central MN. The volunteer will meet with their Little 3 - 4 times a month for 12 months.

### **Big Lake Community Food Shelf**

**Client Services:** Assist participants with grocery shopping, restock shelves, and assist with accepting donations. Volunteers need to be able to stand, bend, stoop, reach, and potentially lift 20 lbs. Volunteers

**Food Rescue:** Drive the Cargo Van to local retail stores and obtain "food rescue" products to bring back to the Big Lake Community Food Shelf. Must have a clean driving record and be able to occasionally lift 40 lbs.

**Intake:** Complete paperwork with each participant and enter the data into the computer. Ensure participants have all resource materials and assist in referrals for additional needs.

**Mobile Food Shelf:** Three different positions assist in the mobile food shelf. Assist by calling clients to go over and pick a list of grocery items and remind the clients of the mobile food shelf, assist in packing grocery items from the picked lists, and/or assist in delivering the grocery items for clients to gain access.

**Freezer Packaging:** Pack food items into boxes or bags for clients to utilize. Lifting 30 lbs. is required. Little to no client interaction in this position.

### **CAER Food Shelf**

**At-Home Volunteer:** Have some extra time on your hands and want to stay safely at home? Help the food shelf in Elk River by sewing and donating masks and tote bags, collecting empty egg cartons to donate, or be an online

ambassador and help spread CAER's mission to others! Many options are available to continue showing support to CAER during these times.

### **CentraCare**

**Medical Alert Service Volunteer:** Volunteers assist the Medical Alert Service department with transporting equipment and paperwork between Medical Alert Service and subscriber's homes. Volunteers are needed to drop equipment off in the Becker and Monticello areas, with flexible weekly scheduling of 2 – 4 hours a week. Training and mileage are provided!

### **Fare for All**

**Distribution Volunteer:** Affordable food sales are completed once a month in Elk River via a drive through system. Help increase patrons' access to food by volunteering to collect orders, process payments, and distribute orders. The food drive- through is open the first Friday of the month in Elk River.

### **Great River Faith in Action**

**Senior Visitor:** Loneliness can strike for anyone and is especially difficult among older adults and those with physical limitations. Make a difference in an adult's life by being a friendly visitor! Participate in activities and games when visiting to help create sunshine in an adult's life.

**Homemaker:** Assist a GRFIA client with simple homemaking tasks like vacuuming, dusting, sweeping and organizing once a month. Clients are primarily those 65+. All need extra support and friendship to stay in their own home. Housekeeping never felt so good!

**Driver:** Coordinate pickup times for clients, then transport clients to medical and social service appointments with your personal vehicle. Some individuals need help exiting and entering the vehicle.

### **Metro North Adult Basic Education**

**Adult Tutor:** Work either one-on-one or in small groups with adults working. Many adults are working towards obtaining their GED, Adult Diploma, or learning new skills. Offer support in the areas of reading, writing, math, science, or social studies. Some adults are learning English as a second language, so assisting in language learning is common.

### **Open Doors for Youth**

**Youth Drop-In Center Greeter:** A new volunteer opportunity during youth drop-in hours from 1:00-5:00 pm, M-Th. Duties include greeting and checking in our youth (be their first contact!), answering phones, receiving and recording possible donations that would come in. These would be 2-hour shifts (1-3 and 3-5). COVID guidelines are being followed in the center, including temperature checks, mandatory masks, and frequent sanitizing. Youth are encouraged to make appointments to maintain safe social distancing in the center.

### **Senior Community Services**

**Computer Volunteer:** Help other older adults with basic tech issues on their smart devices. This position will be done in person within Elk River approximately 2-4 hours a week. Basic knowledge of smart devices is required for this position. As this position is in person, wearing a mask is required, as well as ability to maintain social distancing guidelines.

### **Senior Friendship Circle**

**Group Leader:** Create new friendships and help combat isolation in older adults! Senior Friendship Circles are designed for 3-4 individuals (age 60+) to safely connect in a small group for a weekly social visit. RSVP Volunteers initiate the weekly call or gathering and help get conversations started. Each Friendship Circle meets through a

phone conference call or in-person at a distance at Whitney Senior Center. Volunteers may start conversations related to the interest of the group, discuss current events, have a movie or book discussion, or simply check in to say hello. Resources and support provided by RSVP. Time commitment is a minimum of once a week for an hour.

### **Sherburne Government Center**

**Greeter:** This is your time to give back to the community by serving at the Sherburne County Government Center! Answer the phone and direct patrons to where they need to go. Help your local government today! Background check will be required prior to volunteering. Fun and pre-service training provided!

**Records Clerk:** Be the first point of contact for the public entering the Driver's License and Recording Office at the Sherburne Government Center. Assist in answering general licensing questions, provide direction on how to complete necessary forms, and escort individuals to the proper department.

### **Tri-CAP (Tri-County Action Program)**

**Driver:** Provide safe and reliable transportation for individuals with limited transportation options by utilizing your personal vehicle. Duties may include assisting passengers with mobility issues, collecting monitor fare from passengers, and assisting in paperwork.