

Volunteer Opportunities

April 1, 2019

United Way Volunteer Connection

- Promotes volunteer opportunities for local nonprofits through a searchable database found at www.unitedwayhelps.org.
- Connects individuals, families, groups and companies with volunteer opportunities

To receive this listing or additional volunteer opportunities, contact Mary Krippner, United Way Volunteer Engagement Coordinator at 320-223-7991 or mkrippner@unitedwayhelps.org

Llama Llama Read A Rama Reading Opportunities

Read to children and help educate the importance of early learning and literacy for children's success in school and life. Volunteers are asked to read to children and assist with projects in preschools, Daycares, Head Start Reach Up Inc., and Boys and Girls Clubs on April 23-24, 2019. With the constant distraction of video games, internet, and television, it is important to make time to promote literacy among children. Read to children and help young readers develop a lifelong love of books.

Contact Mary Krippner, Volunteer Engagement Coordinator at 320-223-7991 or visit www.unitedwayhelps.org to sign up and learn more.

Help Caregivers Relax

There are many people in our communities who have become the sole caregivers of a loved one who is in need. These caregivers are dedicated to being there for their loved ones, but sometimes they just need a little rest ... and You can be the REST of their story by becoming a Faith in Action Respite volunteer. Being a caregiver can become a very stressful undertaking, especially when the person receiving care has dementia or a debilitating illness. That is why Assumption Faith in Action is looking for caring volunteers like you who are willing to step in and help by visiting with an older adult for a few hours each week in their home. While the volunteer visits with the care receiver, the person responsible for care giving will have the opportunity to spend a few hours away from home to relax or do other things such as running errands. This is a wonderful opportunity to develop a relationship with a family as well as with an older adult. At the same time, you will be gaining valuable experience and meeting a very important need. Activities may include reading together, looking at photo albums, playing cards and games or going for a walk or to places of interest. No physical or medical care is required.

Contact Cherise Robb, Assumption Community Faith in Action at 320-290-3428 or Robb.Cherise@assumptionhome.com website www.assumptioncommunity.com

Mission: To improve people's lives by mobilizing the caring power of Central Minnesota.



Gift Gallery at St. Cloud Hospital

Volunteer will help run the Gift Gallery at St. Cloud Hospital in a friendly and positive manner. Volunteers must be able to feel comfortable approaching customers, running the cash register, and dealing with sales while providing excellent customer service. A variety of shifts are available, including Saturdays and Sundays 10:00 AM – 2:00 PM or 2:00 PM – 5:00 PM.

If interested, please contact Volunteer Services at volunteer@centracare.com or 320-255-5638.

Serving Those Who Served

The St. Cloud VA Health Care System is dedicated to providing exceptional health care to Veterans. We need you to join our team as a volunteer and honor our nation's Veterans today! Volunteers are needed for numerous assignments throughout the health care system and demand for volunteer assistance continues to grow. In addition to our standard assignments, we are in need of individuals to play the piano and are looking for certified Pet Therapy teams! A volunteer role offers flexible scheduling, assignment specific training, and an opportunity to demonstrate your commitment to our customers. Please call the Voluntary Service office at 320.255.6365 or email us at vhastcvvsstaff@va.gov for more information.

Help provide horse experience for people with disabilities.

Project ASTRIDE (Adapted Specialized Training & Recreation Involving Disabled Equestrians) is a nonprofit organization that provides therapeutic sessions (mounted and unmounted) for people with developmental, physical or sensory challenges. Their all-volunteer organization has served riders from ages four to 103! Their volunteers are proud to be a part of the program. It is so rewarding to participate, and fun too! It's easy to apply and training is minimal but required. Help provide horse experience for people with disabilities. Volunteer and help provide horse experiences for people with disabilities. Many spots available. Spring training for new volunteers will be held at their barn near Sartell on Saturday, April 27, 9:00am – 1:00pm at their barn near Sartell.

Contact Marti, Project ASTRIDE at martiastride@yahoo.com or visit www.astride.org for details, directions and additional information.

Contact Mary Krippner, United Way Volunteer Engagement Coordinator at (320) 223-7991 or Mkrippner@unitedwayhelps.org