



VOLUNTEER OPPORTUNITIES
FOR THE SHERBURNE COUNTY, MINNESOTA AREA

For more information, including individual agency contacts, direct questions to

RSVP/The Volunteer Bridge

763-635-4505 OR 1-877-560-RSVP (7787)

OR email: charlotte.strei@ci.stcloud.mn.us

Scan the whole list or Click on a desired category :

MOST RECENTLY ADDED OPPORTUNITIES

FOR THOSE 55+

CHILDREN & YOUTH MENTORING/AFTER SCHOOL

COMMUNITY DEVELOPMENT/HISTORY/OUTDOORS

DISASTER PREPAREDNESS & RELIEF

EDUCATION - ADULT/COMMUNITY

EDUCATION - CHILDREN/YOUTH

FOOD & CLOTHING DISTRIBUTION & COLLECTION

HEALTH CARE

HUMAN/VETERAN SERVICES

LAW ENFORCEMENT/GOVERNMENT

MEAL SERVICE & DELIVERY

SENIOR SERVICES

MOST RECENTLY ADDED OPPORTUNITIES

New River Medical Center – Rehabilitation and Extended Care

- ❖ **Shopping Assistants** – Assist staff to help residents get in and out of the nursing home van and assist a resident or two with purchases in a local store. The first Thursday of each month – Noon to 3:30 PM. (11/09)
- ❖ **Aviary Assistant** – If you love birds..this is for you! Provide food and fresh water to the birds in the aviary at NRMC Rehab and Extended Care. Tidy the cage and restock the nesting materials, as well. About one hour 1-2 times per week. (11/09)

New River Medical Center

- ❖ **Fresh Popcorn!** - No better way to gain a lot of best friends! Be the one to spread the wonderful smell of fresh popcorn throughout the New River Medical Center. May be Tuesday or Friday morning for 2 1/2 hours, 1-4 times per month, as fits volunteer's schedule. (11/09)
- ❖ **Gift Shop Sales** – Welcome patients and guests, assist customers purchasing items and provide information and directions. 4 hour shifts. Especially needed, winter weekends. (11/09)
- ❖ **Information Desk Coordinator** – Welcome patients, family and guests, provide information, patient updates, directions and assist with registration. 4 hour shifts, weekdays. (11/09)

Tax Counselor

- ❖ **Tax Preparation Assistant-** Assist those with low income, disabilities and the elderly to prepare their taxes. Materials provided by AARP in Dec. Five days of training and testing in Jan will prepare volunteers for the following tax season. Most taxes are e-filed at a public location. Mileage reimbursement provided. (11/09)

Senior Dining Site (Big Lake, Zimmerman, Elk River)

- ❖ **Noon Meal Delivery-** Deliver noon meals to those unable to cook a nutritious meal for themselves. About one hour at midday. Volunteers can be individuals who deliver for a single day, or businesses/groups willing to offer a rotation of employees/members for delivery service for multiple days. Needed from Big Lake, Elk River and Zimmerman. (11/09)

Sherburne Soil and Water Conservation District

- ❖ **Stream Monitor** – Assist the Sherburne Soil and Water Conservation District and the Minnesota Pollution Control Agency to gather data about water quality on a weekly basis from a stream crossing near you. Volunteer takes and observes a simple water sample from a designated location on a stream, then records and reports findings. Samples are generally taken from a bridge or culvert. April – Sept. All training provided. Respond now to be ready for spring 2010! (9/09)

Guardian Angels Care Center

- ❖ **Woodworker** - Share your passion for working with wood with Guardian Angels Care Center residents. Cut out simple wood projects at home, then bring them to the Care Center on a regular basis to work with the residents to sand and paint, or assemble and finish the project. All supplies provided. Staff will assist with the group at the Care Center. Group could meet 1-2 times per month. (9/09)
- ❖ **Special Lunch Assistant** – Who doesn't like to be served a special meal? Bring that joy to Guardian Angels Care Center residents one Monday per month when the staff plans a special lunch and needs extra hands to carry out the festivities. (9/09)

Rivers of Hope

- ❖ **Translator** - Rivers of Hope, a support center for those dealing with domestic violence, is seeking volunteers fluent in Spanish or American Sign Language to be on call to assist clients in communication with an advocate or court personnel. Communication may be verbal or written, in person or over the phone. (9/09)

Big Lake High School

- ❖ **Greeters** – A friendly, morning greeting can start anyone out on the right path for the day! If you are 55+ and want to help young members of the Big Lake High School community start out their school day with a smile, become a member of the BLHS Greeter Team. From 7 – 9 AM one day per week, start your day as a greeter. It's sure to be a great way to pick up energy for your own day, too! (9/09)

FOR THOSE 55+

RSVP- Retired and Senior Volunteer Program

- ❖ **Volunteers**- If you are 55+, this is your invitation to volunteer service! Start with a discussion about your individual interests, skills and time available to volunteer. Explore the possibilities for service through a wide variety of local agencies, including many projects with limited or flexible commitments. End with a rewarding volunteer experience that fits perfectly into your lifestyle and comes with some additional perks because you're experienced at life!

CHILDREN & YOUTH MENTORING/AFTER SCHOOL

Big Brothers/Big Sisters/Big Couple/Big Families

- ❖ **Big Brothers Big Sisters of Central MN** is looking for male and female adults or high school students who can commit to volunteering time with a child in a local community for up to one year. The adults, called "Bigs" (Big Sister, Big Brother) go to the "Little's" (Little Sister, Little Brother) home or school and have fun playing games, doing activities, or just talking. A "Big" is a friend to a youth, is someone who accepts the "Little" for the individual they are, and is a good listener. The gifts of time and friendship are priceless, especially to a young child. (1/09)

COMMUNITY DEVELOPMENT/HISTORY/OUTDOORS

RSVP- Retired and Senior Volunteer Program

- ❖ **One-time events**- RSVP volunteers are asked to assist for a couple hours at a variety of one-time events in the community. From ticket taking at a performance to helping at a blood drive, from a school book sale to counting patrons at the public library. Pick and choose what fits for you. (11/09)

Sand Dunes State Forest

- ❖ **Trail Clearing**- Groups with their own trail clearing equipment are needed to tidy up assigned trails in the Sand Dunes State Forest. Youth groups need to have adult supervision provided by the group. (11/09)

Sherburne County Extension Service

- ❖ **Master Gardener-** Do you have an active interest in gardening? Do you have a desire to share your gardening interest with others? If you answered yes, you might be interested in becoming a Master Gardener through the University of Minnesota Extension Service in Sherburne County. Complete 48 hours training this winter, in St. Paul or on line, to be ready for the 2009 growing season. There is a fee for the extensive materials provided for the volunteers to keep. Volunteers must then serve 50 volunteer hours as an intern to earn the full Master Gardener certification. (2/09)

Sherburne History Center

- ❖ **Library and Archives Assistant-** Assist the Sherburne History Center with large projects in the Eddy Library and the archives. Projects may involve helping to process archival material including large photo collections from local newspapers. Projects may take 6 months to one year to complete with a regular, weekly volunteer commitment of 3 or more hours per week. Work will be done during History Center office hours. Volunteers may use a variety of library resources and office equipment including a photocopier and a microfilm reader. Ability to use a computer a plus (Word, Excel, Access). Attention to detail and ability to follow safe archival handling instructions a must. Will have to wear nitrile gloves when handling archival material. (10/09)
- ❖ **Collections Cataloger-** Volunteer 3-4 hours per week or more as an artifact cataloger for the Sherburne History Center. This is a long-term volunteer position. Write descriptions of historic objects following specific guidelines. Ability to follow detailed instructions and handle artifacts with great care. Good eyesight and neat handwriting necessary, as well as attention to detail. Will have to wear nitrile gloves when handling collections objects. Training provided. (10/09)
- ❖ **Event Host-** Serve as an ambassador of the History Center at a variety of special events at the History Center or at community fairs or expos as your time allows. Duties may include greeting visitors, serving refreshments, giving directions or answering questions. (10/09)
- ❖ **Front Desk/Gift Shop-** Staff the entrance area at the History Center. Greet visitors, answer phones, direct calls, oversee gift shop, conduct sales, provide a variety of clerical services while staffing front desk. This position is available on days when we don't have regular staff scheduled at the front desk. (11/09)
- ❖ **Tour Guide-** Receive training from the Sherburne History Center about conducting tours on an on-call basis. Greatest need is for school tours, mostly elementary age children, both outdoors (e.g. on our Legacy Trail) or indoors (e.g. the exhibit gallery, hands on activities showing kids objects from our education collection). Must be friendly, outgoing and able to master information to be covered and make a clear presentation. Training provided. Tours are most common in the fall (September-October) and spring (May). (10/09)
- ❖ **Computer Data Entry-** Use your typing skills and basic knowledge of Word, Excel, or Access programs to enter History Center data in a variety of forms. Commitment is flexible during History Center hours. (11/09)
- ❖ **Fundraising Committee-** Assist the History Center with planning and developing new fundraising events. Assist in planning the annual fall fundraiser by participating as a committee member and attending regular committee meetings. Duties to choose from include planning food, auction item solicitation, publicity, and event set-up, among others. Assist in planning new fundraising events. (10/09)
- ❖ **Research Assistant-** Volunteer to be on-call for when the History Center receives a request for information from a member of the public which requires research in the History

Center or Government Center records. Volunteer would then reply to requestor. Attention to detail is a must. Knowledge of genealogy helpful. (10/09)

- ❖ **Carpenter/Woodworking**- Be on-call to assist with various projects at the History Center, including exhibit or education program prop creation and general maintenance of historic building exteriors. Some work may be done on-site, but home woodshop will be necessary for other projects. (10/09)
- ❖ **Site Maintenance Volunteer**- Help the Sherburne History Center to upkeep outdoor landscaping and public areas at the site. Serve two or more hours per week on tasks such as sweeping the plaza and sidewalk, cleaning outdoor interpretive panels and pulling weeds around building landscaping. Other duties could include spraying for poison ivy along the building and on the trails, watering outdoor plants and trees, or general grounds upkeep. A regular, weekly schedule is preferred. Candidates will need a strong back. Seasonal - April to October. (10/09)

Sherburne National Wildlife Refuge –

- ❖ **Wildlife Interpreter** – Do you love the outdoors? Are you a bird watcher? Would you like to encourage others to see the joy in nature? If so, come spend 3 hours per week at the Sherburne National Wildlife Refuge doing just that. Volunteers should have some knowledge of birds, good communication skills and the ability to help a variety of people visiting the Refuge. (9/09)
- ❖ **Invasive Plant Work Crew** – Volunteers work in teams for the Sherburne National Wildlife Refuge to remove invasive plants such as buckthorn from the refuge. Training given on plant identification. Work sessions average 3 hours, one time per month June - October. (9/09)
- ❖ **Wildflower Gardener** – Nurture a 3' X 15' plot at the Sherburne National Wildlife Refuge. Weed and water plot weekly on a flexible schedule. Watch the flowers grow, bloom and produce seed. Harvest the seed for replanting on the Refuge to spread the beauty! (9/09)
- ❖ **Litter “Ridder”** – Do you enjoy walking in the outdoors? Consider helping Sherburne National Wildlife Refuge be clear from litter by “adopting” an area of the refuge in which to do litter pick-up. Your commitment can be during spring, summer or fall on an annual or one time basis. You may also commit to monthly clean up on a year round basis. Choose a section of road, a trail, a fishing area, a parking area, a river, or an information kiosk. Can be done individually or in groups.(9/09)
- ❖ **Seed Collector** – Assist in the collection of native, flowering seeds or grasses growing on the Sherburne National Wildlife Refuge. Training provided. Flexible schedule. Individuals or small groups. 1 – 2 hours, twice per month, June – September. (9/09)
- ❖ **Special Events Assistant** – Do you enjoy the fun of a festival? Assist at one of the special events offered at Sherburne National Wildlife Refuge. Help out for a couple hours or all day. The refuge has two festivals: the Wildlife Festival held on October and Winterfest held in February. Activities needing helpers include nature crafts, parking, hospitality, lunch, and snowshoe check-out, just to name a few. (9/09)

Sherburne Soil and Water Conservation District

- ❖ **Stream Monitor** – Assist the Sherburne Soil and Water Conservation District and the Minnesota Pollution Control Agency to gather data about water quality on a weekly basis from a stream crossing near you. Volunteer takes and observes a simple water sample from a designated location on a stream, then records and reports findings. Samples are generally taken from a bridge or culvert. April – Sept. All training provided. Respond now to be ready for spring 2010! (9/09)

DISASTER PREPAREDNESS & RELIEF

American Red Cross

- ❖ **Disaster Volunteer-** Be on call to help with American Red Cross services when disaster strikes. Volunteers choose whether they are able to serve locally, regionally, nationally or internationally. Local Disaster Team Volunteers attend monthly evening meetings in St. Cloud and are placed on a one week 24/7 on call rotation for disaster notification. Ongoing training provided. (6/09)

Sherburne County Public Health

- ❖ **Preparedness Volunteer-** Assist Sherburne County Public Health as they plan for a potential public health emergency. Register to be called to use your medical, clerical, administrative or organizational skills to assist in the event of a public health emergency. (11/09)

EDUCATION – ADULT/COMMUNITY

Elk River Community Education

- ❖ **Adult Basic Education Classroom Assistant-** Assist adults in Elk River who are learning to read, working on their GED certification or learning English as a second language. Volunteer works along with classroom instructor at the Handke Family Center. Variety of topics to assist with, including reading, math, science or social studies. Special short-term projects may also be discussed. Training provided. 2 – 3 hours per week, day or evening, following training. Handke classroom times - W & Th 9 AM - Noon; M & Tu 1-4 PM; M & W 6:30-8:30 PM. Volunteers also needed at other ABE site in the northern metro region, including Ramsey. (11/09)
- ❖ **Advisory Council Members** – Community Education's goal is to provide all residents within District 728 with courses and programming to meet their needs. Currently we are seeking Community Education Advisory Council members from both the Rogers and Otsego area. As a Advisory member, you would provide valuable input into our programming and policies while representing your community. The Advisory Council meets the third Monday of each month from 630pm-830pm. (6/09)

EDUCATION – CHILDREN/YOUTH

Big Lake High School

- ❖ **Greeters** – A friendly, morning greeting can start anyone out on the right path for the day! If you are 55+ and want to help young members of the Big Lake High School community start out their school day with a smile, become a member of the BLHS Greater Team. From 7 – 9 AM one day per week, start your day as a greeter. It's sure to be a great way to pick up energy for your own day, too! (9/09)

Reader's Theatre

- ❖ **Cast Member-** Bring your expressive voice and help show children how important and fun reading can be! Readers will do events as a group in local elementary schools. Must be available for daytime practices and events. (9/09)

Foster Grandparent Program

- ❖ **Foster Grandparent-** Make a Difference in the Life of a Child! Experience every day the love and wonder of children eager to tell you their special stories! At local schools or day care centers, Foster Grandparents become friends and mentors to children. They connect with kids by sharing experiences, supporting learning, and offering encouragement. Serve 15 or more hours per week. Training, benefits and tax-free stipend (\$2.65 per hour - that does NOT affect Social Security, housing subsidies, or other assistance) provided. Especially needed in Becker. (11/09)

FOOD & CLOTHING DISTRIBUTION & COLLECTION

Big Lake Community Food Shelf

- ❖ **Food Shelf Food Drive-** Help stock the food shelf by conducting a food or monetary donation drive. Food shelf is opened Monday and Thursday evenings, 5:30 – 7:30 PM. Extra help may be needed in March to intake Food Share Month goods. (1/09)
- ❖ **Food Shelf Assistant-** Assist with packing food boxes for food shelf clients during food shelf hours. Food shelf is opened Mon and Thur eve, 5:30 – 7:30 PM/2nd and 4th Sat, 9 – 11 AM. (1/09)

HEALTH CARE

Fairview Home Care and Hospice

- ❖ **Hospice-** Fairview Hospice is looking for compassionate, dedicated volunteers to provide comfort and support to hospice patients and their families. Fairview Hospice serves patients in their homes and in facilities. Volunteers are an essential part of the interdisciplinary Team providing care for the terminally ill. A comprehensive training is provided either through sessions offered two times during the year or through a self-study program offered year round. Especially needed in the Buffalo area. (7/09)

Fairview Northland Medical Center – must be at least 14 years of age.

- ❖ **Hospital Information Desk** – Be the initial, warm greeter for patients and visitors to Fairview Northland Medical Center. Answer questions, give directions, deliver flowers and gifts, provide escort, as necessary. 4 hour shifts: AM, PM, evenings; all days. (7/09)
- ❖ **Clinic Desk Service** – Greet and direct patients and answer questions at the Fairview Northland Princeton Clinic. Good customer service and communications skills a must. 4 hour shifts available, AM or PM, weekdays. Especially needed Fri 8 AM – Noon. (2/09)
- ❖ **Greeter – Emergency Room** – Greet and direct patients in the emergency room area of Fairview Northland Medical Center in Princeton. Volunteer will also complete hospitality tasks – making coffee, tidying the area, sanitizing toys. Volunteer must have outgoing personality and good communication skills. 4 hour shifts available: AM, PM or eves, 7 days per week. (2/09)
- ❖ **Mail Room Assistant** – Complete mailing projects and supply restocking in the Fairview Northland Medical Center. Attention to detail is very important. 2 hour shifts available: days or evenings, weekdays. (2/09)
- ❖ **Nutrition Services Assistant** – Deliver food with a smile to patients and their families at Fairview Northland Medical Center! Needed weekdays from 11:00 AM – 1:30 PM. (2/09)
- ❖ **Patient Escort** – Be a part of the Fairview Northland Medical Center Cardiac Rehabilitation department to transport patients between rehab and other hospital departments, assist

with clerical functions and family support as needed. 3 ½ hour shifts, Tues or Thurs, AM or PM. (2/09)

- ❖ **Clerical Assistant** – Help with general, basic clerical tasks in the Administration Department at the Fairview Northland Medical Center. Volunteers needed for 2 hour shifts only on an occasional, pre-arranged basis. (2/09)
- ❖ **Hospitality Cart** – Make a stay at the Fairview Northland Medical Center more pleasant for patients by offering reading materials, games, movies, play time for children or simply your company for a time. May also deliver refreshments and assist nurses with clerical tasks. 2-4 hours shifts available each day. (2/09)
- ❖ **Surgery Lounge Volunteer** – Provide patient family members at the Fairview Northland Medical Center with hospitality items in the surgery lounge, and a means of communication about the patient's progress in surgery. Complete necessary clerical tasks. 4 hours shifts, early AM and PM, weekdays. (2/09)
- ❖ **Special Events** – Help Fairview Northland Medical Center on a sporadic, flexible basis when a special event will be occurring. Might be a golf outing, a hospital tour, or a car seat clinic – just bring your outgoing personality. (2/09)
- ❖ **Rehab Assistant** – Perform necessary clerical duties (filing, copying, organizing) for the Fairview Northland Medical Center Rehabilitation Department. 2-4 hours shifts, AM, weekdays. (2/09)

Guardian Angels Elim Hospice

- ❖ **Hospice Volunteer**- Assist clients that are receiving hospice services and their families. Volunteer may provide support doing household chores, completing errands, or simply visiting. Volunteer will receive up front training. Must be 18 years old and make a one year commitment to hospice. Contact coordinator for next training dates. (4/09)

Heartland Home Health Care and Hospice

- ❖ **Hospice** - Discover one of the most rewarding experiences of your life! Hospice Friendly Visitor/Respite Volunteers provide socialization and companionship, share an interest or a hobby, or simply listen to clients, and may provide respite care for a caregiver. Clerical Volunteers provide much needed help in our office. After 4-20 hours of training and background screening, Volunteers choose when, where and how many hours they want to serve. Trainings are scheduled per potential volunteer interest. (4/09)

New River Medical Center

- ❖ **Fresh Popcorn!** - No better way to gain a lot of best friends! Be the one to spread the wonderful smell of fresh popcorn throughout the New River Medical Center. May be Tuesday or Friday morning for 2 1/2 hours, 1-4 times per month, as fits volunteer's schedule. (11/09)
- ❖ **Gift Shop Sales** – Welcome patients and guests, assist customers purchasing items and provide information and directions. 4 hour shifts. Especially needed, winter weekends. (11/09)
- ❖ **Information Desk Coordinator** – Welcome patients, family and guests, provide information, patient updates, directions and assist with registration. 4 hour shifts, weekdays. (11/09)
- ❖ **Mobility Assistant** – Welcome patients and guests, assist patients/residents using wheelchairs or needing directions to and from appointments within MBLH District facilities. 4 hour shifts, weekdays and Saturday. (11/09)
- ❖ **Office Assist** – Help with clerical activities including stuffing envelopes, mailings, labeling brochures, and preparing materials for staff and patients. 4 hour shifts, weekdays. (11/09)

HUMAN/VETERAN SERVICES

Great River Area Faith-In-Action

- ❖ **Furniture Doctor** – Assist at the Great River Area Faith in Action second-hand furniture/home store, “The Great Room”, located in Elk River. Fix up gently used furniture by repair, paint, refinishing or cleaning rag. All proceeds of furniture sales benefit Faith in Action human service operations. Volunteers serve as needed and available. (9/09)
- ❖ **Making it Nicer**- Assist someone who is finding life difficult because of age, poverty, disability or circumstance with light housekeeping chores a couple times per month. Doing the floors, bathroom and a bit of dusting never felt so good! (11/09)
- ❖ **Provide-A-Ride**- Transport Great River Area Faith in Action clients who have no other way to get to their medical or community appointment. Drivers use their own cars and are notified in advance. Days and times needed vary and are flexible. Training provided and background check conducted. Needed throughout Sherburne County and surrounding communities. (11/09)
- ❖ **Chore Services**- Assist an individual who is finding life difficult because of age, poverty, disability or circumstance with anything from light housekeeping, to snow shoveling, to repairing a leaky faucet. Volunteers complete projects as their time and interests allow. (11/09)
- ❖ **Companionship/Respite**- Visit with an individual in their home who needs a listening ear, or with someone who needs an another for company while their caregiver gets out for a couple hours per week. Needed in all Sherburne County communities. (11/09)
- ❖ **Grocery Shopping/Shopping Trip**- Assist someone who is unable to shop in dependently. Some clients are able and interested in riding along, others are not. Shopping trips are taken 1-4 times per month, depending on client needs. (11/09)

Hoofbeats & Heartbeats

- ❖ **Sidewalker/Horse Leader**- If you love horses and helping people, your talents are needed at Hoofbeats and Heartbeats, an equestrian learning center. You can make someone’s dream come true by assisting with therapeutic horseback riding lessons as a “sidewalker” or horse leader. No horse experience required. Training provided. 2 – 3 hours per week. Otsego location. (4/09)
- ❖ **Director’s Assistant**- Represent Hoofbeats and Heartbeats in the community as requested by Director. Assist in forming committees to carry out operations of the organization. Approximately 15 hours/month depending on current project. Training provided. (4/09)

Central MN Re-entry Project

- ❖ **Volunteer Mentor** – Provide a caring, supportive and competent mentoring relationship to inmates or ex-offenders as they make the transition from jail/prison to the community through the Central Minnesota Re-entry Project. Mentors visit inmates 2 times per month and may write via mail in between visits. Mentors may visit several months before release and three to four months after release. Mentors attend a three hour training and orientation session prior to placement. A one year commitment to the program is requested. (2/09)

Rivers of Hope

- ❖ **Translator** - Rivers of Hope, a support center for those dealing with domestic violence, is seeking volunteers fluent in Spanish or American Sign Language to be on call to assist

clients in communication with an advocate or court personnel. Communication may be verbal or written, in person or over the phone. (9/09)

Tax Counselor

- ❖ **Tax Preparation Assistant-** Assist those with low income, disabilities and the elderly to prepare their taxes. Training and materials provided by AARP in Nov and Dec. Five days of training and testing in Jan will prepare volunteers for the following tax season. Most taxes are e-filed at a public location. Reimbursements provided. (11/09)

LAW ENFORCEMENT/GOVERNMENT

Sherburne County Attorneys Office

- ❖ **File Prep-** Assist the Sherburne County Attorney's office by preparing old case files to be scanned into a computer. To prepare files volunteer will remove fasteners, check for documents that are unclear, make copies, and mount small papers on to a size that can be scanned. Hours are very flexible and can be served at any prearranged time M-F when the Government Center is opened. (6/09)

MEAL SERVICE & DELIVERY

Senior Dining Sites (Becker, Big Lake, Elk River, & Zimmerman)

- ❖ **Noon Meal Service-** Help to prepare, serve and/or clean up after a hot noon meal for area senior citizens. Make this important social and nutritional part of the day even more pleasant with your help.
- ❖ **Noon Meal Delivery-** Deliver noon meals to those unable to cook a nutritious meal for themselves. About one hour at midday. Volunteers can be individuals who deliver for a single day, or businesses/groups willing to offer a rotation of employees/members for delivery service for multiple days. Needed from Big Lake, Elk River and Zimmerman. (11/09)
- ❖ **Party Helper** – Make parties festive occasion at the Elk River Senior Dining Site. Help decorate the dining room for special occasions using decorations provided or use your own creativity with a very small budget. Decorating needed about 6-8 times per year. Service time is very flexible. Use of a stop ladder is required. (6/09)

SENIOR SERVICES

Angels On Main - Adult Day Services

- ❖ **Guy Trippin'** – Are you an adult male with experience in health care or care giving? Your help is needed when Angels on Main Adult Day Services takes male clients on day trips. Enjoy the outing along with the clients and staff. Be on hand to lend special assistance to male clients, if needed. Flexible commitment depending on trip dates and volunteer availability. (10/09)
- ❖ **Atmosphere Builder-** Help to surround Angels on Main clients with a pleasant, welcoming atmosphere. Devote a bit of time each week to dusting and watering plants in their small house setting. Visit while you work, if you like, and certainly know your work will be appreciated! (10/09)
- ❖ **Share the Fun!**- Angels on Main plans many day trips for their clients to places such as river boat rides, garden tours, or out to lunch. These trips are always more fun with

volunteers along to assist the clients by walking with them, pushing a wheelchair, or simply visiting while staff tends to the needs of other clients. Assist with one or more trips per month, as your schedule allows. (10/09)

- ❖ **Visit Adults With Memory Loss-** Make a difference in the lives of persons with memory loss by giving individual, personal attention. Serve in a unique, homey atmosphere at Angels on Main Adult Day Services in Elk River. One or more days per month. Daytime, weekday hours. Training and resources provided. (10/09)
- ❖ **Craft Group Coordinator-** Suggest craft ideas for class at Angels on Main Adult Day Services. Gather supplies, demonstrate craft and help individuals with their project. Days and times to fit volunteer's schedule. (10/09)
- ❖ **Craft Assistant-** Work with clients in a small group at Angels on Main Adult Day Services with the assistance of a staff person on simple craft projects. (10/09)
- ❖ **Cards/Games Player-** Share a game of cards or a board game with a client at Angels on Main Adult Day Services one or more times per month for 1 - 1 ½ hours. Maybe 500, checkers, crazy eights, scrabble or whatever is of mutual interest to the volunteer and client. (10/09)
- ❖ **Musician-** Share your musical talents for the enjoyment of Angels on Main Adult Day Services clients. Flexible schedule. (10/09)
- ❖ **Manicurist-** Give an Angels on Main Adult Day Services client the joy of having her nails done by a gentle, friendly manicurist. Help her look and feel her best. One or more times per month. Flexible schedule. (10/09)
- ❖ **Baking/Cooking Assistant-** Assist clients with kitchen projects, such as cooking, baking or special meals. One or more times per month. (10/09)

Central MN Council on Aging

- ❖ **Health Insurance Counselor-** Serve through the Central Minnesota Council on Aging to assist Medicare beneficiaries with such things as; supplemental insurance selection, discussing Medicare Saving Programs, working with prescription assistance programs, helping individuals compare, enroll and resolve issues regarding their Medicare Part D benefits, and other forms assistance. Hours are flexible throughout the year, 18 hour training provided. Volunteers set the radius from home they are willing to travel to do in-home counseling. (7/09)

Elder Network - CentraCare Health System

- ❖ **Peer Counselor-** Through the Elder Network, provide emotional support to someone in the community who is 55 year and older and dealing with some mental health issue. Through weekly visits volunteer assists an elder to deal with life's stresses and provide access to other community resources that may be helpful. 42 hours of initial training. Ongoing support and reimbursements provided. (5/09)

Elk River Senior Center

- ❖ **Singing and Bell Ringing with the Silvertones** - Join a fun-loving group of singing and bell ringing seniors at the Elk River Senior Center. The group practices two Mondays each month and also takes the show on the road to perform as volunteers when invited by community groups and agencies in the area. (11/09)

Guardian Angels By The Lake - Assisted Living Apartments

- ❖ **Excite the Weekend** - Some enjoy a lazy weekends, but many at Guardian Angels by the Lake assisted living apartments are anxious for something to do. Volunteer to be the weekend spark by gathering residents for an activity – games, crafts, exercise,

music...whatever fits your passion! Let's talk about the possibilities! About 1 ½ hours Sunday morning or Saturday or Sunday afternoon. (4/09)

- ❖ **Game Night** - Get more time to enjoy a favorite game while helping others at Guardian Angels by the Lake assisted living apartments to do the same. Get the ball rolling each week with set up and building excitement. After clean up, know you've brightened someone's day! Needed Mon or Wed evening. (4/09)
- ❖ **Visitor**- Be the bright spot in someone's day! Visit with a resident of Guardian Angels by the Lake assisted living apartments once per week for about an hour. Share good conversation or a small project as you learn about one another. (4/09)
- ❖ **Bingo Caller** – Lead bingo at Guardian Angels by the Lake assisted living apartments in their new memory care wing on any weekday evening except Thurs, 6:30 – 7:30 PM. Equipment provided. Just your clear voice and warm personality and patience are needed. (4/09)
- ❖ **Friday Night at the Movies/Ball Game**- Those living at Guardian Angels by the Lake assisted living apartments enjoy a good Friday night movie or summer evening of baseball watching just as much as you do! Be the friend that gets everyone together, gets the viewing set and makes the popcorn! (4/09)

Guardian Angels Care Center

- ❖ **Special Lunch Assistant** – Who doesn't like to be served a special meal? Bring that joy to Guardian Angels Care Center residents one Monday per month when the staff plans a special lunch and needs extra hands to carry out the festivities. (9/09)
- ❖ **Woodworker** - Share your passion for working with wood with Guardian Angels Care Center residents. Cut out simple wood projects at home, then bring them to the Care Center on a regular basis to work with the residents to sand and paint, or assemble and finish the project. All supplies provided. Staff will assist with the group at the Care Center. Group could meet 1-2 times per month. (9/09)
- ❖ **Friday Spiritual Assistant** – Assist Guardian Angels Care Center residents to attend the spiritual service of their choice on Fridays. Help to get residents to and from either the Mass on Friday AM or to Chapel on Friday PM. (4/09)
- ❖ **Sing-a-Long Assistant** - Assist Guardian Angels Care Center residents during the Tuesday morning sing-a-long time. Help the residents find pages for the songs, add your voice to the music and then help residents return to their rooms. (4/09)
- ❖ **Coffee/Gift Shop**- Guardian Angels Care Center in Elk River has openings for volunteers to staff their coffee and gift shop. A fun way to provide gifts, refreshments and friendly conversation to residents, visitors, and staff! The shop is open 7 days per week. Volunteers serve in four-hour shifts 1-4 times per month. (4/09)
- ❖ **Thursday Special**- Thursday lunches can be much more special with your help at the Guardian Angels Care Center. With extra help, the residents will be treated to a lunch with linens, flowers and a chance to "order-off-the-menu" for lunch. Volunteers needed each Thursday 11:15 AM – 1:00 PM to take and serve resident lunch orders, and help to clear the tables. (4/09)
- ❖ **Breakfast Special**- Tuesday and Wednesday breakfast can be much more special with your help at the Guardian Angels Care Center. With extra help, the residents will be treated to a lunch with linens, flowers and a chance to "order-off-the-menu" for breakfast. Volunteers needed each Tuesday and Wednesday 7:15 – 9:00 AM to take and serve resident breakfast orders, and help to clear the tables. (4/09)
- ❖ **Gather for the Fun!**- The Guardian Angels Care Center arranges for entertainment for the residents on Tuesday evenings. A volunteer is needed to spread the word in the building just before the event and assist residents who need help to get to the event by encouraging

attendance, lending an arm to walk along or pushing wheelchairs. Needed Tuesdays, 6:30 – 8:30 PM. (4/09)

- ❖ **Baking-** Isn't the smell of something baking in the kitchen just the best? With the help of the residents, make that wonderful smell every other Thursday morning at Guardian Angels Care Center. Staff will be involved with training, planning and supplies for the group. (4/09)
- ❖ **Kitchen Cookery-** Once per month the residents at Guardian Angels Care Center gather to get creative in the kitchen. Join them to help with the fun. Staff will lead the group. (4/09)
- ❖ **Visitor-** Be the bright spot in someone's day! Visit with a resident of Guardian Angels Care Center once per week for about an hour. Share good conversation or a small project as you learn about one another. Maybe take a walk outdoors on a nice day. (4/09)
- ❖ **Get Outdoors-** When the weather is nice enough to be outdoors, take a Guardian Angels Care Center resident for a stroll to enjoy the fresh air while you enjoy a visit together. Orientation to the Care Center and matching with a resident provided by staff. (4/09)
- ❖ **Bingo/Pokeno-** If you ever wanted many people to look forward to seeing you, now is your chance! Help with Bingo or Pokeno games at Guardian Angels Care Center Mon or Thurs at 3 PM as a player assistant. Pokeno caller also needed. 2 hour commitment. Equipment provided. Individuals or a group welcome. (4/09)
- ❖ **Manicurist-** Give a Guardian Angels Care Center resident the joy of having her nails done by a gentle, friendly manicurist. Help her look and feel her best. Needed Wed PM. (4/09)
- ❖ **Card Party-** What card game do you enjoy playing? Why not find out if any residents at the Guardian Angels Care Center enjoy the same game? Be the fun of the day when you gather on a regular basis to share your passion! (4/09)
- ❖ **Coffee Server-** Mid-afternoon coffee and conversation with friends is a delightful time! Help to make it happen when you are the one serving the coffee at Guardian Angels Care Center one or more days per week at 2:30 PM. Needed all days except Mon. (4/09)

Ivy's Meadowvale Place

- ❖ **Visitor** – Spend time with residents of Ivy's Place, a small adult foster care home in Elk River. Maybe play a game, read, go for a walk or simply visit. Truly be the highlight of someone's day! (6/09)

New River Medical Center – Rehabilitation and Extended Care

- ❖ **Bingo Caller and Assistant** – Call bingo games, check for accurate bingos, distribute prizes to winning residents and/or assist residents to play bingo. 2 hours/1-2 times /mo. Needed weekday evenings and weekends. (11/09)
- ❖ **Card/Board Games** – Facilitate the ability of residents to gather to play cards or board games. Organize games for residents, assist residents needing help with the game and keep score. 3 hrs/week (11/09)
- ❖ **Musicians** – Provide entertainment to residents by playing musical instruments or singing. 1 hr/visit. (11/09)
- ❖ **Nail Care Assistants** – Help staff to provide manicures and pampering for residents. 3 hr/week. (11/09)
- ❖ **Shopping Assistants** – Assist staff to help residents get in and out of the nursing home van and assist a resident or two with purchases in a local store. The first Thursday of each month – Noon to 3:30 PM. (11/09)

- ❖ **Aviary Assistant** – If you love birds..this is for you! Provide food and fresh water to the birds in the aviary at NRMC Rehab and Extended Care. Tidy the cage and restock the nesting materials, as well. About one hour 1-2 times per week. (11/09)
- ❖ **Visitor**- Be the bright spot in someone's day! Visit with a resident of NRMC Rehab and Extended Care once per week for about an hour. Share good conversation or a small project as you learn about one another. Maybe take a walk outdoors on a nice day. (11/09)

Senior Companion Program

- ❖ **Senior Companion**- Do you enjoy helping older persons? Would you like to provide one-to-one friendship and support through regular visits? Are you 60 years or older? The Senior Companion Program offers special opportunities to help others live independently in their own homes. As a Senior Companion volunteer, you can make a difference in the lives of others while earning a tax-free, hourly stipend, transportation reimbursement and other benefits. Companions serve an average of 60 hours per month. Especially needed in the Elk River area. (11/09)

Shepherd of Grace

- ❖ **Visitor** - Be the bright spot in someone's day at Shepherds of Grace memory care apartments! Visit one hour per week or more with residents that enjoy a craft project, a game, manicure or just a friendly, listening ear. Share good conversation or a small project as you learn about one another. (4/09)
- ❖ **Visitor** – A couple gentlemen in the Shepherds of Grace independent apartments would enjoy a regular visit with another gentleman from the community. Simply sharing your time, a good conversation, a game or an activity would be the highlight of the day for one of these men! (4/09)
- ❖ **Dice Game** – Tuesdays are the day for the men at Shepherds of Grace independent apartments to toss dice. They would enjoy for a male volunteer or two from the community to join them to share the game and the fun. (4/09)
- ❖ **Pet Visitors** – Shepherds of Grace independent and memory care apartments in Becker welcome any community pets that are trained therapy visitors to join their residents for some time together one or more times per week. (4/09)
- ❖ **Driver** - Drive Shepherds of Grace residents who have no other way to get to destinations in the community. Perhaps a medical appointment, shopping or church. Drivers use their own cars and are notified in advance. Days and times needed vary and are flexible. Training provided and background check conducted. (4/09)

For more information, including individual agency contacts, direct questions to

The Volunteer Bridge/RSVP

763-635-4505 OR 1-877-560-RSVP (7787)

OR email: charlotte.strei@ci.stcloud.mn.us

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