

Volunteer Opportunities

September 2017



Adults Benefiting Children (ABC)

For more information or to register for the following opportunity, contact Ann Gallagher at 508-394-4630 Ext 521 or by email at ann.gallagher@escci.org.

Tutors & Mentors: Our Three R's program engages volunteers who care about students and want to support and encourage them in reading, math and science skills. Volunteers are needed for the 2017-2018 school year for the following school districts: Barnstable, Bourne, Dennis-Yarmouth, Monomoy (Harwich/Chatham), Nauset, and Sandwich. Volunteers work with students in literacy, math, and science, as well as in book, math, and writing clubs. Some volunteers assist teachers in the classroom setting as well.

Work a couple of hours per week, training is provided and no experience is necessary. If you are interested in volunteering for this program, training and orientation will be held in September for the 2017 – 2018 school year. Contact: Ann Gallagher.



Senior Environment Corps

For more information or to register for any of the following opportunities as indicated, contact Stefanie Paventy, 508-968-5125, or email stefanie.paventy@escci.org; or Anita Lord, 508-394-4630, ext 523, or email anita.lord@escci.org.

American Lighthouse Foundation: Provincetown, Race Point Lighthouse welcomes volunteers to help lead Lighthouse tours with a trained keeper for the 2018 season or on

the third Saturday in September and first Saturday in October this season. Training provided. Volunteers must be able to walk in soft sand and climb stairs. Tours are given to the public from 10 a.m. to 2 p.m. on the first and third Saturdays from June through first week in October. Great opportunity for Lighthouse lovers. Contact: Anita Lord.

Association to Preserve Cape Cod (APCC): Dennis, Volunteers needed an hour or more weekly to maintain living landscape laboratory. Tasks assigned according to abilities and interests include: pulling hoses, weeding, using push mower, grounds maintenance and lifting cans to water plants. Plant identification skills (or willingness to learn) is helpful. Volunteers with digital photography skills are needed to help document changes on the property, plants and insects, and record highlights of events. Minimal time commitment. Volunteers familiar with Excel are also needed to input herring count data, business contact info and update native plants spreadsheet. Minimal time commitment and flexible hours. Contact: Anita Lord.

Cape Cod Medical Reserve Corps: Barnstable, Volunteers needed to assist with both clinical and non-clinical projects. Example projects include assisting healthcare professionals with health clinics; drills and disaster response; and administrative duties like data entry. Flexible hours. Contact: Amy Henderson, 508-394-4630, ext 520.

Cape Cod Museum of Natural History: Brewster, The Museum has a wealth of volunteer opportunities for its September-December season. Assignments include Guided Walks, Site Interpreting, Bird Banding, Educational Programs, Ground Maintenance & Repairs, as well as representing the museum as a greeter, docent, or administrative aide. Schedule is flexible. Training available. Contact: Anita Lord.

Cape Cod National Seashore: Salt Pond Visitors' Center needs help with its Fall and Spring environmental education programs for elementary and middle school students from mid-September to early June. Volunteers needed to assist Rangers in implementing ecology projects and work individually with students. Contact: Anita Lord.

Cape Cod Rabies Task Force: Volunteers needed for Oral Rabies Vaccine Baiting distribution throughout Plymouth County the week of Sept. 18 and Barnstable County the week of Oct. 2. This highly successful program, whose mission is to eradicate rabies on the South Coast and Cape Cod, has made great strides in reducing raccoon rabies since its inception in 1994. CCORV is supported by the U.S. Dept. of Agriculture. No training required. Contact: Stefanie Paventy.

Center for Coastal Studies: Provincetown, COASTSWEEP 2017 Annual Beach Clean-up at Long Point, Saturday, Sept. 16. Volunteers meet at CCS kiosk on MacMillan Wharf at 9:45 a.m., and are shuttled to site by Flyer's Boat Rentals. Upon return to the pier, volunteers will be treated to lunch at Napi's restaurant, courtesy of Helen and Napi Van Dereck. Registration required. Contact: Amy Henderson, 508-394-4630, ext 520.

Dennis Conservation Trust: Kayakers needed to maintain 'duck control' at DCT's annual *Rubber Duck Regatta*, Saturday, Sept. 16, at 11 a.m. Assistance also wanted for

the much anticipated “Decorated Duck” contest. Contact: Amy Henderson, 508-394-4630, ext 520.

Harwich Conservation Trust: Be a part of COASTSWEEP 2017 and join HCT for beach clean-ups on Saturday, Sept. 30 from 9 to 11:30 a.m. (Rain date Sunday, Oct. 1) Volunteers meet at Saquatucket Harbor parking lot (next to Brax Landing restaurant, 715 Rte. 28. Contact: Anita Lord.

Mass Audubon – Felix Neck, Vineyard Haven: Whether you have a lifelong interest in nature or are just getting started, Felix Neck has a place for you. Give us a call to learn more about the variety of opportunities available. Contact: Stefanie Paventy.

Mass Audubon – Long Pasture Wildlife Sanctuary, Yarmouthport. Coastal Waterbird Program: Volunteer needed to assist with office work. Should be able to commit to eight hours per week, preferably Mondays, Tuesdays & Thursdays, hours are flexible. Volunteer will help with copying documents, sending out mailings, filing & light computer work. Contact: Stefanie Paventy.

Massachusetts Trustees of the Reservations: Martha’s Vineyard, Volunteer opportunities include trail maintenance, Brickyard assessments, conservation restriction monitoring, and various stewardship tasks on Chappaquiddick. Contact: Stefanie Paventy.

Monomoy National Wildlife Refuge: Celebrate “National Public Lands Day,” Saturday, Sept. 30, by volunteering for trail maintenance at the Morris Island headquarters, Chatham and a beach cleanup on South Monomoy Island. People of like minds will be working with environmental groups across the U.S. on the same day and at the same times. Contact: Anita Lord.

FANS—Friends and Neighbors

For more information or to register for any of the following opportunities, contact Linda Merrill-Contonio at 508-394-4630 Ext 522 or by email at linda.merrill@escci.org

A Baby Center: Hyannis, Volunteers needed to sort baby clothes and make up outfits for the boutique. Also a need for experienced interviewers, or teachers or retired counselors/social workers to be intake volunteers, working one on one with clients and their babies, taking important information and creating a relationship with our families in a warm inviting non-judgmental atmosphere.

American Cancer Society: The Road to Recovery program - volunteer coordinators are needed for 5 MA counties to help coordinate with volunteer drivers to get patients to and from life-saving cancer related appointments. Volunteer hours are flexible and coordination can be done from home.

American Red Cross: Want to help others in need? Give back to your community?

Make a difference and become a Red Cross Volunteer! They help canteen our brave first responders. Blood Services volunteers help to fill the critical life- saving need for blood. Our Disaster Action Team (DAT) volunteer members help those in crisis. There are opportunities to volunteer to service to our Armed Forces, Youth Services, Communication Services, Administrative Support. There are so many ways to serve.

Audible Local Ledger: “Turning Print into Sound.” ALL is a radio reading service for the blind, visually impaired, and print disabled. Volunteers needed with computer skills to pre-record items of local interest from newspapers & magazines. These recordings along with local programming are then broadcast over closed-circuit radio stations and streaming audio. Volunteer 2 hours a week at Deer Crossing Studio in Mashpee.

Barnstable Senior Center: Drivers Wanted! Urgent need for volunteers to drive our 12 passenger, handicapped accessible van, taking seniors to morning or afternoon appointments. We’re proud to announce the newest member of our “Silver Express” fleet – the Nissan “Silver Leaf”, a well-equipped, all electric hatchback. Quiet, peppy, ecologically & economically friendly, it’s a fun way to drive seniors to appointments! Flexible schedule, training provided. Also need volunteers to assist in mailing our quarterly Compass Magazine and assist with special projects which may require clerical or telephone skills.

Brewster Council on Aging: Volunteers needed to provide transportation to seniors for medical appointments. Most rides are local, never over the bridge, no weekends, & times are flexible. Also need volunteers to work in Sea Captains Thrift Shop, located behind the COA building – one day a week – help sort, price, and display inventory & wait on customers. Also need someone to help maintain the “medical shed” and help designing our monthly bulletin boards.

Cape & Islands Veterans Outreach Center: Hyannis, Volunteers needed to help veterans with transportation to medical appointments, grocery shopping, etc. Volunteer will use Cape & Islands Veterans Outreach Center van (must have a good driving record). Volunteers would be scheduled on an as-needed basis, with advance notice.

Cape Organization for the Rights of the Disabled (CORD): Multiple volunteers needed to support the Mobile Food Pantry. Help inventory and stock the food pantry; load the bus for distribution; drive the Mobile Food Pantry bus; help distribute food at various distribution locations; and assist individuals in registering for services. Volunteer hours range 15-20 hours per month. Also, distribution volunteers needed in Provincetown, Eastham and Orleans.

Coast Guard Heritage Museum: Barnstable, Volunteers needed as docents and for front desk / admissions position. Although we have a fairly large collection of artifacts, we are a small museum. We are mostly staffed by retired or veteran members of the Coast Guard – but anyone with an interest is encouraged to apply. We are open until

the end of October, Tuesdays thru Saturday, 10-3. Schedule is flexible and training is provided. We are a friendly, educational, and entertaining place to volunteer!

Consumer Assistance Council: is a not-for-profit agency working in cooperation with the State Attorney General. We are actively seeking enthusiastic volunteers interested in helping consumers filing complaints against Merchants and Sellers of goods and services. A minimum of three hours per week is required. Training is provided.

Dennis Council on Aging: The Dennis COA is always pleased to welcome new volunteers. We are specifically in need of medical drivers, friendly visitors, thrift shop staff, front desk and Golden Age volunteers. Please stop in to pick up a volunteer information packet or contact Linda Merrill. Thank you for your support.

Eastham Senior Center: Currently seeking volunteer shuttle drivers. We need someone to drive seniors to our Monday "Sit & Be Fit" exercise class at 11:00 am. Hours would be from about 10:00 am – 12:00 pm.

Elder Services of Cape Cod & the Islands: Volunteers needed to help stuff envelopes, two days around the beginning of the month and again about the 3rd week of the month. Exact day & times to be determined. **Meals on Wheels:** Always a need for Meals on Wheels route drivers - URGENT need in Dennis, Orleans, Wellfleet, & Truro areas. Time commitment is about 2 hours one morning a week. Back-up drivers are also needed in many other areas. Mileage reimbursement & training is available. **Ombudsman needed.** Serve as an advocate to residents and their families in long term care facilities and rest homes. State certificate training is required and scheduled for October 2017. **Money Management Program** volunteers needed. This program is a service which promotes independent living by assisting seniors, aged 60 & older, who are finding it difficult to pay their monthly bills on time. Volunteers are trained to provide in-home money management services. Time commitment is 2– 3 hours a month.

Family Pantry of Cape Cod: Needs volunteers to work in the *Second Glance* Thrift Boutique. The store is open Monday through Saturday 10:00am -5:00pm. Shifts are 4 hours. Jobs include customer service, sorting and pricing clothes, steaming clothes and running the register. Prior retail experience helpful, but not required. Volunteers will need to be able to stand for 3-4 hours, and lift 10 lbs.

Flower Angels: So. Yarmouth, Is expanding and seeking volunteers to be a part of our team. Full time, year round **Workshop volunteers** needed with floral experience who would like to arrange bouquets and help with various workshop tasks. Minimum 3 hour per week commitment on a Monday or Thursday is required. Enjoy working in a loving, supportive environment and meet a great group of fun new friends. Men are always welcome too!

Habitat for Humanity: Would you like to be part of a friendly and dynamic team – and have fun while helping others? Volunteers are needed to man the "ReStore", retail

store in South Yarmouth. Flexible hours, Monday thru Saturday.

Harwich Council on Aging: Volunteers needed to help serve and clean up after lunchtime meal for seniors. No cooking involved!

HopeHealth Hospice: We need your Help, Hands, and Heart to serve within your community and congregation! HopeHealth is willing and able to train volunteers who want to make a lasting difference in the lives of patients and their families experiencing serious illness. Become part of the growing and vibrant volunteer workforce! We are not angels – we just help them serve.

Housing Assistance Corp: Save the Date – HAC will be holding its annual community service event “The Big Fix” in Falmouth on Saturday, Sept. 16. Teams of volunteers will be organized to assist with clean ups, landscaping, and small home repair projects. If you are interested in being a part of the Senior Corps team, contact Stefanie Paventy.

Mashpee Council on Aging: Looking for front desk / receptionist / secretarial volunteer. Includes answering phones, providing information, record keeping and following office procedures. Shifts are 4 hours primarily in the afternoon. Can be very busy at times but a lot of fun! Volunteer should be adaptable and able to handle multiple responsibilities at one time. Training and supervision is available.

Samaritans of Cape Cod & the Islands: We receive over 25,000 calls each year from those suffering from loneliness, depression, and anxiety. **The Senior Outreach** program is a unique opportunity that pairs Samaritan trained volunteers with seniors for weekly telephone chats. This is a great opportunity for volunteers with geographical, physical, or time constraints because **you can participate from the comfort of your own home.** You will be matched with a senior referred to the program by Elder Services, COA, physicians, social workers, family or friends. These seniors benefit greatly from non-judgmental active listening. Both you and your senior agree on a time and you determine the length of the call. One day training and ongoing support from the Senior Outreach Coordinator and staff provided.

South Yarmouth Library: Volunteer(s) needed to help with various duties around the library. Two-hour shift available on Monday afternoon and Thursday afternoon.

Vineyard Village, Martha’s Vineyard: Drivers needed to take seniors to appointments, shopping, errands, etc. Flexible hours. Mileage reimbursement available.

VNA of Cape Cod: Dennis, Volunteers needed to do office work, including putting together patient info packets, once a week for 2-3 hours. Repetitive but fun, friendly environment !! Also, volunteers are needed at our award-winning **Thriftyque** shop in South Yarmouth. Join a group of fun, hardworking folks who price, sell and display donated items in our thrift shop .

Yarmouth Senior Center: Is in need of Brown Bag volunteers to work the first Friday of every month, delivering bags of groceries to seniors who cannot pick them up. This

takes about an hour to deliver to 3 or 4 homes. We also need volunteers to help take bags out to seniors' cars on Friday afternoons between 2:00 & 4:00 pm. On the first Thursday of every month, between 2:00 & 3:30 we need volunteers to help set up for the Brown Bag distribution. You will enjoy working with a fantastic group of people! Call Linda
