

Volunteer Opportunities

November 2017



Adults Benefiting Children (ABC)

For more information or to register for the following opportunities, 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 work with students individually and in small groups, in literacy, math, and science, as well as, in book and math 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. Volunteers are needed for the 2017-2018 school year for the following school districts: Barnstable, Bourne, Dennis-Yarmouth, Monomoy (Harwich/Chatham), Nauset, and Sandwich.

Gift Wrapping Books at Barnes & Noble at the Cape Cod Mall in Hyannis. The donations received help to purchase books for summer reading for the students who are in the 3R's program. Two volunteers needed per shift. Dates and Times are as follows: Friday, Dec. 15, 12 – 3pm. Saturday, Dec. 23 9am – 12noon and 12 noon – 3pm and Sunday, Dec. 24, 12 noon – 3pm.



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.

Brewster Conservation Trust: BCT is looking for multiple volunteers to serve as Land Stewards/Monitors for various properties. Volunteer would be responsible for checking the property 2-3 times a year and complete a short status report. A volunteer is also needed to help with an administrative project including some bookkeeping and filing. Contact: Anita Lord.

Cape Cod Medical Reserve Corps: 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 National Seashore: Join the Fire Management Team at Fort Hill in Eastham on Wednesday, November 15 from 9 am -12 pm to assist in clearing trails of invasive vegetation and in piling for future burn project. Volunteers will meet at lower level parking lot across from the Penniman House, 70 Fort Hill Road. Since ticks and poison ivy can be encountered, participants should dress accordingly. Loppers, clippers and protective gear will be provided by CCNS. Contact: Anita Lord.

Help Cape Cod National Seashore Rangers with their spring environmental education programs for elementary and middle school students. Volunteers needed to assist in implementing ecology projects and work individually with students. Flexible schedule. Training will take place at the Coast Guard Station at Coast Guard Beach, Eastham. Training options are Wednesday, January 31, 2018 9 am – 12 pm or Tuesday, February 6, 2018 9 am – 12 pm. (Bad weather date is Tuesday, February 13, 2018 9 am – 12 pm) *Donations of clear 2-liter soda bottles for groundwater models, invertebrate traps, etc., would also be appreciated.* Contact: Anita Lord.

Dennis Conservation Trust: Volunteers needed for DCT's monthly property clean-ups. Join Kat and her crew on Monday, November 20 from 1-3 p.m. at the DCT property, 89 Sesuit Neck Road. Bring your hand clippers or loppers and wear long pants, closed shoes and gloves to avoid ticks and poison ivy. Contact: Anita Lord.

Eastham Health Department: A computer-savvy volunteer is needed to help the department transition to a new water quality software program. Projected time frame is two hours a day, up to three days a week, for 8-10 weeks. Help Eastham protect its water and advance a very worthy cause. Contact: Anita Lord.

Mass Audubon - Felix Neck Wildlife Sanctuary, Vineyard Haven: This year's Annual Fall Festival will be held on Friday, November 24, 2017 from 11 a.m.-3 p.m. With a theme of "Speak up for Nature," the event will feature birds of prey along with music, hay rides, food and crafts. Volunteers needed for morning and afternoon shifts. Take advantage of a long weekend while helping out a great organization. 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: New Volunteer opportunities include a Beach Steward to monitor Menemsha Hills/Long Point/Cape Wasque/Norton Point and assist with clearing of vegetation in trails and along parking areas. The Farm Institute in Edgartown wants a volunteer with a green thumb to maintain its gardens on a weekly basis and is also looking for a Hen helper to assist in feeding hens, collecting, washing and packaging eggs. Contact: Stefanie Paventy.

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. Volunteers to drive patients are always needed.

American Red Cross: Hyannis is looking for volunteers to distribute information / brochures to local businesses about our READY RATING program. This program helps you understand how ready your business, organization or school will be in the face of an emergency. The program is free to the business and volunteers will call local businesses or canvas a certain area with brochures about the program.

Audible Local Ledger: Mashpee, "Turning Print Into Sound". Lend your voice to the Audible Local Ledger. ALL provides a free radio reading service to individuals who are blind, visually impaired, or print disabled, and seeks additional volunteer readers. Volunteers are the core of the ALL. With as little as an hour or two a week and a little training, you can share your love of reading with hundreds of listeners throughout Cape Cod & the Islands in a unique and rewarding way. Available shifts: Tuesday, 2 shifts: 8:00 and 10:00am, Thursday – 8:00 and 10:00am, and on Friday at 8:00am. Basic computer skills are required.

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. Looking for distribution volunteers in Provincetown, Eastham and Orleans.

Children’s Cove: The Cape and Islands Child Advocacy Center is looking for volunteers to help captain a table at Awareness Events. Volunteer would handout material and talk about Children’s Cove as people walk by. Training provided.

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: is in need of medical drivers, friendly visitors, thrift shop staff, front desk and Golden Age volunteers.

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 10am – 12pm

Elder Services of Cape Cod & the Islands: 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. **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. Trained volunteers meet with consumers in their homes to help them balance their checkbooks, pay bills, and manage their money wisely. Time commitment is 2– 3 hours a month.

Family Pantry of Cape Cod: Needs volunteers to work in the Second Glance Thrift Boutique, *working behind the scenes*, on Thursday, Friday and or Saturday, morning or afternoon shifts for 3 hours. The main pantry also needs volunteers to stock shelves, work food distribution or in the boutique. Shifts are 2 – 3 hours. Pre-bagging volunteers are also needed for the Mobil Food Pantry, 3 Wednesday's every month.

Flower Angels: in 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 work at 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 Corporation: seeks volunteers to: help shelter staff with playtime for homeless children (three hours weekly in Hyannis, Bourne, or N. Falmouth), or help fold, tab, and label our monthly newsletter (3 hours, once a month, in Hyannis).

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.

Sight Loss Services: There is an ongoing need for volunteers to drive one or more participants to/from support group meetings on one day per month. Our meetings are held in most Cape towns and for many low vision folk this is their one chance to get out of the house and get information while also socializing with other people who have lost, or are losing their sight. Some towns do not have COA transport so we really need volunteers willing to give a couple of hours to enable people to attend a monthly meeting. Our most urgent need is for drivers on the Upper Cape. If you can help, call Linda.

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: Volunteers are needed in Dennis to do office work, including putting together patient info packets, once a week for 2-3 hours. Repetitive but fun, friendly environment !! Volunteers are also needed at our award-winning **Thriftique** 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.
