



VOLUNTEER OPPORTUNITIES Call 735-3683

Southwest Washington Medical Center Volunteer Services is a highly structured program with volunteers donating nearly 70,000 hours per year. These volunteers provide services in nearly 50 areas affiliated with SWMC. In addition to many clerical functions, volunteers may also provide emotional support to patients, guests and families. These areas include the Emergency Department, Intensive Care and Cardiac Care Units, Family Birth Center, Surgery, Same Day Services, and Inpatient Rehab. Volunteers also assist with greeting guests and patients, assist with admitting, give directions, provide wheelchair escorts, and deliver flowers. If serving at SWMC sounds like a great opportunity for you, call right away to sign up for their September and October training sessions. Sessions fill up quick!

Kaiser Hospice Program is seeking weekly companions for patients on Hospice to provide

support and companionship. Serve as a friendly visitor, and provide emotional support for patients and their families through active listening, companionship, and recollection. Volunteers are asked to commit to four hours once a week.

SHARE is seeking volunteers to help with meal preparation and serving at the different shelters.

JRA Region 6 needs volunteers to serve as trusted guides/mentors to youth for at least one year.

Catholic Community Services Foster Grandparent Program is seeking individuals aged 55 and older who want to be part of a nationally recognized program that joins adults and children in child care centers, pre-schools, Head Start programs, elementary schools and after school programs. If you can volunteer 20 hours or more a week, have a limited income and love children than you have what it takes to be a Foster Grandparent. This volunteer positions offers a non-taxable stipend, mileage reimbursement, a meal, an annual health wellness exam as well as monthly in-service meetings and support.

Community Services Northwest's Wellness Project is a free mental health clinic that provides

individual, family or group therapy to those who are uninsured or underinsured. Volunteer LMHC, LCSW or other licensed mental health professionals are needed to provide limited, controlled supervision for the volunteer therapists who are seeking Washington or Oregon licensure. Supervision may be done either in group or individual settings.

ROCKSOLID Community Teen Center is looking for a youth mentor for their afterschool program for 5th-12th graders. Volunteers will help in the cafe (all microwavable foods—no training required), play games with teens, teach crafts and/or help with gym activities.

Community Choices is looking for volunteers to help with office and project support. Duties include assisting with data entry, making copies, basic office functions, setting up for special events and creating materials.

Volunteer Connections is seeking a volunteer experienced with taking formal meeting minutes to serve as secretary for the Volunteer Connections Advisory Council. The monthly council meetings are held the last Tuesday of the month from 4-5 p.m.

School Supply Drive



Volunteer Connection's sponsor, the Human Services Council, will be holding its annual school supply drive through the end of September. Help a local foster child start the school year right with all the supplies they need for a successful year.

Donations can be dropped off at:
Human Services Council
201 NE 73rd Street, Suite 101
Vancouver, WA 98665

MARK YOUR CALENDAR - OCTOBER 23 MAKE A DIFFERENCE DAY

Make a Difference Day is the most encompassing national day of helping others -- a celebration of neighbors helping neighbors. Everyone can participate and millions of people in their communities across the country will be volunteering that day, accomplishing thousands of projects in hundreds of towns. You can join projects going on right here in Vancouver/Clark County. There will be numerous opportunities throughout the month of October for you to contribute and make a difference. You can help revitalize neighborhoods by helping with planting shrubs and trees, painting homes, and helping seniors with yard debris and clean-up. If you would like to join in call 735-3683.



BACK TO SCHOOL!

Students will be heading back to the classrooms this month, and the teachers are hoping they're not the only ones. In difficult economic times it's not only the businesses and non-profits, but also the schools who are enduring difficult budget cuts. Volunteers are needed now more than ever to help fill these gaps that budgets may have left. Can you offer an hour a week to help students succeed in your county... city...neighborhood?

PEN PAL - Volunteers are needed to write to a 4th or 5th grade student once a month, 30 minutes approximately, to help them build their writing and communication skills. At the end of the school year the volunteers and students get a chance to meet face to face at a desert social. Teachers involved in the program have found it to be especially beneficial, "I have been involved with this program for 15 years. It is so valuable, and students make real life connection through writing."

AMERICA READS/COUNTS - Volunteers serve as tutors and mentors to students in a group or one-on-one settings assisting them with building their literacy and math skills. Training and orientation is provided so no experience is necessary, just a helping heart and a willingness to follow the direction and curriculum the school makes available.

LUNCH BUDDY - Enjoy a one hour lunch, once a week, with a student in the Evergreen and Vancouver School Districts.

CLASSROOM AIDS - Assist the teachers with basic clerical work, preparing materials for class, and special projects.

SCHOOL VOLUNTEER TRAINING

Wednesday September 29, 10 - 11:30 a.m.
Bates Center (2921 Falk Road)

Topics include:

- Importance of volunteers in our schools
- How students learn and basic needs
- Confidentiality and safety
- Expectations and school guidelines
- Motivating students



This training is open to all volunteers currently serving, or who are interested in serving at our local schools. Call 360-735-3683 to sign up.

VSD LUNCH BUDDY INFO SESSION

Thursday, October 14th, 12-12:45 p.m.
Bates Center (2921 Falk Road)

Do you have an hour each week to spend eating lunch with a child? To make a difference? To change a life? Consider becoming a lunch buddy to a local child. The need for Buddies is great, the need for male buddies is particularly urgent, the rewards are huge, and you, YES YOU, are the perfect person for the job.

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