

# Volunteer Opportunities

June 2018



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## Ongoing Volunteer Opportunities

Do you have a few hours each week to volunteer? Help us meet these ongoing Community Needs by volunteering for one of these opportunities:

### 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](mailto: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. **Program runs September thru June.**



## Senior Environment Corps

For more information or to register for the following opportunities as indicated, contact **Stefanie Paventy**, 508-968-5125, or email [stefanie.paventy@esci.org](mailto:stefanie.paventy@esci.org); or **Anita Lord**, 508-394-4630, ext 523, or email [anita.lord@esci.org](mailto:anita.lord@esci.org).

**The 300 Committee:** (Falmouth) Help the 300 Committee with trail maintenance. Each project day runs from 9 a.m.-12 p.m. Specific dates and locations will be announced monthly. No sign up is necessary. Some tools will be provided, but volunteers are asked to bring a pair of loppers. Project Days will be postponed if raining, snow covering the ground or below 20 degrees. Contact Stefanie.

**American Lighthouse Foundation:** Race Point Lighthouse docents needed June through September on the first and third Saturday of the month from 9 a.m.-2 p.m. Basic training provided for tour volunteers who appreciate the unique beauty of the Provincetown dunes at Race Point and can share their enthusiasm with visitors. Contact Anita.

**Association to Preserve Cape Cod:** Help APCC enter important herring count data compiled from this season's Cape-wide survey into spreadsheets for submission to state agencies. Flexible schedule. Contact Anita.

**Brewster Conservation Trust:** BCT needs volunteers to assist in weekly property trail projects involving maintenance of existing properties and clearing of new trails. Join a dedicated crew in preserving our conservation lands. There are also opportunities for Land Stewards. As BCT acquires more conservation land, the need for boundary protection increases. Volunteers will learn about survey map research and reading, field measuring, types of bounds and survey instruments. **Training is Saturday, June 9, at 9 a.m., Hay House.** Contact Anita.

**Buzzards Bay Coalition:** Become a Baywatcher and monitor water around Buzzards Bay. Season runs from **May to September**. Locations are assigned convenient to you. Testing is done between **6 and 9 a.m.** Contact Stefanie.

**Cape Cod Medical Reserve Corps:** Volunteers needed to assist with both clinical and non-clinical projects. 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: CCNS** has put out a call for volunteers in the following areas: **Natural Resources:** Citizen Scientists for sampling of Dragonfly larvae; Phenology monitoring program; Adopt a Plover or a Beach; and Digital imaging. **Shorebird Education and Outreach:** Shorebird protection; Nest site station manager. **Visitor Services – Interpretation:** Salt Pond Visitor Center assistant; Seal Educator, Truro and Eastham; Province Lands Visitor Center assistant, Old Harbor Life-Saving Station Provincetown guide; Beech Forest Provincetown Bird ambassador. **Facility maintenance:** Adopt-A-Trail volunteer park-wide. Contact Anita for details.

**Center for Coastal Studies:** CCS water monitoring program still needs volunteers at Mill Creek in Yarmouthport, at Pilgrim Lake in Provincetown, & 3 different sites in Sandwich. Water samplers provide vital data to local government and resource managers that is critical to conserving and protecting Cape Cod Bay. Program runs from May through September. Monitoring times are based on the tide. Three-hour shifts. Flexible schedules. Training is provided. CCS geology researchers also need help in the benthic sample lab to sort and identify microscopic organisms collected from Herring Cove. Contact Anita.

**Dennis Conservation Trust:** DCT is starting its regular monthly trail/property stewardship work on the third Thursdays of the month from 1-3 p.m. Contact Anita.

**Harwich Conservation Trust:** HCT needs Land Stewards to keep its town conservation lands clean, wild, protected and beautiful. Help with the annual Herring Count, conservation property monitoring, Boundary Quest, trail work projects, monitoring and invasive plant removal. To learn more, join the crew for a **Land Steward Volunteer Open House** on Tuesday, June 12, 5:30-7 p.m., at Harwich Community Center, 100 Oak St., Harwich. Contact Anita to RSVP.

**Monomoy National Wildlife Refuge:** Friends of MNWR looking for help at its Visitors Center on Morris Island in Chatham. Inform visitors about a variety of hiking, birding and beaching options at the Preserve. Volunteers may choose a three-hour morning or afternoon shift each week. Contact Anita.

**Orleans Planning Department:** Collect scientific data on estuary waters of Orleans. Over 60 openings for water samplers needed at Town Cove, Nauset Estuary, and Little Pleasant Bay. Sampling is between 6 and 9 am on Tuesday, July 3 and July 17; Wednesday, August 1 and August 15, and Thursday, August 30. Skills for collecting water samples, taking measurements of temperature and dissolved oxygen will be taught at a workshop on Tuesday, June 19, 4:30-6:30 p.m., Chatham Town Hall Annex, 261 George Ryder Road, Chatham. Teams of trained volunteers collect data using boats, canoes and kayaks to reach designated locations. Contact Anita

**Waquoit Bay Reserve:** Greeters and Community Outreach volunteers needed for the summer season to help spread the message about important issues facing the Bay. Join them on Tuesday, June 12 to learn about the Reserve and enjoy a staff/volunteer lunch. On Tuesday, June 19 there will be a guided field trip to include South Cape Beach, Quashnet River and Washburn Island. Contact Stefanie.

**Wellfleet Bay Wildlife Sanctuary:** Adopt-A-Highway program is in full swing. WBWS maintains a stretch along Route 6 in Wellfleet on the second Tuesday of each month from April to November and is looking to add a few robust volunteers to keep it pristine. On Wednesday, June 6 at 5:00 p.m., come to WBWS for its annual Volunteer Pot Luck. Meet the sanctuary's new volunteer coordinator, Chris Green. Attention sea turtle lovers and boaters: Get the word out about the Mass Audubon Sea Turtle Sighting Hotline. Stop by WBWS, pick up flyers or key chain tags and distribute to your local marina, tackle shop, boat supply retailer so boaters will know sea turtles are present and report any sightings and make an effort to avoid strikes. Contact Anita.

## 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](mailto:linda.merrill@escci.org)

**A Baby Center, Hyannis:** Seeking warm-hearted volunteers to work collaboratively at A Baby Center. Come alone or with friends. Must love babies and enjoy working with people. 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 to medical appointments 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.

**Barnstable Senior Center: Drivers Wanted!** There is an urgent need for volunteers to drive our 12 passenger, handicapped accessible van, taking seniors to morning or afternoon appointments. Flexible schedule, training provided. Also, help needed mailing the quarterly *Compass Magazine* and assistance with special projects which may require clerical or telephone skills.

**Brewster Council on Aging:** Volunteers needed to transport 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 behind the COA building – one day a week – to sort, price, and display inventory & wait on customers. Also need help maintaining the “medical shed” and designing monthly bulletin boards.

**Cape & Islands Veterans Outreach Center:** Hyannis. Volunteers needed to help veterans with transportation to medical appointments, grocery shopping, etc. Also need volunteers who will drive Cape & Islands Veterans Outreach Center van. (Must have good driving record.) Volunteers are scheduled on an as-needed basis, with advance notice.

**Cape Organization for the Rights of the Disabled (CORD):** Hyannis, Our mobile Food Pantry runs every month for a three- day period and we always need people to drive, ride the bus and help hand out food, or assist with loading & unloading the bus. Also looking for office help, answer phones, etc.

**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:** Seeking volunteer shuttle drivers to take seniors to our Monday “Sit & Be Fit” exercise class at 11a.m. Hours are from 10a.m. – 12p.m.

**Elder Services of Cape Cod & the Islands: Meals on Wheels:** Always a need for Meals on Wheels route drivers - URGENT need in 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.

**Family Pantry of Cape Cod:** Beginning **June 20**, we're adding a Wednesday shift from **9:30 a.m.-12:30 p.m.** Volunteers are needed to stock shelves, distribute food and assist in our clothing boutique. We also need help with our Garden, which is in full swing. Shifts are M, W, & F 9:00 -11:30 a.m. No experience necessary but you must be mobile, able to bend and lift 30 lbs.

**Flower Angels:** (South Yarmouth) is expanding and welcoming new volunteers for workshop tasks, collecting flowers, making deliveries, special events, graphic design and fundraising. Those with floral experience are always needed to arrange bouquets and help in other ways. Minimum three- hour per week commitment on a Monday, Thursday or Friday. Enjoy working in a loving, supportive environment and meet a great group of new friends while brightening the lives of others. Men are always welcome!

**Habitat for Humanity of Cape Cod:** Looking for Construction volunteers, **Tuesdays** and **Saturdays, 7:30 a.m.- 3 p.m.** to help build four affordable new homes in Marstons Mills for deserving Cape Cod families. You can make your own schedule and volunteer once a week, a month, or a year. Food volunteers are also needed to make treats for 15-25 construction workers on a Tuesday or Saturday once a month and deliver to the Habitat build on Dickinson Road, Marstons Mills at 9:30 a.m.

**Harwich Council on Aging:** Volunteers needed: medical drivers, food delivery people, dining room aids, and a front desk greeter for Wednesday afternoons from 1 – 4 p.m.

**HopeHealth Hospice:** needs your Help, Hands, and Heart to serve within your community and congregation! HopeHealth will train volunteers who want to make a lasting difference in the lives of patients and their families experiencing serious illness. "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).

**Samaritans of Cape Cod & the Islands:** The Samaritans of Cape Cod and the Islands upcoming Crisis Line training will be held on **June 11-13, 2018 from 5:45-8:45 PM** at the center in Falmouth. The three day training will prepare volunteers to answer the crisis lines and help those in need. Volunteers may choose to cover one shift a week or month.

**Sight Loss Services:** There's an ongoing need for volunteers to drive one or more participants to and from support group meetings one day a month. Meetings are held in most Cape towns. For many low vision folks this is their one chance to get out of the house and socialize with others who have lost or are losing their sight. The most urgent need is for drivers on the Upper Cape.

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

**VNA of Cape Cod:** Volunteers are needed in Dennis to do office work, including putting together patient info packets, once a week for two to three 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:** Brown Bag volunteers needed to work the first Friday of every month, delivering bags of groceries to seniors who cannot pick them up. It takes about an hour to deliver to three or four homes. We also need help carrying bags to seniors' cars on Fridays between 2 and 4 p.m. And on the first Thursday of every month between 2 and 3:30 p.m., help is needed setting up for the Brown Bag distribution.

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## **Martha's Vineyard Opportunities**

**Felix Neck Wildlife Sanctuary:** **Citizen Scientists** wanted to count and monitor Vineyard wildlife such as breeding birds, spawning horseshoe crabs, salamanders, dragonflies and damselflies. **Gardeners** needed to tend the lovely Butterfly garden. **Trails and property** also need some TLC removing invasive species and maintaining grounds. **Environmental Educators** needed to lead Seashore and Habitat Discovery programs for visitors. Individual and group projects can also be arranged. 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. For details Contact Stefanie.

**Vineyard Village, Martha's Vineyard:** Drivers needed to take seniors to appointments, shopping, errands, etc. Flexible hours. Mileage reimbursement is available. Contact Linda Merrill-Contonio at 508-394-4630 Ext 522.

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