

Volunteer Opportunities



February 2018

One Day Volunteer Opportunities

Only have a few hours to volunteer this month? Check out these one day opportunities:

Cape Cod National Seashore

Help the Cape Cod National Seashore with the maintenance of treasured landscapes and properties throughout the park. Work includes cutting vegetation, making brush piles and (weather permitting) burning the piles. Each project day goes from 9:00am to 12:00pm.

- **Wednesday, February 28 – Fort Hill (Eastham)** This project is exclusively for Senior Corps Volunteers with a minimum of 7 and maximum of 20 volunteers needed. **Please register by Thursday, February 22 to Anita Lord at 508-394-4630 Ext. 523.** (Snow date Wednesday, March 14)
- **Saturday, April 21 - International Marconi Day, Coast Guard Station (Eastham)** No training required. Guide visitors through an array of radio and telegraph displays in celebration of the world's first transatlantic wireless communication from Wellfleet to Europe by Guglielmo Marconi. Choose the morning (9:30 a.m.-12:30 p.m.) or afternoon (12:30 -3:30 p.m.) shift. For more information or to register contact Anita Lord at 508-394-4630 Ext. 523.

The 300 Committee (Falmouth)

Help the 300 Committee with trail maintenance projects. Each project day goes from 9:00am to 12:00pm. No sign up is necessary. Some tools will be provided, but you are asked to bring your favorite pair of loppers. Project Days will be postponed if it is raining, there is snow covering the ground or it is below 20 degrees outside. If you have questions, contact Stefanie Paventy at 508-968-5125.

- **Sunday, February 18 - Peterson Farm Meet** at Peterson Farm 119 Woods Hole Road. Work will be focused on the wooded trails.
- **Wednesday, February 21 - Peterson Farm Meet** at Peterson Farm 119 Woods Hole Road. Work will be focusing on the clearing the fences and paths around the fields.
- **Sunday, February 25 - Bay Road Parcel Meet** at The 300 Hundred Committee land right next to 41 Bay Road.
- **Wednesday, February 28 - Hayway Road Town Parcels Park** at State parking area at 259 Hayway Road, trail work will take place directly across the street.

The American Red Cross (Hyannis)

Help the American Red Cross with these two opportunities

- **Monday, February 12 from 11:00am – 3:00pm – Comfort Kits Meet** at the Red Cross Chapter House (286 South Street). Help inventory and restock comfort kits that are given out during emergency response activities. For more information or to register contact Amy Henderson at 508-394-4630 Ext. 520.
- **Tuesday, February 20 from 10:00am – 1:00pm – Home Fire Campaign Meet** at the Red Cross Chapter House in Hyannis for a short orientation, then break up into groups and go into pre-selected homes to check their carbon monoxide alarms, smoke detectors, and give some home fire safety tips. **Please register by Friday, February 16** to Amy Henderson at 508-394-4630 Ext. 520.

On Going 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.



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 following subjects and school districts:

- Reading & Math in grades 1 & 3 at the Baker School in Dennis
- For grades 2 & 3 at the Eddy School in Brewster – book clubs & assisting teachers
- Grades K – 2 at the Stony Brook School in Brewster – book clubs & assisting teachers
- Barnstable / West / Barnstable (BWB) and Barnstable Elementary school – book clubs
- Volunteers needed for knitting groups and other special group “activities” at the elementary schools in Nauset, DY & Barnstable for after school enrichment groups – suggestions are encouraged.

Senior Environment Corps (SEC)

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



Brewster Conservation Trust: BCT is looking for volunteers to serve as Land Stewards/Monitors for various locations. Responsibilities include checking on the property 2-3 times a year and completing a short status report. BCT is also in need of Administrative support to help organize and file land property files. Do you have bookkeeping experience? BCT could use you help too. Contact: Anita Lord.

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.

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.

Barnstable Senior Center: **Drivers Wanted! Urgent** need for volunteers to drive our 12 passenger, handicapped accessible van, taking seniors to morning or afternoon 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 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. 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): 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: 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 Yarmouth, Dennis, Brewster, 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: 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: (South Yarmouth) is seeking volunteers to be a part of their team. Full time, year round **Workshop Volunteers** with floral experience needed to arrange bouquets and help with various workshop tasks. Minimum 3 hour per week commitment

on a Monday or Thursday. Enjoy working in a loving, supportive environment and meet a great group of fun new friends. Men are always welcome!

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: 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).

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 available.

Samaritans of Cape Cod & the Islands: receives 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 one day per month. Meetings are held in most Cape towns. For many low vision folks it 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 shift available on Monday afternoon and Thursday afternoon.

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. It takes about an hour to deliver to 3 or 4 homes. Volunteers are also need to help take bags out to seniors' cars Friday afternoons between 2 & 4:00 pm. Additionally, on the first Thursday of every month, between 2:00 & 3:30 volunteers are needed to help set up for the Brown Bag distribution.

Martha's Vineyard Opportunities

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 at 508-968-5125.

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

Upcoming Trainings and Events

Cape Cod Museum of Natural History: 2018 Field Guide Training Course. **Six Tuesday Sessions: March 6, 13, 20, 27, April 3, 10, 2018 9am-2pm** Learn about the natural history of Cape Cod, Wing's Island, the Stony Brook Valley and share your knowledge as a volunteer field guide at Cape Cod's Nature Place at CCMNH. Trainings are from 9am-2pm and include a presentation with a walk across Wing's Island to Cape Cod Bay. Appropriate dress and waterproof boots required. Veteran guides also invited to participate in preparation for the new season of leading school and family walks throughout the spring, summer and fall. Contact Anita Lord at 508-394-4630 Ext. 523