

# Volunteer Opportunities

April 2018



## One Day Volunteer Opportunities

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

**American Lighthouse Foundation: Sunday, May 20** - A sure sign of spring is the opening of Race Point Lighthouse for the season. Volunteers are needed for "Mariner's Day" 8:30 am - 3:00 pm. Meet and greet visitors at the lighthouse, give directions, etc. Contact Anita Lord, 508-394-4630, ext 523.

**Brewster Conservation Trust: Saturday, April 28** - 7<sup>th</sup> Annual Beautify Brewster Day, 10:00 am – 12:00 pm. This event honors Earth Day by sprucing up special properties in preparation for "Brewster in Bloom." An appreciation luncheon for all participants will follow at 12:30 pm at Brewster Baptist Church. (Rain date Sunday, April 29) Contact Anita Lord, 508-394-4630, ext 523.

**Barnstable County Health & Environment: May 7-9** - Spend a day preventing the spread of raccoon variant rabies by assisting with hand baiting in Bourne. For more details contact Stefanie Paventy, 508-968-5125.

**Dennis Conservation Trust: Saturday, April 28** - "Dennis Conservation Celebration," town-wide cleanup, followed by a community building event at Johnny Kelley Park with games, food and info about Cape Cod non-profit organizations. Contact Anita Lord, 508-394-4630, ext 523.

**Felix Neck Wildlife Sanctuary: (Martha's Vineyard) Saturday, April 28** from 9:00 am - 12:00 pm. Choose from three Beautification Projects: Planting around the barn perimeter, Butterfly and Bird Garden TLC, or Nature Play Area clean-up. Contact Stefanie Paventy, 508-968-5125.

**Harwich Conservation Trust: Saturday, April 28** - 4<sup>th</sup> Annual "Tour de Trash," from 9:30-11:30 am. Cleanup begins and ends at Harwich Community Center. Volunteers can choose cleanup site. Lunch provided. Contact Anita Lord, 508-394-4630, ext 523.

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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.

## 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@escci.org](mailto:stefanie.paventy@escci.org); or Anita Lord, 508-394-4630, ext 523, or email [anita.lord@escci.org](mailto:anita.lord@escci.org).

**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:** Volunteers are needed to count herring in the Cape's streams several times a week during the period between April 1 and June 1.

Counts are done for 10 minutes. Volunteers must be able to safely traverse rough terrain and to see fish in the stream. There are 15 runs for counting herring:

Stony Brook, Brewster Lover's and Stillwater Lakes, Chatham; Bound Brook and Scargo Lake, Dennis; Bridge and Herring Ponds, Eastham; Coonamessett River, Falmouth; Herring River, Harwich; Mashpee River, Quashnet River and Santuit Pond, Mashpee; Pilgrim Lake, Orleans; Mill Creek, Sandwich; Herring River, Wellfleet

Contact Anita.

**Buzzards Bay Coalition:** Become a Baywatcher and do water monitoring around Buzzards Bay. Season runs from May to September and locations and schedules are flexible. Contact Stefanie.

**Brewster Conservation Trust:** needs Land Stewards/Monitors for various locations. Responsibilities include checking on the property 2-3 times a year and completing a short status report. Administrative support also needed to help organize land property files. BCT is also seeking a volunteer with bookkeeping experience. Contact Anita.

**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 is restoring three distinct sections of trail at **Fort Hill**, Eastham with a three-day cut, pile and burn project Wednesday, April 11, 18 and 25 from 9 a.m.-12 p.m. CACO will be burning cut vegetation. Volunteers can participate in whatever their schedule permits. After several months of effort, the mission is to return Fort Hill to its natural landscape through invasives removal. Contact: Anita.

**Center for Coastal Studies:** CCS water monitoring program needs volunteers to assist weekly at three sites in Sandwich. All sites combined take about two hours to complete. Monitoring times are based on the tide. Program begins in May and ends by September/October. Training will be provided. Contact Stefanie.

**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 for details and schedule.

**Monomoy National Wildlife Refuge:** Friends of Monomoy is hosting an Open House on Sunday, April 15, 2018 from 10 a.m.-2 p.m. at their Morris Island headquarters, 30 Wikis Way, Chatham. This is a chance to meet Refuge Manager, Matt Hillman, take walking tours, check out their exhibits, and for those wanting a little bit of heaven on Cape Cod, find the ideal volunteer opportunity. 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,** 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):** Our mobile Food Pantry runs every month for a 3 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. 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 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:** (Harwich) Our critical need right now is for Garden Volunteers – no experience needed. The garden team works on M, W, & F, from 9 – 11:30 am. Choose your shift, we are very flexible. Garden work begins in mid-April. We also need help on Saturdays at our Second Glance Thrift Shop in West Harwich. Help behind the scenes, pricing clothes, sorting and steaming clothes, or in the shop assisting customers. Hours are very flexible.

**Flower Angels:** (South Yarmouth) is expanding their workshop days and welcoming new volunteers for multiple opportunities including workshop tasks, collecting flowers, making deliveries, special events, graphic design, fundraising, etc. **Workshop Volunteers** with floral experience are always needed to arrange bouquets and help with various workshop tasks. Minimum 3 hour per week commitment on a Monday, Thursday, or new workshop day Friday. 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 for the new "ReStore", a retail store about to open this month in Falmouth. Volunteers' stock shelves, make displays, run cash registers, etc. Volunteers are also needed for the "Restore" in So. Yarmouth.

Flexible hours, Monday thru Saturday.

**Harwich Council on Aging:** Volunteers needed: medical drivers, food delivery people, dining room aids, and a front desk greeter for Wednesday afternoons from 1 – 4:00 pm.

**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:** 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 **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. 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.

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## **Martha's Vineyard Opportunities**

**Felix Neck Wildlife Sanctuary:** Opportunities abound this season at Felix Neck in Property and Trail Maintenance, Butterfly garden beautification, Hands-on Education programs, Citizen Science and Visitor Services. For details Contact: Stefanie.

**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.

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## **Upcoming Trainings and Events**

**Cape Cod Museum of Natural History: 2018 Butterfly House and Pollinator Path Docent Volunteers** needed to share their joy of outdoors, interest in pollinators, and knowledge of butterflies with summer visitors. A Two-Day training session will be held on Tuesday, May 1 and Tuesday, May 8, from 1-2:30 p.m. Contact Anita at 508-394-4630, Ext 523.