



SHOW YOU CARE—DOYOUR SHARE

VOLUNTEER SUGGESTIONS LIST

Family Orientation

Montgomery County Volunteer Center. <https://www.montgomerycountymd.gov/volunteercenter/>

Montgomery County First Aid Unit (Boy Scouts Explorer Post 742 based at Wheaton Volunteer Rescue Squad at 2400 Arcola Ave., Wheaton.) Chair: Cindy Ramsey at Cindyramsey219@gmail.com or 301-424-1126 www.mcfau.org Description: Membership is open to youth from 14-20 years old, as well as adults. This is an opportunity for youth to learn/hone leadership skills, and learn first aid to provide care at large community and private events in Montgomery County, Washington, DC, and other nearby locations (i.e., Fourth of July on the Mall downtown, office picnics at Smokey Glen). For youth considering medical careers, this is a terrific opportunity for hands-on experience. Community service hours are provided. Training is provided in Healthcare Provider CPR and Emergency Medical Response.

People Animals Love (www.PeopleAnimalsLove.org) This organization has opportunities throughout the Washington Metro Area. One can volunteer with your dog at retirement homes, schools or libraries for as little as one hour. Go to their website and click on "Volunteer Here." PAL is a nonprofit organization that leverages the power of the human-animal bond to provide for the Washington DC Metropolitan area. In our Pet Visit Program, wagging tails and wet noses ease the loneliness of the elderly and comfort the sick. Warm, gazing eyes help early readers feel comfortable reading out loud when dogs visit libraries

KINDWORKS. www.dokindworks.org. Support newly arrived refugees; serve meals, throw parties in shelters, clean up parks and neighborhoods, and much more. One-time projects and ongoing opportunities.

The Humane Society - humanesociety.org. More than 60 ways to volunteer. Help out at care centers. Serve with search and rescue teams. Organize events and grassroots community outreach. You don't even have to leave home to have an impact. volunteers are needed on the weekend.

A Wider Circle: <https://awidercircle.org/get-involved/volunteer/>. Here are just a few of the many opportunities we have: •Truck Team Volunteer in Silver Spring: Ride on trucks throughout the DC Metro Area to pick up donations of furniture for the families we serve. This is an all-day opportunity for individuals 18 or older. • Professional Clothing Sorters in Silver Spring: Do you have a passion for fashion? Help sort professional clothing donations to ensure items are interview-ready! • Workforce Volunteer in Shaw, DC: Work one-on-one with a job seeker in our office in Northwest, DC, on resume and cover letter writing, job applications, and interview prep. We ask that volunteers have at least five

years of work experience for this position. Seeking help Mondays, Wednesdays, and/or Fridays between 9AM and 5PM. • Front Desk Volunteer in Shaw, DC: Be the welcoming face of our office in Northwest, DC, by greeting clients and helping them check in for appointments. Seeking help Mondays, Wednesdays, and Fridays between 9AM and 5PM and Saturdays between 10AM and 4PM. Do you know a student in need of SSL hours? Summer break is a great time to give back! We have opportunities for students seven days a week in Silver Spring helping families get all they need to furnish their homes.

Bethesda Cares – www.bethesdacares.org. supports the homeless. There are many different volunteer opportunities- lunch and dinner time workers; weekday office work; advocate; donate; children-appropriate activity.

The Hebrew Home - smithlifecommunities.org. (volunteer form online or call 301-770-8333). SSL for students; friendly visiting, performing and entertaining, dining room assistance, translation, assist at the holidays, group volunteers welcome..

General Adult

National Center for Children and Families - nccf-cares.org. Multiple opportunities ; much first attend orientation and interview. Work at a shelter playing games, reading books, arts and crafts activity. Tutor/mentor. SSL hours for students at the donation center. Administrative support, professional life skills leaders, help with music lessons for children.

Voices for Quality Care Chair: www.voicesforqualitycare.org Volunteer form is available online: This is a regional, non-profit, all volunteer, free-service organization that works to provide a voice for advice and advocacy for people in long-term care situations, their families, friends, etc. Membership is open to anyone who is not a paid employee in a long-term care related field. Associate Membership is available for paid ombudsmen, facility nurses, and facility aides. Voices publishes and distributes free informational brochures and newsletters related to long-term care. They serve as members on state level committees and attend state level forums and lobby legislators to ensure resident's point of view is heard and considered when decisions affecting long-term care are made. They work with residents, family members, local ombudsmen, local area Agencies on Aging, and County Commissioners to remedy problems in long-term care.

Children's Inn NIH - serves children and families from around the world as a free of charge residential facility for families with seriously ill children participating in research at NIH. There are many different volunteer opportunities. Welcome desk, host fun activity, keep the kitchens organized and much more. 18 years and older.

Food and Friends, DC. - foodandfriends.org. help prepare meals and deliver them to people who are too ill to get out. 6 month or 20 hour commitment for individual volunteers. All age family group members deliver meals to homes. 14 years and up to work in the kitchen. Community service hours available for high school students.

National Zoo nationalzoo.si.edu. Summer teen volunteer program for 2020. others: interpreters, keeper aides, behavior watchers, raking, planting, etc. Here is but one of the many opportunities: Wanted: Amazonia volunteers. Are you a natural educator with a love for animals? We have the perfect opportunity: the Smithsonian's National Zoo is recruiting volunteers to serve as interpreters at Amazonia. As an interpreter, you'll learn about natural history, conservation, the care and training

needed to maintain Amazonia's unique animals, and the tools and techniques needed to communicate effectively with guests.

SCORE (www.WashingtonDC.SCORE.org) This organization provides free counseling and mentoring for those who wish to start a business in DC, Montgomery County, P.G. County or Virginia. It has twelve branch offices in the Metro area.

Montgomery County Libraries: (montgomerycountymd.gov/library/about/volunteer) In addition to volunteering at your local library, there are many other opportunities to help the libraries in the County. For example: (1) Library Advisory Committees. Each library has a Library Advisory Committee of three to sixteen members, designated by the County Library Board to represent that library's service area. 2. Friends of the Library, Montgomery County, Maryland, Inc. The Friends of the Library enhances the public library system by funding programs, services, and publications. Membership at various levels is open to individuals, families, and corporations. The Friends: Distribute free and discounted books to deserving communities; Encourage reading among children and adult life-long learning; Promote librarianship as a career; Support local writers by sponsoring author programs; Educate non-traditional library users about the public library system.

DC Public Libraries (www.dclibrary.org/volunteer) There are multiple opportunities at DC public libraries. Here are just two: Adaptive Services Volunteer. Tutor blind, low-vision, deaf and disabled patrons. 2-3 hrs/week for three months or more. Volunteers are admitted and trained on a rolling basis. A free background check is required. Temporarily suspended until central library interim services begin. Special Events Volunteer. Help usher at Library events such as author talks, open houses, youth programs and more! This is a great opportunity for outgoing library lovers who have limited time in their schedules.

Audubon Naturalist Society (www.anshome.org) There are multiple opportunities with this organization whose mission is to protect wildlife and improve the environment. Conservation Advocate – Stand up for water quality and habitat conservation in our region by joining a team that advocates for environmentally sound policies and legislation. Education Assistant - Assist with camps and field trips at our sanctuaries, help plant school gardens or get your feet wet in stream science classes. Event Assistant - Represent ANS at events in the community or help us with events at Woodend, such as holiday parties, silent auctions and lectures. Habitat Steward - Help to restore Woodend's forest understory, repair trails, maintain native meadows, and conduct habitat surveys. Naturalist Shop Assistant – Help serve customers and our mission in a shop full of field guides, nature writing, naturalist gear and nature-themed gifts. Other ANS Volunteer Programs – Water Quality Monitors collect organisms from local streams to help gauge the health of our waterways. Master Naturalists train with experts to become key players on ANS's volunteer teams.

Interfaith Works Montgomery County - iworksmc.org. 301-762-8682. Non-profit, non-sectarian coalition of more than 165 affiliated congregations of diverse faiths working to help and equip individuals and families to lift themselves from poverty and homelessness. Mentoring teams, permanent supportive housing, case management, works with homeless families. Urgently need volunteers, minimum age 14 years, for the shop for donated clothes; provide meals at the Women's Center. Volunteer vocational help.

The Dwelling Place - tdp-inc.org. 240-813-1603, Montgomery County. Supports homeless families and abused women and families. Volunteer needs: fundraising and event support, furnish and decorate housing, child care, administrative, holiday book-wrapping at Barnes and Noble.

Hope Connections - hopeconnectionsforcancer.org. 301-634-7500. Rockville Pike location. Supports people with cancer and caregivers cope with diagnosis and treatment - free to them. Volunteer with administrative support, fundraising and events, outreach, program support to staff, serve on a board committee. Donate clothing and jewelry and assist in staffing the shop.

CASA - Court appointed special advocates. casaforchildren.org. Also, GAL (guardian ad litem) volunteer. Appointed by a judge to advocate for child's best interest in court. Assist the professionals to ensure judges have all relevant information. Screened and trained to support children needing legal protections.

Literacy Council of Montgomery County. lcmmd.org. Enrich lives through English literacy; through education and workforce training. Teach adults to read, write and speak English. Volunteer by tutoring, assisting in a classroom, teaching life skills, basic computer and digital skills.

Capital Area Immigrant's Rights Coalition. volunteer@caircoalition.org. Good for lawyers to do pro-bono work

Transit Immigration Assistance (TIA) Silver Spring is a joint effort organized by Direct Support for Immigrants (a subcommittee of Takoma Park Mobilization), Showing Up for Racial Justice Montgomery County, ACLU of Montgomery County, Sanctuary DMV, and DMV Sanctuary Congregation Network. Anyone who is interested should contact Gina McNeal at ginamcneal@rcn.com or 301-675-6468.

FOR OLDER VOLUNTEERS

Montgomery County Volunteer Center's 50+ Volunteer Network. Through personal consultations with each volunteer and ongoing relationships with hundreds of nonprofit and government agencies, we work to match county residents aged 50 and above with an opportunity that fits with their individual skills, interests, and availability. Check out the recent video from the County's "Did You Know" program: <https://www.youtube.com/watch?v=eJnRogDy9xU&feature=youtu.be>. For more information go to <https://www.montgomerycountymd.gov/volunteercenter/volunteers/50Plus.html>, download an application and get started. Or contact us at 50plus@montgomerycountymd.gov.

Little Falls Village - littlefallsvillage.org. Volunteers to help residents of the 17 neighborhoods of the village with transportation, help at home or in the garden, companionship, grocery shopping, etc.

Potomac Community Village - info@PotomacCommunityVillage.org. Gift a lift/ride to seniors in the community. Write a grant, be a Potomac Youth Volunteer. Staff the help desk.