



Jewish Family Service

The Edna Zale Building . 5402 Arapaho Road . Dallas, TX 75248
Tel. 972.437.9950 . Fax 972.437.1988 . www.JFSdallas.org
Barbara Schwarz, Mitzvah Central Coordinator, volunteer@JFSdallas.org
Janine Pulman, Director of Volunteer Services, 972.437.9950 or jpulman@JFSdallas.org

“Mitzvah Central”

Fall 2011

The Newsletter with Volunteer Opportunities for Youth and Adults

In 1998, *Mitzvah Central* began as a resource for students to find volunteer opportunities in the community to fulfill school service hours or for Bar/Bat Mitzvah requirements. *Mitzvah Central* continues to fulfill that purpose, and it serves as a great resource for many adults as well.

All listings are in alphabetical order. The first section focuses on the Jewish community and the second section focuses on the general community. Feel free to visit an organization's website for more information. The **Alphabetical listing (with page numbers)** is found on the following pages.

Please contact the Volunteer Coordinator or Contact Person for **each** organization to schedule your opportunity. Don't forget to let either Barbara or Janine know about your experiences. If you have found an organization that is not on our list, but one that would be well-suited for this newsletter, please share the information with us.

Thank you again on behalf of all of the agencies listed, for taking time out of your day to help others.

You can make a difference!

JFS Mitzvah Central Coordinator:
Barbara Schwarz
volunteer@JFSdallas.org

JFS Staff:
Janine Pulman 972.437.9950
jpulman@JFSdallas.org





Alpha Listing of Organizations with Volunteer Opportunities



Page





Ability Connection Texas	13
AIDS Arms.....	13
Alzheimer's Association	13
American Jewish Committee.....	4
American Red Cross-Dallas Chapter.....	14
American Red Cross-Southwest Region Blood Services	14
Arthritis Foundation, North Texas Chapter	15
Assisted Living	4
Attitudes & Attire	15
Austin Street Shelter	16
Autism Speaks.....	16
Bea's Kids	17
Big Brothers Big Sisters of North Texas	17
(The) Bridge-Metro Dallas Homeless Alliance	36
Camp Summit.....	17
Captain Hope's Kids.....	18
Catholic Charities of Dallas Refugee & Empowerment Services.....	18
C.C. Young Retirement Community.....	20
Challenge Air For Kids And Friend.....	21
Change for Today and Tomorrow (C4t ²).....	21
Children's Medical Center Dallas	22
Children's Medical Center Legacy	22
Citizens Development Center	23
City of Plano Teen Court.....	23
City of Plano VIP Program	24
Collin County Committee On Aging	25
Community Home for Adults, Inc. (CHAI)	4
CONTACT Crisis Line	26
Cystic Fibrosis Foundation.....	26
Dallas Arboretum	26
Dallas Children's Theatre.....	27
Dallas County Medical Reserve Corps	27
Dallas Historical Society.....	28
Dallas Holocaust Museum	5
Dallas Jewish Historical Society.....	5
(The) Dallas Ramp Project.....	46
DeGolyer Library/SMU	28
DFW Humane Society.....	28
Dress for Success Dallas	28
Equest	29
Family Ambassador Volunteer Program.....	30
Family Gateway.....	30
Frisco Family Services Center	31
Gardening in Schools.....	31
Genesis Women's Shelter.....	31
Girls Inc. of Metropolitan Dallas	32
Gleaning Network of Texas.....	32
Golden Acres & Byer Activity Center	32
Got Mitzvah? Jewish Federation of Greater Dallas.....	8
Grace Hospice.....	33
Heart House Dallas	33
Hope's Door	33
HungerBusters	52
Jewish Children's Regional Service	5
Jewish Family Service.....	5
Jewish Federation of Greater Dallas.....	7
Juliette Fowler Homes.....	34
KERA.....	35

Kids Feeding Kids.....	52
Launchability	35
Legacy at Preston Hollow	9
Legacy at Willow Bend.....	9
(The) Leukemia & Lymphoma Society	35
MADD (Mothers Against Drunk Driving)	35
Manchester Place	36
Mazon.....	9
Mitzvah Mavens	9
Mosaic.....	36
Mosaic Family Services	37
Muscular Dystrophy Association.....	37
Museum of Nature and Science.....	38
National Days for Community Service.....	52
National Council of Jewish Women	10
North American Conference on Ethiopian Jewry	10
North Texas Food Bank	39
Parkland Hospital (Dallas County's public hospital).....	39
PediPlace	39
Plano Children's Medical Clinic.....	40
Project Linus.....	41
Reading & Radio Resource.....	41
Remember Us: The Holocaust Bnai Mitzvah Project.....	11
Resource Center (formerly Aids Resource Center)	41
Riding Unlimited	42
River Legacy Living Science Center	43
Ronald McDonald House of Dallas.....	44
(The) Samaritan Inn	46
Senior Adult Services.....	44
(The) Senior Source.....	47
(The) Shoe Bank	47
Special Olympics.....	45
Spokes for Folks	45
Sunrise Senior Living	45
Temple Emanu-El's Mitzvah Team at The Bridge	11
Temple Emanu-El Sisterhood's Mitzvah Cart at Children's Medical Center.....	11
Texas Discovery Gardens	51
Texas Trees Foundation	46
The Turning Point Rape Crisis Center	48
VMLC (Vickery Meadow Learning Center)	48
Vickery Meadow Neighborhood Alliance Food Pantry.....	48
Victims Outreach.....	49
Vogel Alcove Childcare Center for the Homeless	12
Volunteer Center of North Texas	49
Volunteers for Israel	12
Welcome Home a Hero at DFW Airport.....	50
Wipe Out Kid's Cancer.....	50
Wooden Spoon	51
Websites for teen opportunities.....	52
Yachad	12

Volunteer Opportunities in the Jewish Community

Dated opportunities noted by  

<p style="text-align: right;">Anytime</p> <p style="text-align: center;">American Jewish Committee</p> <p style="text-align: right;">Anna Popp or Peta Silansky dallas@ajc.org 972.387.2943</p>	<p>The American Jewish Committee founded in 1906, is an international Jewish advocacy organization headquartered in New York, NY, with 26 regional offices around the country.</p> <p>The Dallas Regional Office is seeking an enthusiastic and detail oriented Intern (college student or recent grad) to provide support for the office's ongoing projects and new initiatives.</p> <p>The Intern will work closely with the Regional Office Director on a variety of public policy and communications projects, including strengthening internal communications; and supporting the Dallas Regional Office's advocacy initiatives with key political figures, international diplomats, and members of the media.</p> <p>Responsibilities Include:</p> <ul style="list-style-type: none"> Developing and maintaining a media list; Creating communication pieces including: Press releases, Newsletters, Op eds and letters to the editor; Assist in developing and executing a social media plan; Assist in event coordination; Contacting Diplomatic and Political offices to set appointments; Various administrative projects. <p>The ideal candidates will possess:</p> <ul style="list-style-type: none"> Passion for the mission of AJC. Experience working with traditional and new media. Outstanding writing, editing and communication skills. The ability to work as a member of a team as well as independently. Excellent organizational skills and attention to detail. <p>Start date is immediate. This is an unpaid internship. To apply, please send application, resume and cover letter to poppa@ajc.org</p>
<p style="text-align: right;"> </p> <p style="text-align: right;">Anytime</p> <p style="text-align: center;">Assisted Living Visitors</p> <p style="text-align: right;">Bernie Maslow 214.794.8918 (cell) or 214.361.4592 (home)</p>	<p>Assisted Living Visitors are needed to visit with Jewish residents 2 times a month at several of the 26 different facilities in the metroplex. The goal is help someone smile or laugh each day.</p> <p>Minimum age: 21</p>
<p style="text-align: right;">One-time or ongoing</p> <p style="text-align: center;">Community Homes for Adults, Inc. (CHAI)</p>	<p>Community Home for Adults, Inc. (CHAI): Join the group home residents to celebrate holidays, do special projects (challah baking, arts & crafts), or recreational, athletic, and social activities. CHAI welcomes activities of a volunteer's choosing, with</p>

<p>Faith Barnard 214.373.8600 fbarnard@chai18.net www.chaidallas.org</p>	<p>approval from the agency. Mitzvah Hours ... tailored to help students meet their credits for Bar/Bat Mitzvah and/or school community service. CHAI Friends ... opportunity to cultivate friendships with the residents while helping them learn a new skill, develop a hobby. Minimum age: 15 unaccompanied, 12-15 with adult</p>
<p>  Anytime</p> <p>Dallas Holocaust Museum</p> <p>Pam Barnes 214.741.7500 pbarnes@dallasholocaustmuseum.org www.dallasholocaustmuseum.org</p>	<p>Dallas Holocaust Museum: The Museum is located at 211 N. Record St., Suite 100. Open 9:30am-5pm, weekdays and 11am-5pm, weekends. Parking is free or use DART Rail to West End Station. Minimum age: 18</p> <p>As needed opportunities: Special events, Receptions, Photography, and Community Outreach.</p> <p>Holocaust survivors and liberators of camps interested and willing to testify to groups are urged to call.</p>
<p>Anytime</p> <p>Dallas Jewish Historical Society</p> <p>Leslie Wagner 214.239.7116 lwagner@djhs.org www.djhs.org</p>	<p>Dallas Jewish Historical Society: Clip and Photocopy newspaper clippings onto acid-free paper and file copies under categories.</p> <p>Add basic information to computer database: on biographical clippings files, on business/organizational clippings files from obituary files</p> <p>Organize genealogy publications</p> <p>Conduct oral history interviews or serve as videographer for interviews (training provided).</p> <p>The Genealogy Interest Group needs: add basic family data on Dallas Jews with an easy-to-use genealogy software program.</p> <p>Assist with printing, reproduction and folding of DJHS brochures.</p> <p>Sign up if you are available to help with mailings on short notice to label and "stuff" envelopes as needed.</p>
<p>Anytime</p> <p>Jewish Children's Regional Service (JCERS)</p> <p>Ned Goldberg 1.800.729.5277 ned@jcrs.org www.jcrs.org</p>	<p>Jewish Children's Regional Service (JCERS): The Jewish Children's Regional Service (in its 153rd year) is an agency for Jewish youth in Alabama, Arkansas, Louisiana, Mississippi, Oklahoma, Tennessee and Texas. It provides "needs-based" aid for summer camp, undergraduate tuition, special needs assistance, hurricane relief and other programs.</p> <p>Collect new, small gifts (including books) for the JCERS annual gift program and special friends club (which recognizes lifecycle events). Gifts are shipped from New Orleans across the region. For more information and address check the website. Minimum age: none</p>
<p>  September 22, 25</p> <p>Jewish Family Service</p> <p>Janine Pulman 972.437.9950 jpulman@JFSdallas.org www.jfsdallas.org</p>	<p>Jewish Family Service: Assemble Rosh Hashanah packages at 7pm on Thursday, Sept. 22nd at the JFS office and/or deliver the packages on Sunday, Sept. 25th (parents pick-up packages at 9am) delivery is from 9am-2pm. Sign up for one or both activities for you and your family! Minimum age: none</p> <p>Organize a food collection. Call for instructions on <i>How to organize a food drive/collection</i> and for a list of our food needs.</p>

<p>Jewish Family Service (cont.)</p> <p>Anytime</p> <p>Tuesdays, Thursdays & Fridays</p> <p>Mondays, Wednesdays & Fridays</p> <p>4th Friday</p> <p>Wednesdays, Thursdays and Saturdays</p> <p>Mondays-Fridays</p> <p>Mondays</p> <p>Wednesdays</p> <p>Anytime</p> <p>Anytime</p> <p>Saturdays</p> <p>Anytime</p>	<p>Donations from the community help provide a variety of foods! Organize your school, sports team, scouts, groups, neighbors or family & friends. Collect non-perishable food items, sort then deliver them to Jewish Family Service. Minimum age: none</p> <p>Help at the JFS food pantry and assist clients by taking their bags and loading their car, sort and/or stock donations (as needed) during holidays and vacations (limited number of volunteer spots available). Food Pantry is open Tuesday, Thursday & Friday 9am -1pm. Help is occasionally needed to move boxes (strong bodies needed!) or to keep the storage area and pantry clean! Help break down boxes – 4pm on Tuesdays, Thursdays & Fridays. Minimum age: 12</p> <p>Kosher Home Delivered Meals program needs: substitute drivers to pick up meals from the JCC then take to JFS; sack meals and/or deliver to various locations on Mondays, Wednesdays and Fridays. Minimum age: 16 with driver's license, under 16 with adult driver. Also needed is a Meal Sacking Coordinator.</p> <p>Food for Families: Volunteers are needed to represent JFS monthly on the 4th Friday distribution at a North Dallas church early in the morning (8:30am-10am).</p> <p>Vickery Meadow Neighborhood Alliance Food Pantry: Represent JFS and help distribute food to individuals/families on Wednesdays (1pm-3:30pm), Thursdays (9am-noon), and Saturdays (9am-noon). Help is also needed to stock the pantry Mon. (9am-11am), Wed. 4-6pm and Thurs. 12-2pm. Training is mandatory. Minimum age: 18</p> <p>Food pickup and delivery needs: an adult driver with a pick-up truck is needed to assist JFS and/or The Vickery Meadow Food Pantry by picking up large food donations from businesses or schools as needed. Daytime availability is necessary Monday through Friday. Minimum age: 18 with valid drivers license</p> <p>Food Pantry – strong, able-bodied individuals able to lift 50 lb boxes, to help unload deliveries at JFS.</p> <p>Centerpieces for Tzedakah (used for simchas and other events) benefits the JFS Food Pantry. Volunteers assemble, decorate and create centerpieces on Wednesdays 10am-1pm.</p> <p>Decorate clean/new brown grocery bags for our food pantry. Artists, be sure to sign your first name! Bags can be brought to the pantry for a tour. Please, no glitter! (Appropriate for groups or individuals, especially young children) Minimum age: none</p> <p>Grocery shopping buddies needed to help an older adult get to the grocery store and assist with the shopping, carrying packages or perhaps even helping to put the items away. Your help may also be needed for transportation for small errands such as to the post office, beauty shop... Minimum age: 18 with valid driver's license</p> <p>Shabbat buddy: Help individuals who no longer drive enjoy Shabbat services at area congregations. Minimum age: 18 with valid driver's license</p> <p>Work out buddy: Provide regularly scheduled transportation as needed to the JCC or other workout facility for those individuals unable to drive. Minimum age:18 with valid driver license</p>
--	--

Jewish Family Service (cont.)

Court Partnership: Volunteers are trained to act as **objective observers** in Dallas County Criminal Courts, most specifically the Family Violence Courts. Minimum age: 18+

Be an Advocate! Be a friend and an advocate to someone who is experiencing difficult times due to abuse; accompany the individual to appointments, the court, or just be there when needed.

Training mandatory. Minimum age: 18+

Parent/Kid Partners: Visit the elderly who have requested partners to help reduce loneliness and isolation and make a new friend. Minimum age: 11

“Exercise for Tzedakah!” Exercise your mind, body and spirit! **Read, walk, run, hit home runs, shoot baskets...**whatever you do best! Have fun while raising funds for programs at Jewish Family Service (medication assistance, food pantry, family violence, kosher home delivered meals and more). Call to organize your “exercise” project. Minimum age: none

“Create Your Own” Mitzvah and let us match your skills and talents to JFS’ needs and/or our clients needs to tailor make your own project. Minimum age: none

September 20

“Create a Card” by designing cards for special holidays for clients, for JFS’s Kosher Home Delivered Meals and holiday package recipients, and others in the community. You will need paper, your choice of design medium (no glitter, please!) An unlimited number of cards can be used. *Cards must be delivered to Jewish Family Service no later than September 20th for Rosh Hashanah or any other time for non-holiday deliveries.* Minimum age: none

Booties, Caps & Blankies ... knit or crochet items for premature babies and newborns at the Bnai Zion Medical Center in Haifa. **Deliver** the finished items to JFS! Individuals or families are needed to **deliver the blankies!** If you are planning a trip to Israel and would like to deliver the blankies and tour the hospital neonatal unit, contact Janine. No minimum age!

Contact: Teri Kachur
972.437.9950
tkachur@jfsdallas.org

Be a Special Needs Partner ... call Teri Kachur if interested in becoming a volunteer partner or making new friends.



Jewish Federation of Greater Dallas

For general information
214.615.5272

www.jfgd.org


Anytime



The Jewish Federation of Greater Dallas celebrates 100 years of existence *and continues to be the central coordinating agency for the Dallas Jewish community. It is the one place where philanthropy, volunteerism and shared commitment come together to support a network of more than 30 local, national and overseas organizations devoted to helping Jews enhance or rebuild their lives.*



“Anytime” volunteer opportunities at the Federation:



Bar and Bat Mitzvah students are encouraged to do their mitzvah hours or fundraising projects for Jewish Federation of Greater Dallas: Help Jews in need around the world! B’nai Mitzvahs can either raise funds or donate a portion of their gifts that will touch so many areas of need in our community and around the world. Areas of interest to consider include the following:





The Needy: 350,000 American Jews live below the poverty line; another 500,000 live in low-income housing. Federation dollars

<p>Jewish Federation of Greater Dallas (cont.)</p> <p>Anytime</p> <p>Nina Golboro 214.239.7132 ngolboro@jfgd.org</p> <p>Jan. 2012</p> <p>Cathy Weinblatt 214.239.7131 cweinblatt@jfgd.org</p> <p>March 11, 2012</p> <p>Meirav Yaaran 214.615.5279 myaaran@jfgd.org</p> <p>Aug. 2011-June 2012</p> <p>Kat Wenrich 214-615-5225 kwenrich@jfgd.org</p>	<p>help provide emergency cash assistance, food programs, low-income housing and job placement assistance.</p> <p>The Elderly: A million North American Jews are over 65. The federation leads all humanitarian networks in providing a complete system of senior care. That includes services that let the elderly stay in their homes; adult day care, Kosher Home Delivered Meals and respite care; assisted living and skilled nursing care all the way through to acute medical and end-of-life care.</p> <p>Israel: Unemployment in Israel is in double digits; new layoffs are reported nearly every month. And it's particularly difficult for new immigrants and Ethiopian Israelis to find work. The federation community is working with new and existing partners to provide long-term solutions. That includes educational programs and scholarship opportunities; job training and retraining; and new business loans. They are also working to extend the school day to free time for parents with children to take advantage of these opportunities.</p> <p>The Future: Federation is committed to securing the future of the Jewish community, through advocacy and education. Federation scholarships, subsidies and special programs help Jews of all ages and affiliations engage in Jewish life. They also defray the high cost of being Jewish, which can include \$10,000 for day school, \$1000 for synagogue membership, \$700 for summer day camp, and \$500 for family membership at the JCC.</p> <p>The Tycher Library, located on the 2nd floor of the Aaron Family JCC, needs help from teens and adults in the following areas: Shelving books or assisting with other various projects as needed Stuffing envelopes for events and thank you notes Data entry and filing Contact Nina Golboro. Minimum age: Teens and adults</p> <p>Upcoming volunteer opportunities at Jewish Federation of Greater Dallas: LearningFest (January 2012) there will be opportunities to: Assist with registration Introduce speakers Serve as room monitors Contact Cathy Weinblatt. Minimum age: Teens and adults.</p> <p>“Supermarket Sweep” (March 11, 2012), a community-wide, ‘multi-generational’ Sunday event (sponsored by Women’s Philanthropy Division), volunteers of all ages can assist with: Shopping for and donating items to the Food Pantry at Jewish Family Service Collecting and delivering items to the food pantry Organizing and shelving items at the Food Pantry Assisting with on-site registration at the grocery store Contact Meirav Yaaran. Minimum age: Bring the entire family. All ages are welcome.</p> <p>2012 Annual Campaign (Aug – June, 2012), teens and adults can help with: Stuffing envelopes for events and thank you notes Data entry and filing Fundraising Programming and event committee opportunities Contact Kat Wenrich. Minimum age: Teens and adults.</p>
<p> October 30</p>	<p>Got Mitzvah? Sunday, October 30th: a major Centennial event of the Jewish Federation of Greater Dallas, welcomes the entire</p>

<p style="text-align: center;">Got Mitzvah? Jewish Federation of Greater Dallas</p> <p style="text-align: center;">Melinda Kollinger 214.615.5227 mkollinger@jfgd.org</p> <p style="text-align: center;">www.gotmitzvah.com</p> <p style="text-align: center;">Sept. 25</p>	<p>Dallas community to participate in a day of service. Mitzvah Day, is an opportunity for all to gather together and showcase the power of community, in celebration of the Jewish Federation's 100th anniversary. Hundreds of projects will be planned throughout the day all over the Metroplex, providing an opportunity for everyone to use their skills and talents for the mitzvah of <i>tikkun olam</i>. Individuals of all ages will be able to participate in a wide variety of mitzvah projects that serve the hungry, the homeless, the environment, the aged and those with special needs. Everyone is encouraged to be a part of Got Mitzvah? 2011. Registration opens on September 25th. To register, please go to www.gotmitzvah.com or call Melinda Kollinger at 214.615.5227. Look forward to working together to imagine the power of community!</p>
<p style="text-align: center;">Anytime</p> <p style="text-align: center;">Legacy at Preston Hollow Cheryl Weitz 214.239.5735 cweitz@thelegacyph.org</p> <p style="text-align: center;">www.thelegacyph.org</p> <p style="text-align: center;">Legacy at Willow Bend Florence Kramer 972.468.6191 fkramer@thelegacywb.org</p> <p style="text-align: center;">www.thelegacywb.org</p>	<p>Legacy at Preston Hollow - Dallas Home for Jewish Aged – Assisted Living, Rehabilitation, Skilled Nursing and Long Term Care</p> <p>Legacy at Willow Bend - Independent Living, Assisted Living, Memory Care, Rehabilitation, Skilled Nursing and Long Term Care</p> <p>Volunteers enhance the quality of life for the residents. Assist with Bingo, Maj Jong, word games, manicures, trivia, popcorn parties, socials, drama, short stories and more. Help with Shabbat services and holiday celebrations. Please call to see how you can help. Flexible hours and adaptable activities for any age. Minimum age: 16, or under 16 with adult supervision. Bar/Bat Mitzvah and school community service projects welcome.</p>
<p style="text-align: center;">Mazon: A Jewish Response to Hunger</p> <p style="text-align: center;">Shirley Davidoff 214.987.2515 sdavidoff@civadallas.com</p> <p style="text-align: center;">or</p> <p style="text-align: center;">Ellen Markus 214.893.5212 markus.ellen@gmail.com</p> <p style="text-align: center;">www.mazon.org</p>	<p>MAZON: A Jewish Response to Hunger is the only national Jewish organization dedicated to fighting hunger. Through partnerships with US synagogues and individual donors, MAZON allocates donations from the American Jewish community to support hunger relief programs and projects that help people of all faiths and backgrounds.</p> <p>The MAZON Tzedakah Project is a self-paced hunger awareness project geared to Bar/Bat Mitzvah students (also appropriate for teens, families and groups) to enhance their understanding and communal responsibility to provide nourishment for people at risk of hunger today while addressing the systemic causes of hunger and poverty. Participants in the MAZON Tzedakah Project will focus on the injustice of hunger, its consequences and its solutions. By understanding the relationship between nourishment, advocacy and justice the participant will become an advocate for people at risk of hunger. The project will be supervised by either the Synagogue Bar/Bat Mitzvah Coordinator, the Parent/Guardian, or an Advisor.</p> <p>To participate: Complete the online MAZON Tzedakah Project application which includes researching and writing a short essay on hunger in the US, developing a MAZON fundraising project, writing a letter to an elected official regarding hunger and volunteering a minimum of 10 hours at a local hunger relief organization. Review MAZON: A Jewish Response to Hunger Tzedakah Project Manual at www.mazon.org. Minimum age: 12</p>
<p style="text-align: center;"> </p> <p style="text-align: center;">Ongoing</p>	<p>Mitzvah Mavens: a knitting & crochet group, a project of Chabad of Plano/Collin County (at this time women only). You don't have to be Jewish to join the group. Knit & crochet items</p>

<p>Mitzvah Mavens Leslee Feiwus 972.403.0921 tsitsify@mac.com</p>	<p>for area hospitals, nursing homes, Jewish Family Service, teen shelters & for soldiers. Always looking for new projects and new places to deliver.</p> <p>Ongoing projects: preemie to newborn & toddler hats, blankets, booties, stuffed animals, burial sacks & kimonos, Chemo hats, healing shawls, teddy bears & provide healing journals handmade from the Craft Guild of Dallas to men, women & children with cancer, lap robes for wheelchairs in nursing homes, caps to go under soldier's helmets.</p> <p>Anyone who can knit or crochet or has the desire to learn these skills is welcome. Almost anyone can and will be taught to knit or crochet. The group meets every Monday at a house in Plano at 7pm. Attendance is not necessary to join. Many members would rather work at home and hand in finished work. Minimum age: 12 w/good hand skills & concentration</p> <p>Collect/donate: yarn, knitting needles & crochet hooks, stuffing, ribbon or monetary donations made out to Chabad of Plano with Mitzvah Mavens written in the lower left hand corner. Also collecting unused cellphones.</p>
<p>  School year</p> <p>National Council of Jewish Women (NCJW)</p> <p>Denise Bookatz 972.931.4848 dbookatz@tx.rr.com or Greta Herskowitz 972.818.2222 Hhersk@swbell.net</p> <p>Kyra Effren 972.529.1899 kyra@effren.com or Sharan Goldstein 214.361.7300 slslogo@aol.com or Debra Levy 972.239.2313 jeffdebra@att.net</p>	<p>NCJW "Hello Israel" project is looking for volunteers to expand their program to middle-school students in the greater Dallas area. "Hello Israel" is a 20+ year national program that introduces 6th graders to the country of Israel. Present facts about Israel in an entertaining and interactive manner, to supplement the social studies curriculum on the Middle East. Students learn about the history, geography, culture, language, politics, and economy of Israel. After a brief training, volunteers work in pairs, using scripts and visual aids. "History comes alive" with student participation with questions, demonstrations and role-playing. Time commitment is minimal (2-2 ½ hours) and presenters may choose dates and schools based on need and availability. Please contact Denise Bookatz or Greta Herskowitz for more information.</p> <p>Food + Fit = Fun is a Healthy Living program sponsored by NCJW. The program, (offered in area schools) is geared to the low income immigrant population and serves to provide guidelines for good nutrition and healthy activity. The program course runs for 6 months and consists of 3 cooking/nutrition demos - 3 healthy activity exercise/play classes and ongoing home instruction [with handouts] by community aides, plus as an end of course Supermarket Tour and a "Look What We Have Done!" Potluck-Graduation- Get together with a showcase of their cultural dishes. Volunteers are needed for: Nutrition and/or Fun Physical Activities. Also needed: volunteer/scheduler.</p> <p>TIME COMMITMENT: NUTRITION: 2 morning hours once every other month plus some advance at home food preparation. HEALTHY ACTIVITY: 2 morning hours every other month Your choice of the site (see below) during the month you volunteer.</p>
<p>Anytime</p> <p>North American Conference on Ethiopian Jewry</p>	<p>NACOEJ, a non-profit organization founded in 1982, is a major American organization committed to the welfare of Ethiopian Jews in Israel. NACOEJ's Bar/Bat Mitzvah Twinning Program, School Supply Collection Program, and Mitzvah Projects offer opportunities for B'nai Mitzvah students to get to know and help</p>

<p>Judy Dick 212.233.5200 x 230 jdick@nacoiej.org or mitzvah@nacoiej.org www.nacoiej.org</p> <p>Miriam Weissman 212.233.5200 x 222 mweissman@nacoiej.org</p>	<p>their underprivileged Ethiopian-Jewish peers in Israel.</p> <p>Help Ethiopian-Israeli children get ahead in school by raising funds for the NACOEJ Limudiah After-School Programs which provide educational assistance and nutritious lunches for Ethiopian elementary school children. You can also collect school supplies and arrange for them to be brought to Israel. See the NACOEJ website for guidelines.</p> <p>Get to know an Ethiopian-Israeli peer. NACOEJ Bar/Bat Mitzvah Twinning Program. As a Twin you will be matched to an Ethiopian student in Israel and you will receive a photo and bio of your Ethiopian Twin, a certificate and handmade embroidery, made in Ethiopia by Ethiopian Jews. You may write to your Twin and if you visit Israel, a visit can be arranged for you with your student. For more information on Twinning, please contact Miriam.</p>
<p>Anytime</p> <p>Remember Us: The Holocaust Bnai Mitzvah Project</p> <p>Gesher Calmenson 707.570.2883 gesher@remember-us.org or Elly Cohen 415.265.9801 elly@remember-us.org www.remember-us.org</p>	<p>Remember Us: The Holocaust Bnai Mitzvah Project - Connect with the memory of children lost in the Holocaust before they could be called to the Torah. Remember Us provides the bnai mitzvah student with the name of a lost child, information about him/her, and suggestions for simple acts of remembrance: doing mitzvot b'shem (in the name of the child), mentioning the child in a Dvar Torah or speech from the bimah, taking on the mitzvah of saying Kaddish, and lighting a yahrzeit candle yearly.</p> <p>To request a name: www.remember-us.org or info@remember-us.org</p>
<p>  1st Sun. eve. monthly</p> <p>Temple Emanu-El's Team at the Bridge</p> <p>Nancy Lubar 214.363.0074 nlubar@sbcglobal.net</p> <p>ongoing (as needed)</p>	<p>"Temple Emanu-El Team" at the Bridge serves 400 dinners to the men and women at The Bridge on the first Sunday, monthly, from 5:30pm to 7:30pm. Jobs range from putting food on plates, preparing trays, carrying them to tables for the handicapped, and serving water to thirsty diners.</p> <p>More volunteers are needed to serve breakfast, lunch, and dinner every day of the week. Call if you are interested in joining. Minimum age: 16+</p> <p>NEW OPPORTUNITY: Help turn a bare apartment into a happy home for a homeless family. Small groups are needed to help "decorate" homes for women and children who have graduated from The Bridge (Dallas Homeless Center) into apartments near Park Lane and Greenville. This is a perfect opportunity for families and friends to volunteer together – collecting needed items such as lamps, pictures, kitchen utensils, children's books and knickknacks and then using these items to "decorate" an apartment.</p>
<p>Anytime</p> <p>Temple Emanu-El Sisterhood's Mitzvah Cart at Children's Medical Center</p> <p>Roz Kaplan 972.231.7280 Rozart46@aol.com www.childrens.com</p>	<p>Temple Emanu-El Sisterhood's Mitzvah Cart at Children's Medical Center: In the Emergency Waiting Room assist with the Mitzvah Cart (filled with toys, books & puzzles), play with siblings of children waiting to be admitted and act as a support system for parents. Work once a month--arrange the schedule to work with friends or family. Flexible days. Requirements: complete application (mail or fax); TB test (free) and complete a health questionnaire (teens must show a copy of their immunization records); have an interview; attend orientation session and Child Life training; purchase a uniform; adults must</p>





<p style="text-align: right;">214.456/6388 volunteer_services@childrens.com</p>	<p>sign consent for a criminal background check. For applications and instructions: please contact Volunteer Services at Children's directly (214.456.6388 or volunteer_services@childrens.com) Be sure to indicate the Temple Emanu-El Sisterhood group. Minimum age: 16+</p>
<p>  Anytime</p> <p style="text-align: center;">Vogel Alcove Childcare Center for the Homeless</p> <p style="text-align: right;">Allie Smith 214-565-9706 asmith@vogelalcove.org www.vogelalcove.org</p>	<p>Vogel Alcove Childcare Center for the Homeless: Help organize donations of toys, clothing and infant-care products. Minimum age 12</p> <p>Please contact Ms. Smith if you are interested in new programs or special projects that may become available.</p>
<p style="text-align: right;">Anytime</p> <p style="text-align: center;">Volunteers For Israel</p> <p style="text-align: right;">Valerie Carlone 817.213.7333 valcarlone@yahoo.com</p> <p style="text-align: right;">www.vfi-usa.org</p> <p style="text-align: right;">1.866.514.1948 info@vfiusa.org</p>	<p>Volunteers for Israel: Since 1982 this non-profit, non-political, non-denominational organization provides aid to Israel through hands-on, civilian work. It is administered in Israel by Sar-El, which arranges work placement of volunteers, primarily on IDF facilities or in hospitals (if you so choose). Volunteers come from all 50 states and more than 35 countries. To date, well over 100,000 volunteers have participated and provided the IDF with over 440,000 net man hours per year, work that would otherwise have to be done by soldiers.</p> <p>The VFI work program includes: Free accommodations, kosher meals, military work uniforms, lectures and cultural programs, possibly guided trips, adventures of a lifetime, memories of making a difference, and immense personal satisfaction. An IDF "madricha" or group leader coordinates your activities, serves as translator when necessary, and does her best to see that your stay is comfortable and problem-free. You pay for your flight to Israel. Minimum age. 18</p> <p>If you are interested in exploring this program check the website or contact the Area Ambassador for VFI: Valerie Carlone.</p>
<p>  Sundays, Sept. - June</p> <p style="text-align: center;">Yachad-The National Jewish Council for Disabilities Dallas Chapter</p> <p style="text-align: right;">Rabbi Mike Friedman 972.325.6191 dallasyachad@gmail.com</p> <p style="text-align: right;">www.njcd.org</p>	<p>Yachad: Promotes and facilitates the inclusion of all people with disabilities. Yachad activities provide members with opportunities for personal growth and enriched lives. Inclusion allows the special population their rightful place within the Jewish community, while helping to educate the community about the members' abilities and strengths. Yachad provides opportunities for Jewish children with special needs to integrate with typically functioning children.</p> <p>Yachad Buddies: at monthly social activities (two hours), usually on Sundays. Each event has Yachad members and Yachad buddies (mainstream children 8th-12th grade) who are both supervised by advisors (young adults who have training or experience working with children with special needs). Activities may include games, sports, concerts, trips and Jewish fun. Orientation is required and done on an individual basis. There are also opportunities for post high school volunteers to be advisors for the program. They should have training, experience or comfort level to work with children with special needs. Minimum age: 8th grade</p>

Need some more ideas? Contact your synagogue, temple, rabbi or religious or day school and see if your school or congregation has any special needs or if a family in your congregation might need some extra help!



Volunteer Opportunities in the General Community


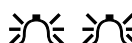
Please note that because this newsletter is now widely distributed and used in the metroplex by schools and community organizations, dates of opportunities listed may conflict with Jewish religious holy days. These listings do not constitute a change in Jewish Family Service's observance of the Jewish religious holy days.





Dated opportunities noted by

<p style="text-align: right;">Anytime</p> <p style="text-align: center;">Ability Connection Texas</p> <p style="text-align: right;">Rachida Essadiq 214.247.4569 ressadiq@abilityconnectiontexas.org</p> <p style="text-align: right;">www.abilityconnectiontexas.org</p>	<p>Ability Connection Texas: Provides the very highest quality care and support to children and adults with disabilities. They empower individuals to live the best life possible by removing barriers that inhibit independence and autonomy.</p> <p>Great for groups, youth, adults, friends, schools and families to tailor a volunteer opportunity. Check the website for special events or call to discuss your own ideas. Minimum age: 12</p>
<p> </p> <p style="text-align: right;">Anytime</p> <p style="text-align: center;">AIDS Arms, Inc.</p> <p style="text-align: right;">Justin Vander 214.521.5191x3353 volunteer@aidsarms.org</p> <p style="text-align: right;">www.aidsarms.org www.lifewalk.org</p> <p style="text-align: right;">Hannah Orsburn 214.521.5191x3364 volunteer@aidsarms.org</p> <p style="text-align: right;">Akosua Addo 214.521.5191x3374 volunteer@aidsarms.org</p> <p style="text-align: right;">Sept. 18 Nov. 2</p>	<p>AIDS Arms, Inc. provides medical care, social case management, testing and education for those living with HIV.</p> <p>Volunteer to help with administrative tasks that could include: copying, shredding, organizing, filing, internet research & computer work. During office hours Monday-Friday 8:30am-5pm. Contact: Hannah Orsburn. Minimum age: 18+ unaccompanied. 16-17 accompanied.</p> <p>Organize a drive and collect personal hygiene products. Contact: Justin Vander.</p> <p>Organize a drive and collect school supplies and backpacks for the impacted children of clients. Contact Akosua Addo.</p> <p>The 2011 Alan Ross Texas Freedom Parade on Sept. 18 (Gay Pride, Lee Park in Cedar Springs area). Volunteers needed for admissions, checking bags, banding attendees, security personnel for monitoring entrances/exits to the park. Minimum age: 18+</p> <p>AIDS Arms' LifeWalk on Nov. 2 (annual AIDS walk). Volunteers for: event set-up, tear-down and runners for miscellaneous help. Minimum age: 18+</p>
<p> </p> <p style="text-align: right;">Anytime</p> <p style="text-align: center;">Alzheimer's Association</p> <p style="text-align: right;">Elizabeth Bushman 214.540.2431 Elizabeth.bushman@alz.org</p> <p style="text-align: right;">www.alzdallas.org</p>	<p>Alzheimer's Association: The Alzheimer's Association, the world leader in Alzheimer's research, offers support and assistance for the more than 45,000 North Texans with Alzheimer's disease. Ongoing volunteer help is needed for health fairs, speaking engagements, and office administrative work. Training provided. Minimum age 16, 12-15 w/adult</p> <p>Spanish Speaking Volunteers Needed: Bi-Lingual volunteers are needed to translate basic registration sheets and materials into Spanish. Minimum age 16.</p> <p>Office Volunteers: Volunteers are needed to assist with making packets, stuffing envelopes, data entry and other administrative tasks. Minimum age 16.</p> <p>Helpline Assistant: Volunteers are trained to respond to callers. Must</p>

<p>Alzheimer's Association (cont.)</p> <p>Sept. 30-Oct. 23</p> <p>Oct. 22 Nov. 12</p>	<p>be available to work a three hour shift each week, Monday through Friday between the hours of 8:30am and 4:30pm. Minimum age 18.</p> <p>Health Fair/Speakers Bureau: Volunteers are needed to represent the Alzheimer's Association at area Health Fairs - passing out literature and engaging guests in conversation while manning the booth. Speakers are needed for area support groups and community gatherings. Training available. Minimum age 16.</p> <p>Students needing community service hours or summer internships, contact Elizabeth Bushman. Minimum age: 12</p> <p>Volunteer (2-3 each day) to assist at the Alzheimer's booth at the Texas State Fair. 3 shifts available. Please contact Elizabeth Bushman to volunteer and let her know Jewish Family Service sent you. Minimum age: 16, 14-16 accompanied by adult.</p> <p>The Walk to End Alzheimer's, is scheduled in Allen on October 22 and in Dallas on November 12. Committee members needed to assist in four areas: Community Outreach, Logistics, Recruitment and Sponsorships. Call for more information.</p>
<p>Anytime</p> <p>American Red Cross-Dallas Chapter</p> <p>Jennifer Bussell 214.678.4520 jbussell@redcrossdallas.org</p> <p>www.redcrossdallas.org</p>	<p>The American Red Cross – Dallas Area Chapter seeks volunteers who will support its mission of providing relief to victims of disasters and helping people prevent, prepare for, and respond to emergencies.</p> <p>Disaster Action Team: Represent the Red Cross on the scene of disasters by providing immediate relief and support to individuals and families in their time of need. Weekend and Weeknight on-call shifts are available. Minimum Age: 18 yrs</p> <p>Production Room – Help meet the needs of the community by sewing or crocheting items such as baby blankets, baby caps, bibs and more. These handmade items are delivered to local hospitals throughout the community.</p> <p>Disaster Volunteer Reserves: A great way to fit volunteering into your busy schedule! Receive training ahead of time and be called up only during large scale and catastrophic disasters when a high volume of volunteers are needed. DVR members can serve as shelter workers or in a variety of different disaster response roles. Minimum Age: 18 yrs</p>
<p>Anytime</p> <p>American Red Cross-Southwest Region Blood Services</p> <p>Kim Brown 214.424.0754 KBrown@usa.redcross.org</p> <p>www.redcrossblood.org</p>	<p>American Red Cross-Southwest Region Blood Services:</p> <p>Couriers are needed to transport life-saving blood to hospitals and Red Cross centers throughout the region. Red Cross vehicles are provided. Drivers must adhere to all safety policies and procedures. Training is mandatory. Volunteers must hold a valid Texas Drivers License and have a good driving record. Driver shifts vary and are available weekdays, evenings and weekends. Minimum age: 21</p> <p>Blood Drive Opportunities: Locations vary. Please plan to volunteer 2-4 hours. Volunteer positions:</p> <p>Donor Recruiter: Recruits blood donors on the day of the blood drive.</p> <p>Donor Receptionist: Greet donors as they come into the Red Cross blood donor center and provide them with required pre-donation information.</p> <p>Refreshment Aide: set up center refreshment area, serve refreshments, and assist donors during the 15-minute wait after blood donation. Minimum age: 12-15 with adult supervision</p> <p>Office Support: Assist office staff with a variety of tasks.</p>

<p>Angelina Valencia 214.630.1667x1 Avalencia@attitudesandattire.org www.attitudesandattire.org</p>	<p>tools that raise self-esteem, promote ethics and build the confidence necessary to succeed in the workplace.</p> <p>Volunteers are needed, at the “Dressings”, who will assist clients find a work appropriate interview outfit with handbags and accessories. The volunteer and the client shop together to find business attire in the Boutique. The Boutique consists of donations from individuals, department stores, and corporations around the metroplex. The dressings take place at least twice a week from Feb. - Dec. Individuals and/or organization groups can be scheduled. Minimum age: 18 years</p> <p>Donation Drives: Organize a suit or accessory drive. Please only donate clean, gently used business appropriate items. Clients need suits, blouses, sleeveless shells, jewelry, scarves, handbags, and new pantyhose. Sizes 4-38</p>
<p>Anytime</p> <p>Austin Street Shelter</p> <p>Carisa Austin 214.428.4242x14 carisa.austin@austinstreet.org www.austinstreet.org</p>	<p>Austin Street Shelter: Located in Dallas at the corner of Hickory and Chestnut provides meals and overnight shelter to the homeless. The shelter operates 7 days a week. Minimum age: 10+</p> <p>Organize a drive and collect gently used clothing, blankets, canned goods and over-the-counter medications, personal hygiene products and laundry detergent/spot remover. Books and magazines are also needed. Collect items for bingo prizes.</p> <p>One- time</p> <ol style="list-style-type: none"> 1. Plant flowers in the garden areas located around Austin Street Centre anytime prior to 2pm. 2. Serve lunch to Day Program residents at 11:30am. <p>Ongoing</p> <ol style="list-style-type: none"> 1. Facilitate Bingo with Day Program residents 12:30pm- 1:30pm 2. Assist with cleaning inside of Austin Street Centre anytime prior to 2pm.
<p> </p> <p>Ongoing</p> <p>Autism Speaks</p> <p>Pat Robbins 972.960.6227 patricia.robbins@autismspeaks.org www.autismspeaks.org</p> <p>November 12 www.walknowforautismspeaks.org/dfw</p>	<p>Autism Speaks was founded in February 2005 and is now the nation's largest autism science and advocacy organization, dedicated to funding research into the causes, prevention, treatments and a cure for autism; increasing awareness of autism spectrum disorders; and advocating for the needs of individuals with autism and their families.</p> <p>Volunteer Needs: Anytime: preparing packets, making phone calls to teams, general office support. Minimum age: 12</p> <p>Specialized: A Speakers Bureau is in formation to do presentations on autism, Autism Speaks, science and family resources. Please contact Pat Robbins if you would like to do presentations. Minimum age: Adults</p> <p>Walk Now For Autism: Every Fall there is a 1-2K fundraiser Walk that celebrates the families they are working to help. The DFW Walk this year will be November 12 at the QuikTrip Park/Grand Prairie AirHogs Stadium. Register for the walk to raise funds or to volunteer to assist at the walk on the website: www.walknowforautismspeaks.org/dfw. Volunteers will do set-up, registration, hospitality, safety and breakdown/cleanup. Shifts are available starting at 6:30am and ending by 3pm. Minimum age: 14</p>

 <p style="text-align: right;">School year</p> <p style="text-align: center;">Bea's Kids</p> <p style="text-align: right;">Dana O'Donnell 214.699.4802 dana.odonnell@beaskids.org</p> <p style="text-align: right;">www.beaskids.org</p>	<p>Bea's Kids: The mission of Bea's Kids is to provide educational and personal development programs to children from low-income families so they will stay in school and break the cycle of poverty</p> <p>After-school Tutor: Provide homework help to students after school Monday-Thursday, 4-6 pm). Engage in academic activities such as reading, flash cards and educational games to strengthen students' basic skills. Generally, volunteers will work one on one with several students throughout the afternoon. May also engage with a group of students in academic activities as directed by Center Director. There are four locations in Dallas, North Dallas, Carrollton and Farmers Branch. Minimum age: 13</p> <p>Office Volunteer: Help with filing, copying, mailing, data entry. Monday-Friday, 9am-5pm.</p> <p>Think about collecting needed items: School Supplies (pencils, markers, colored pencils, notebook paper, paper towels, toilet paper, hand sanitizer, etc.) Minimum age: none More information visit Bea's Kids website.</p>
<p style="text-align: right;">Anytime</p> <p style="text-align: center;">Big Brothers Big Sisters of North Texas</p> <p style="text-align: right;">Contact: Various 1.888.887.BIGS (2447) volunteer@bbbsnt.org</p> <p style="text-align: right;">www.bbbsnt.org</p>	<p>Big Brothers Big Sisters of North Texas: <i>Become a Big Brother or Big Sister!</i> The Big Brothers Big Sisters model of mentoring has proven success in creating and nurturing safe and positive relationships that have a direct, measurable and lasting impact on the children served.</p> <p>Community Based Program - This opportunity matches a Big Brother or Big Sister with a Little Brother or Little Sister. The volunteer and child spend some of their free time together just having fun and making memories. Whether you attend a ball game, spend a day in the park, see a movie, play basketball or do arts and crafts, the time you spend together will make a big difference in the life of a child! Minimum age: 16 if they have the following:</p> <ol style="list-style-type: none"> a. Valid drivers' license b. Auto insurance in their name and c. Reliable transportation to be able to pick up a child at least twice a month <p>School-Based Program - A Big Brother or Big Sister is matched to a Little Brother or Little Sister in a local school. One hour each week, the volunteer visits the child at school and participates in various activities on the school campus. Activities could include going over homework, watching a track meet, shooting hoops in the gym, eating lunch on the playground or just spending an hour talking.</p> <p>High School Bigs - High school students can become a Big Brother or Big Sister to children in the community. Volunteer "Bigs" must meet with their "Littles" (Brother or Sister) at least twice a month. Minimum age: (School or Site Based Program) 16 or at least a Junior in High School (sometimes a Junior can be 15 and can still participate).</p> <p>Ages: Big Brothers Big Sisters matches volunteers with children from the age of seven through 14. For the safety of the children and ultimate success of each match, background checks, interviews and training are required for each volunteer.</p> <p>Please call today to learn more about the many youth mentoring programs. By sharing time with a Little Brother or Little Sister at least twice a month, you can change the life of a child.</p>
 <p style="text-align: center;">Camp Summit</p>	<p>Camp Summit: Located in Argyle, TX, this non-profit agency provides recreational camping experiences for youth through adults, ages 6-99</p>

<p>Camp Summit (cont.)</p> <p>Nikki Hasted</p> <p>214.620.1945x110 N. Hasted@campsummittx.org</p> <p>www.campsummittx.org</p>	<p>who have physical, developmental and multiple disabilities. Students are camp counselors for an entire weekend, helping campers with personal care needs (in some cases bathing, toileting feeding, dressing) and assisting campers as they participate in activities. Experience is not necessary, but you must have the desire to work with special populations. Students' applications must be received at least 10 days before weekend sessions. Minimum age: 18 or older</p> <p>Note: There is a mandatory orientation for new volunteers. Orientation will take place on Sunday upon your arrival at Camp Summit. Please visit the website at www.campsummittx.org to obtain a volunteer application or call the Camp Summit office. Applications MUST be received 10 days in advance of session desired. Email confirmation letter will be sent once accepted or mailed if no email is available.</p> <table border="0"> <tr> <td>September 9-11</td> <td>Young Teen Inclusion Weekend</td> </tr> <tr> <td>September 18-23</td> <td>Adult DD (ages 30 & up)</td> </tr> <tr> <td>September 25-30</td> <td>Adult PC (ages 30 & up)</td> </tr> <tr> <td>October 2-7</td> <td>Young Adult DD (ages 19-29)</td> </tr> <tr> <td>October 9-14</td> <td>Young Adult PC (ages 19-29)</td> </tr> <tr> <td>October 16-21</td> <td>Mixed disabilities (ages 16 & up)</td> </tr> <tr> <td>October 23-28</td> <td>Mixed disabilities (ages 16 & up)</td> </tr> <tr> <td>October 30-Nov 4</td> <td>Mixed disabilities (ages 16 & up)</td> </tr> <tr> <td>November 6-11</td> <td>Mixed disabilities (ages 16 & up)</td> </tr> <tr> <td>November 13-17</td> <td>Leadership in Training</td> </tr> <tr> <td>November 18-20</td> <td>Young Teen Inclusion Weekend</td> </tr> <tr> <td>December 2-4</td> <td>Adult DD Weekend (ages 30 & up)</td> </tr> </table>	September 9-11	Young Teen Inclusion Weekend	September 18-23	Adult DD (ages 30 & up)	September 25-30	Adult PC (ages 30 & up)	October 2-7	Young Adult DD (ages 19-29)	October 9-14	Young Adult PC (ages 19-29)	October 16-21	Mixed disabilities (ages 16 & up)	October 23-28	Mixed disabilities (ages 16 & up)	October 30-Nov 4	Mixed disabilities (ages 16 & up)	November 6-11	Mixed disabilities (ages 16 & up)	November 13-17	Leadership in Training	November 18-20	Young Teen Inclusion Weekend	December 2-4	Adult DD Weekend (ages 30 & up)
September 9-11	Young Teen Inclusion Weekend																								
September 18-23	Adult DD (ages 30 & up)																								
September 25-30	Adult PC (ages 30 & up)																								
October 2-7	Young Adult DD (ages 19-29)																								
October 9-14	Young Adult PC (ages 19-29)																								
October 16-21	Mixed disabilities (ages 16 & up)																								
October 23-28	Mixed disabilities (ages 16 & up)																								
October 30-Nov 4	Mixed disabilities (ages 16 & up)																								
November 6-11	Mixed disabilities (ages 16 & up)																								
November 13-17	Leadership in Training																								
November 18-20	Young Teen Inclusion Weekend																								
December 2-4	Adult DD Weekend (ages 30 & up)																								
<p> </p> <p>Anytime</p> <p>Captain Hope's Kids</p> <p>Brad Boss 214.630.5765x13 program@captainhope.org</p> <p>www.captainhope.org</p> <p>On FaceBook & Twitter</p> <p>Year round</p> <p>Year round</p>	<p>Captain Hope's Kids: Meets the critical needs of homeless children in North Texas. Help support Captain Hope's Kids by becoming involved in one of the volunteer activities or starting a drive!</p> <p>Volunteer Activities: Hope In A Box (Year Round): Help make birthdays and everyday life a little happier and easier. Prepare a shoe box, wrapped or decorated and filled with some small items a child might love to have on their birthday. Or prepare a box that is filled with everyday needs like soap, shampoo, or a toothbrush.</p> <p>Thinking about starting a Drive? Diaper Drives: Help support North Texas homeless children by starting a diaper drive! Currently, Captain Hope's Kids distributes around 10,500 diapers per week!</p> <p>Virtual Diaper Drive: Connected on Facebook, LinkedIn, or Twitter? Host a Virtual Diaper drive! Spread the news through your social media outlets and invite all your family, friends, and colleagues to do the same. Encourage them to learn about Captain Hope's Kids and to donate online in honor of your drive!</p>																								
<p> </p> <p>Anytime</p> <p>Catholic Charities of Dallas Refugee & Empowerment Services</p> <p>Dana Bacallado 214.553.9909x112 dbacallado@mrs.catholiccharitiesdallas.org www.CatholicCharitiesDallas.org</p>	<p>Catholic Charities Refugee & Empowerment Services Division: A refugee resettlement division helping refugee families, regardless of their faith, from all over the world. They welcome refugees, those seeking asylum and victims of trafficking and provide service programs that lead them to self-sufficiency.</p> <p>Volunteers must complete an application, attend a two-hour orientation training session and pass a criminal background check. Minimum age: 18</p>																								

Catholic Charities of Dallas (cont.)

Cultural Orientation Teacher – Demonstrate your life skills by helping refugee families understand American culture and daily life. Meet with a small group and demonstrate life skills basics including how to... shop, use household appliances, ride the DART bus, get a library card, personal and home hygiene. Training is provided. *Requires 2 hours per week, with flexible days and times.*

ESL Teacher or Assistant – Help adult refugees learn to speak, read and write in English as a Second Language (ESL). *No foreign language skills required*, and no teaching experience is necessary. Opportunities include teacher and classroom assistant. Training is available. Class times are available weekdays both daytime (9am to 11:30am) and evenings (6pm to 8:30pm). *(2-3 hours per class, 1-2 times per week)*. Classes are held in multiple locations throughout the Vickery Meadows area (zip code 75231) and in the 75243 zip code Mondays and Wednesday 6:00pm to 8:00pm. Commitment for a minimum of **4-6 months**.

Tutor Older Refugees in English - Help older adults learn to speak, read and write English. *No foreign language skills required*. You will meet with one or more refugees over the age of 60 who need additional one-on-one tutoring in American civics and to practice their new English skills. Classes are held in several locations in the DFW Metroplex. The commitment is for **3-6 months**, up to 5 hours per week. *(9:00am to 11:30am Monday-Wednesday, Friday 6pm to 8:30pm, Saturday 9am to 11:30am)*

Office Help – Assist agency staff with client paperwork such as food stamp applications and Medicaid renewals, data entry, answering phones, etc. Accuracy and clear handwriting are important for this role. Hours are flexible, generally *weekday daytime during office hours (Monday-Friday 8am to 4:30pm)*.


Mentor/Friend for New Arrivals – Help refugee families understand American culture and daily life. Meet with a family at their home and become a friend and mentor. Show them how to get a library card, sort the mail, practice their English language skills, teach them how to ride the DART bus, etc. The commitment is for **6 months**, for *2 hours per week, with flexible days and times*. Families come from all over the world including Burma, Bhutan, Burundi, Iran, Iraq, Cuba, Ethiopia, Somalia and more.


Citizenship Teachers - Help teach refugees and immigrant adults civics and basic English! Work with refugees, asylees, certain victims of crime and domestic violence, and other lawful permanent residents who are ready to become U.S. citizens. Volunteers teach civics and participate in classroom activities such as role-playing, mock interviews, discussion of current political issues, and teach full coverage of the three U.S. citizenship test components: writing, speaking, and reading English. Classes are held in multiple locations throughout the DFW Metroplex. Must commit to teaching 1-2 classes per week for **4-6 weeks**. *Morning (9:30am-11:30am) and evening (6pm to 9pm) classes are available.*



As needed

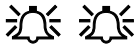
Grocery Shopping and Apartment Setup – Help prepare the apartment for a new family's arrival. Shop for food (we provide the list and funds), make beds, put away dishes, etc. This is an ongoing need, since several families can arrive in a given week. *On-call basis*, usually with several days notice.

Help Refugees Find Jobs – Help women or men prepare for employment, complete job applications, succeed in interviews and land

<p>Catholic Charities (cont.)</p>	<p>their first job in the U.S. Tutor clients in skills for job success, conduct practice interviews, locate job opportunities, or take a refugee to an interview appointment. <i>2 hours per week—weekdays during office hours.</i></p> <p>Food Pantry - The Vickery Meadows Food Pantry serves the residents of the Vickery Meadow area (zip code 75231). You can help greet clients, determine eligibility and provide them with the food from our pantry. Between visits, restock shelves and complete simple paperwork. You will need to lift boxes of food up to 25 pounds. The location is at the Ivy Apartments in the Vickery Meadow neighborhood. The pantry is open weekly on <i>Wednesdays 1pm-6pm, Thursdays 9am-12pm, and Saturdays 9am-12pm.</i> Training will be provided.</p> <p>Women to Work Assistant – Assist refugee women prepare for their first jobs. Meet with clients to review job leads, assist with job searches and applications, work with small groups to improve their English language and job readiness skills, and plan and coordinate outreach for new clients. Classes are <i>Tuesdays-Fridays from 9am to 12pm.</i> They are held at the office on 9451 LBJ Fwy Suite 100, Dallas, TX 75243. <i>1 or 2 days a week for 3 hours.</i></p> <p>Case Manager Assistant – Help refugee families apply for social service benefits. Training provided. Assist as needed, usually daytime weekdays. Each task will take <i>2 to 3 hours</i>, and the possibilities include but are not limited to: Food Stamps/Grocery Shop –take refugee clients to the Food Stamp office to pick up their debit card, and then take them to a grocery store to demonstrate how to use it and help them shop for groceries the first time. Social Security –take refugee families to apply for their Social Security cards. You will complete an application for each person in the family, turn them in and get receipts.</p>
<p> Anytime</p> <p>C.C. Young Retirement Community</p> <p>Victoria Jones 214.841.2988 vjones@ccyoung.org</p> <p>www.ccyoung.org</p>	<p>C.C. Young: An older adult residential community located near White Rock Lake that provides residential care from independent to skilled nursing. Call for Scouting, Bar/Bat Mitzvah and or school community projects tailor-made for you or your group.</p> <p>Ongoing opportunities:</p> <p>Beauty Shop: Join a Volunteer Beauty Shop team to wash and set hair of residents. All supplies and equipment provided. Days: every other Monday, Tuesday, Wednesday, Thursday – 9am - 11:30am. Frequency 2-4 mornings per month. Minimum age: 16</p> <p>Barber: Cut men’s hair in the health care hair salon. All equipment and supplies provided. 1-2 times a month depending on volunteer availability. Minimum age: 18</p> <p>Seasons Hospice: Volunteers needed in a variety of positions within residential facility. Visitation with patients and families, telephone bereavement contact of the survivors, and clerical duties are available. Mandatory training (presented on weekends) and current TB test required. Minimum age: 17</p> <p>Birthday Parties: Groups hosting one of the monthly birthday parties are most appreciated. Work with an activity director in planning, provide refreshments, entertainment (sing, games, etc), and a stuffed animal for persons celebrating their birthday at a monthly party. Four parties per month are available throughout the facility. There are usually 30 residents in attendance. Day and time is dependent upon volunteer’s availability. Minimum age: small groups of all ages.</p>

<p>C.C. Young Retirement Community (cont.)</p>	<p>Strolling Musician: Play familiar songs or classical music on the piano, guitar or other musical instruments for a small group, in a resident's room, or during a holiday meal. This opportunity is available weekdays/weekends usually before lunch or dinner. Minimum age: 14</p> <p>Gardener: Help resident gardener with gazebo flowerbed maintenance or small individual flowerbeds. Volunteer needed 1-2x/ month, Mon.-Sat., early mornings. Minimum age: 16</p> <p>Transporter: Accompany wheelchair residents to and from Sunday morning chapel, change resident ice pitchers.</p> <p>Hostess/Host: assist in Blanton (assisted living) dining room with serving and other tasks. Minimum age: 14</p> <p>One-time opportunities:</p> <p>Holiday Cards and Table favors for any time: brighten resident rooms. Good project off campus.</p> <p>Holiday Party for Halloween, Thanksgiving, New Year's, or Valentine Day. Work with the activity director providing refreshments, decorations, etc. Appropriate for a small group.</p> <p>Tea Party: Host a feminine high tea for the ladies who like to dress up. Provide decorations, refreshments, and program (examples - Suffrage Day, women's participation in world wars, style show, display doll collection). Great fun for female groups.</p> <p>Car Wash: Wash and dry resident's cars. You will not only make the cars shine but also the residents will smile and shine. You provide towels, soap, sponges. They provide hoses and nozzles. Do this 1x per month on a Saturday. Appropriate for a small youth group.</p>
<p></p> <p>Challenge Air For Kids And Friends</p> <p>Cheryl Maas 214.351.3651 Cheryl@challengeair.org www.challengeair.org</p>	<p>Challenge Air For Kids And Friends: Challenge Air builds self-esteem and confidence of children and youth with special needs, through the experience of flight.</p> <p>Register passengers, give out flight certificates or help with other ground activities. The 2012 event calendar is currently in progress. Registration forms for volunteers, pilots and children are available on the website. All volunteers should pre-register online and select the event(s) they are interested in, or call. Minimum age: 15</p> <p>Currently seeking volunteer help in the office and on the 2012 Gala planning committee.</p>
<p>Anytime</p> <p>Change for Today and Tomorrow (C4t²)</p> <p>Zophelia Conley 214-331-7898 (office) 817-995-2943 (cell) zophelia.conley@dfps.state.tx.us</p>	<p>Change for Today and Tomorrow (C4t²): the Dallas Fort-Worth (including the 17 surrounding counties) youth action group consisting of current and former foster youth ages 14 – aged out. C4t² combines youth, foster parents, community members, and others to accomplish it's mission including recruitment of foster parents, impacting legislation, education, and breaking down barriers. The purpose of the group is to empower and motivate current and former foster youth to be successful and not another statistic. You can help make a great impact in the life of a current or former foster youth.</p> <p>Volunteer (30 minutes-1 hour) to present on one of the following topics in any creative way you and/or your group chooses at monthly youth group meetings throughout the region:</p> <ul style="list-style-type: none"> -Academic Support

<p>Change for Today and Tomorrow (C4t²) (cont.)</p>	<ul style="list-style-type: none"> -Post Secondary Educational Support -Career Preparation -Employment Programs -Budget and Financial -Housing Education and Home Management training -Health Education and risk prevention -Family Support and healthy marriage education -Mentoring <p>Other volunteer opportunities include:</p> <ul style="list-style-type: none"> -Help with fundraisers -Sponsor an event for the youth -Conduct college tours with the youth -Host a meeting at your university or facility <p>Minimum age: 18 and older, and a completed background check.</p>
<p>  Anytime</p> <p>Children’s Medical Center Dallas</p> <p>Angela Farley 214.456.6388 volunteer_services@childrens.com</p> <p>www.childrens.com</p> <p>Carol Miller 214.456.4787 carol.miller@childrens.com</p>	<p>Children’s Medical Center Dallas: Work with patients, be a sitter, a floater, deliver flowers and mail, be a messenger, work in the playroom or do general office work. Days, weekends, and evenings. Must complete application, attend orientation, commit to 100 hours (adults) and 50 hours (students) and purchase a uniform. Additional training is required. For applications and information regarding deadline dates, access www.childrens.com. Children’s offers a Student School Year Program (sign up July - August) and two sessions during the Summer program (sign up Jan 1 - March 31). Minimum age:16+</p> <p>Donations of reading materials for all ages are welcomed.. Organize a collection or have a book drive. The children’s library can only accept new, unused books. Gently used books are shared with the clinics. They can also use magazine subscriptions, especially for children’s and popular adult magazines(Spanish & English). Contact Carol Miller.</p>
<p>Anytime</p> <p>Children’s Medical Center at Legacy</p> <p>Julie Adams 469.303.3763 julie.adams@childrens.com</p> <p>Albi Calman 469.303.7735 albertine.calman@childrens.com</p>	<p>Children’s Medical Center at Legacy: Welcomes donations of reading materials for all ages. Organize a collection or have a book drive. The children’s library can only accept new, unused books. Gently used books are shared with the clinics. They can also use magazine subscriptions, especially for children’s magazines and popular adult magazines, in Spanish and in English. Contact Albi Calman.</p> <p>Also needed are new medium sized, stuffed animals, especially teddy bears, to give to patients. Embroidered features only to prevent choking hazards for children under the age of three. Collect new small items (mini potato heads, polly pockets, stickers, bouncy balls, etc.) as prizes for children who have undergone invasive procedures. Please contact Julie Adams. Collect brand new toys to be used for the playroom, brand new toys to be used for birthdays or special events. Gift cards to local stores (Target, Toys R Us, Barnes & Noble) are also appreciated.</p> <p>Volunteer openings are available in the following areas: Day Surgery, Child Life (Inpatient and Outpatient), Family Resource Library, Guest Relations. Volunteer shifts are during the daytime (9am-5pm), Mon.–Fri. Please contact Julie Adams.</p> <p>Minimum age: 18</p>



Anytime

Citizens Development Center

Diane Jones
214.637.2911x110
djones@cdcdallas.org

www.cdcdallas.org

Citizens Development Center exists to empower men and women with disabilities to achieve their highest level of employability. The Center is located in the I-35 and Mockingbird area.

Classroom Instructor: Teach specialized classes, such as arts and crafts, to individuals with developmental disabilities. Assist agency staff in teaching daily living and vocational skills classes. Availability/Time Commitment: weekdays; flexible but prefer 4 hours per week; 1 hour weekly minimum. Minimum age: 16

Employment Buddy: Assist individuals with disabilities find and keep employment - **identify job leads, provide emotional support and friendship, and/or provide follow-along support.** Time Commitment: flexible. Minimum age: 18

Lunchroom Monitor: Monitor, visit and assist individuals with disabilities during their breaks and lunches – **open food or help using snack/drink machines.** Availability: weekdays, flexible but prefer minimum 2 hours per day, 1 day per week. Minimum age: 16

Marketing Assistant: Assist marketing staff - **obtain leads for contract packaging tasks for work center clients through telephone contacts and internet searches.** Work may be done from home or at CDC facility. Availability: flexible. Minimum age: 18

Party Planner: Help **plan, host, decorate, dee-jay, and/or serve refreshments** for agency parties including Valentines, Halloween and other Holidays. Availability: flexible, varies with event. Minimum age: 14

Record Manager: File consumer and employee record information. Perform **general office and clerical duties, input data.** Availability: weekdays, flexible, prefer minimum of 4 hours per month. Minimum age: 14

Work Group Assistant: Assist individuals with disabilities in completing assembly and packaging tasks. Assist group supervisors with **quality control checks** and counts. Availability: weekdays; prefer minimum of 4 hours per day, 1 day per week. Minimum age: 16

Gardener – Assist with **planting, watering and harvesting** sharing garden for adults with disabilities. Time commitment is flexible. Minimum age: 18.

Volunteer Group Projects are available for groups of 10 or more. The projects include: **client activities, facility repair and maintenance, outdoor projects** and **recreational activities.**

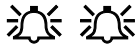
Anytime

City of Plano Teen Court

Becky Rubenstein
972.941.2009
beckyru@plano.gov

www.plano.gov/Departments/
MunicipalCourt/juveniles/TeenCourt

City of Plano Teen Court: Sponsored by the Plano Municipal Court, juvenile defendants pleading guilty to a Class C misdemeanor are eligible to appear in Teen Court with the Judge's permission. Offender's cases are presented to a jury of their peers. **Volunteer teen attorneys** represent the defendant. **Teen jurors** assign community service according to the Discipline Grid. Upon successful completion of the sentence, offenders' cases are dismissed and removed from their record. **Teenagers 13 through 18 are eligible to be jurors.** Court is held twice each month on scheduled Mondays. Jurors report at 5:30pm and Court is over by 7:45pm. Teen attorney: a teen **must be 15, served as a juror and have completed the attorney training.** Attorney training is held once a year typically in the summer. Great for all the budding attorneys, prosecutors and those interested in the justice system! Minimum age: 13



Anytime

City of Plano VIP Program

Corina Sadler
(unless otherwise noted)
972.941.7617
CorinaS@plano.gov

www.volunteersinplano.org

Elsa Garcia
972.941.7436
ElsaGa@plano.gov

Debbie New
debbien@plano.gov

Robin Popik
972.941.7114
www.planolibrary.org/librarylinks

Your local library

www.LiveGreeninPlano.org

City of Plano VIP Program: Please visit the website for a listing of ongoing and event volunteer opportunities and to sign up online at www.VolunteersInPlano.org.

Special Events: Parades, sporting event, plays, concerts, community garden work days, city clean-ups, and conventions. Volunteers from **14 years through adults** assist with **tickets, information distribution, run booths, seat patrons** and more.

Individual Projects: Animal Shelter - Socialize with the animals, walk the dogs, love them, keep cages tidy, and encourage your friends to adopt. Clerical help is also available. Must be at least 18 years of age. Orientation and training required and commit for 6 months. For more information email Elsa Garcia.

Animal Shelter Projects for Youth: If you are interested in animal shelter projects, contact Debbie New directly.

Kitty Fort Project! Kitty Forts are a **craft project for school or scout groups, family get-togethers or a birthday or holiday activity.** Kitty forts help keep the cats and kittens happy and alleviate stress while they await new homes. They're bright and colorful, and made from simple cardboard boxes.

Kitty Forts

- Create a comforting environment that carries the cat's scent
- Can be enhanced with dangling toys to add to their enjoyment
- Can go with the kitty to his or her new home, providing comfort during the transition

How to do it:



- Select a cardboard box with these approximate dimensions: 12"x12"x12"
- Note: "Big box" stores often provide free boxes near the cash registers
- Cut out a large opening for the front side (ask an adult for assistance)
- Cover the box in construction paper, butcher block paper or mailing paper
- Use only nontoxic school glue
- Decorate your kitty forts with ink stamps or small stickers
- You can attach macramé cord or yarn for interest, but please do not use string





Deliver your craft items to the shelter at 4028 W. Plano Parkway, Plano 75093. Call 972.769.4360 for information. **Schedule a Pet Safety and Responsibility Class and get a tour of the shelter.**



Library Links with Seniors - Bring smiles to seniors by **presenting library-based programs at Plano senior care homes.** Contact Robin Popik for more information. Minimum age: 18





Book Smart - If you or your organization would like to **organize a book collection** to help the Plano libraries stock up for the annual book sale, give Robin a call today. **Sort book donations.** (Please contact your local library prior to bringing the books.)



Adopt-A-Park, Highway, or Creek: Businesses and organizations can get involved through the adoption programs. Make an impact by keeping the city beautiful and improving the city. To sign up online visit: <http://www.plano.gov/Departments/Environmental%20Services/GreenLiving/Litter%20Prevention/Pages/CommunityCleanups.aspx>


<p>City of Plano VIP Program (cont.)</p> <p>CorinaS@plano.gov</p> <p>CorinaS@plano.gov</p> <p>Robinp@plano.gov</p>	<p>Therapeutic Recreation: Volunteers beginning at 14 years old can help children with special needs in leisure activities. Volunteers interact with participants in social settings and activities including arts and crafts, games, bowling, and more. A one-time orientation is required. Review openings and sign up online at www.VolunteersInPlano.org, you will then be contacted with further information. Minimum age: 14</p> <p>Community Garden Work Parties: The City's Sustainability & Environmental services department has 2 community gardens that are used to grow vegetables to donate to a Plano food pantry and to serve as outdoor education. Volunteers starting at 13 years old are utilized to work the garden and keep it going through the seasons. Call for more information. Minimum age: 13</p> <p>College Internship: Interns volunteer throughout the year and utilize their skills while they learn more about leadership. Applications are accepted throughout the year. All internships are unpaid. Candidates are responsible for coordinating with their respective schools/institutions to receive class credit if applicable. Send an email and a copy of your resume to Robin with your area of interest to check availability. The office would be happy to work with your college to find places for students in different departments.</p> <p>Administrative Volunteers The City of Plano seeks adult volunteers who have an interest in helping administratively in a City office. Duties could include faxing, filing, scanning, creating forms, data entry, graphic design and more. Great opportunity for retaining job skills, learning about new career paths and meeting new people. Shifts are during business hours. Sign up online under "Support Services". Minimum age: 18</p> <p>How do I sign up? Review listed opportunities, then contact the Volunteer Resources Group at 972.941.7617 and let them match you with an opportunity that fits your schedule and interest. If you'd like, send an email to Corina (be sure to send her your name and telephone number so she can call to schedule an appointment).</p>
<p> </p> <p>Anytime</p> <p>Collin County Committee On Aging</p> <p>Lara Kitchens 972.562.6996x125 972.369.9798 (cell) kitchensl@mowcc.com</p> <p>www.cccoaweb.org</p>	<p>Collin County Committee On Aging: This organization is dedicated to serving the needs of the senior citizens of Collin County. <i>All Volunteer Activities Require an Application and Background Check which can be faxed or emailed.</i></p> <p>Drivers are needed to deliver meals to homebound Collin County seniors between 11am and 1pm Monday through Friday. Pick up sites are located throughout the county, East and West Plano, McKinney, Frisco and outlying areas each have separate locations. They can be flexible and schedule your delivery around your time commitments. Training is provided every Wednesday afternoon at 2pm or by appointment. Minimum age: licensed, insured drivers 18 or older. A background check is required.</p> <p>Office Assistance: The Meals on Wheels office needs assistance with data entry, filing, and volunteer management support. Volunteer must have superior people skills and be able to commit to a minimum of 2 hours per week. Volunteer hours are flexible between 9am and 5pm Monday through Friday. Training is provided on the job, but volunteers should be proficient in Microsoft Office applications. Minimum age: 18. Must complete an application and background check.</p>



<p style="text-align: right;">Anytime</p> <p style="text-align: center;">CONTACT Crisis Line</p> <p style="text-align: center;">Thomas Hutter 972.233.0866x311 thutter@contactcrisisline.org</p> <p style="text-align: center;">www.contactcrisisline.org</p>	<p>CONTACT Crisis Line: Serves people, from teens to seniors, facing daily life challenges. Through 24-hour free confidential listening, comfort, and a connection to resources, education, and emergency assistance, they give people the ability to take control of their lives.</p> <p>Crisis Line Specialist: CONTACT Crisis Line will teach you crisis management techniques, develop your listening skills, and enhance your interactions with family, friends and co-workers. The crisis line specialists help the callers through some of life's most critical moments by providing a caring human connection. Bilingual (Spanish/English) volunteers needed, too. 40 hour training provided, four-hour shift every other week. Minimum age: 18 years old.</p>
<p> </p> <p style="text-align: right;">Anytime</p> <p style="text-align: center;">Cystic Fibrosis Foundation</p> <p style="text-align: center;">Whitney Wheeler 214.871.2222 wwheeler@cff.org</p> <p style="text-align: center;">www.cff.org</p> <p style="text-align: right;">Sept. 24 Sept.26 Oct.22</p>	<p>Cystic Fibrosis Foundation: Volunteers are needed to assist with office work and event preparation. Minimum age: 16</p> <p>CF Climb for Life: Volunteers needed on Sat., Sept. 24 for: set-up, registration, manning stations and clean-up. Minimum age: 16.</p> <p>Rod Pampling Classic: Volunteer on Mon., Sept. 26 to assist with set-up, registration, manning hole-in-one competitions and clean-up. Minimum age: 21.</p> <p>Cycle for Life: Volunteers needed on Sat. Oct. 22 to assist with set-up, registration, manning stations and clean. Minimum age: 16.</p>
<p> </p> <p style="text-align: right;">Anytime</p> <p style="text-align: center;">Dallas Arboretum</p> <p style="text-align: center;">Sue McCombs 214.515.6561 Smccombs@dallasarboretum.org</p> <p style="text-align: center;">www.dallasarboretum.org</p> <p style="text-align: right;">Sept. 17-Nov. 13</p> <p style="text-align: right;">Sept. 17</p> <p style="text-align: right;">Sept.17-Nov. 13</p> <p style="text-align: right;">Sept. 19-Nov. 11</p> <p style="text-align: right;">Sept.17-Nov.13</p>	<p>Dallas Arboretum: Open 362 days a year from 9am-5pm with numerous volunteer opportunities to be an Information Booth Concierge, Garden Guide, Tram Driver, Education Classroom Assistant, Garden Worker, Gift Shop Sales Associate or DeGolyer House Docent. Shifts are available 9am-1pm or 1pm-5pm, 7 days a week throughout the year. Minimum age: 15 for all events and activities</p> <p>Fall brings a new look, a new feel and a new opportunities - Autumn at the Arboretum (Sept. 17-Nov. 13) provides you with just that opportunity! In addition to ongoing needs volunteers are needed to assist with the following events & activities:</p> <p>Tour des Fleurs: This 10K/20K race encircles White Rock Lake allowing participants to enjoy the sounds of some of Dallas' best bands. Volunteers will assist as course monitors. Sat., Sept.17, 6am-11am</p> <p>Event Assistants: Provide help in various areas of the garden during Autumn at the Arboretum. Responsibilities may include taking photographs of volunteers in action (camera will be provided), assisting as gate guards in overflow parking or as crossing guards, providing assistance in the Gift Store or at the gift cart, updating Event Boards, distributing volunteer snacks and cleaning wagons. Saturdays and Sundays, Sept.17 – Nov.13,10am-1pm; 1pm-4pm</p> <p>Gift Cart: Assist Gift Cart Staff with the Tom Thumb Pumpkin Patch. Volunteers will interact with guests, help answer questions and label sold pumpkins. Mon. – Fri., 10am-1pm or 1pm-4pm Sept.19 – Nov.11</p> <p>DeGolyer House Room Host/Hostess: Share the beautifully renovated Historic DeGolyer House with guests as a room host or room hostess, greeting visitors as they enter each assigned room.</p>





<p style="text-align: center;">Dallas Arboretum (cont)</p> <p style="text-align: center;">Oct. 23 & Oct. 26</p> <p style="text-align: center;">Oct. 29 & Oct. 30</p>	<p>Sat., Sept.17-Sun., Nov.13, 9:30am-1:30pm or 12:30pm-4:30pm.</p> <p>Goblins in the Garden: Goblins in the Garden is a wonderful opportunity for members of the Arboretum to enjoy the autumn season. Children will experience a fun hay bale maze, the incredible life-size pumpkin house village and an unforgettable evening of trick-or-treating. Volunteers will assist with member check in, the servicing of dinner as well as pass out candy to trick-or-treaters. Sun., Oct. 23 and Wed., Oct. 26, 4:30pm-8pm</p> <p>Family Fun Weekend: Family Fun Weekend is a wonderful opportunity for families to enjoy the autumn season. Children will experience a fun hay bale maze, the incredible life-size pumpkin house village and an unforgettable afternoon of trick-or-treating. Volunteers will assist with passing out candy to trick-or-treaters. Sat., Oct. 29 & Oct. 30, 12pm-4pm.</p>
<p style="text-align: center;">  Weekends</p> <p style="text-align: center;">Dallas Children's Theater</p> <p style="text-align: center;">Wanda Roberson 214.978.0110x169 wanda.roberson@dct.org</p> <p style="text-align: center;">www.dct.org</p> <p style="text-align: center;">Dallas Children's Theater (cont.)</p> <p style="text-align: center;">http://www.my.calendars.net/dct</p> <p style="text-align: center;">www.dct.org/support us</p>	<p>Dallas Children's Theater. On weekends volunteer ushers are needed to distribute programs, direct patrons to their seats, help with concessions and clean up after the show. DCT performances are held at the Rosewood Center for Family Arts. Volunteer hours on weekends vary according to each show and season but are typically Fridays 6:30pm-9:30pm; and Saturdays & Sundays 12:30pm-3:30pm & 3:30pm-6:30pm. Remember all volunteer ushers get to watch the show for free!</p> <p>Dress Code for boys includes dark or black dress pants and a solid white collared shirt. Girls can wear any combination of black and white clothes, but please no thin straps, low cut tops, or shorts/skirts above the knee. Black DCT shirts are also available for \$15 in all adult sizes for anyone interested. Simply request one at the box office.</p> <p>Volunteer training: provided by a House Manager prior to each performance. This will ensure that volunteer training is show specific.</p> <p>Minimum age: 13 (parents who prefer to accompany their child are welcome but not guaranteed a show seat).</p> <p>For a schedule of DCT's 10-11 season please visit http://www.my.calendars.net/dct to view the new online usher calendar, pick an available date and time and contact Wanda Roberson (emails are preferred) to register and become a member of the volunteer database.</p>
<p style="text-align: center;">Anytime</p> <p style="text-align: center;">Dallas County Medical Reserve Corps (MRC)</p> <p style="text-align: center;">Jess Wade 214.819.1922 jess.wade@dallascounty.org</p> <p style="text-align: center;">www.medicalreservecorps.gov</p>	<p>Dallas County Medical Reserve Corps (MRC): Recruits and trains both medical and non-medical volunteers. The organization is housed within the Dallas County Health & Human Services, Public Health Preparedness Division. Volunteers are doctors, mental health professionals, social workers, counselors, translators, registered nurses, security, crowd control, logistics specialists, communications/IT professionals, HAM radio operators, volunteers from virtually all walks of life. Minimum age: 21. Background checks may be conducted.</p> <p>MRC volunteers provide 12 to 72 - hour surge capacity to the emergency systems already in place (such as hospitals and other EMS). In the event of a bio-terrorism attack, MRC volunteers are trained to set up and operate temporary Points of Dispensing (POD) clinics. These PODs are designed to efficiently distribute antibiotics or inoculate the general public on a mass scale. Volunteers also train to respond to other public health emergencies, mass casualty events or sheltering operations.</p> <p>Register as a volunteer at www.metroplexvolunteers.com. This is a</p>



<p>To register as a volunteer: www.metroplexvolunteers.com</p>	<p>secure, password protected site. Receipt of registration will be confirmed by email. Once approved, you will be notified and immediately begin receiving training opportunity information.</p>
<p>  Anytime</p> <p>Dallas Historical Society</p> <p>Susan Richards 214.239.8141x22 Susan@dallashistory.org www.dallashistory.org</p> <p>Sept. 30-Oct. 23</p>	<p>Dallas Historical Society: The Dallas Historical Society is seeking college students with interests in history, museum work, fashion, careers in not-for-profit organizations, and/or library science to perform low-stress, meaningful volunteer work. The applicant will get hands-on museum training, working with historic artifacts, from museum personnel. Established in 1922, the DHS now houses over a million archival materials and museum objects, including rare items from Spanish missions, Republic-era Texas, and modern history. The DHS also has an active education and membership program. Minimum age: 18</p> <p>Volunteers are needed for special programming, events, and exhibits throughout the year at the Hall of State in Fair Park. Training provided. Minimum age: 18 (13 when accompanied by parent / legal guardian).</p> <p>Volunteers are needed for the special 2011 State Fair exhibit at the Hall of State in Fair Park. Training provided. Minimum age: 18 (13 when accompanied by parent / legal guardian).</p>
<p>Anytime</p> <p>DeGolyer Library/SMU</p> <p>Russell Martin 214.768.3234 rlmartin@mail.smu.edu</p>	<p>DeGolyer Library/SMU: The DeGolyer Library at SMU is seeking cookbooks, including those from companies and community groups, for their early American cookbook collection. If you are wondering what to do with your grandmother's cookbook with her hand written recipes written on the fly leaf or even on ruled paper inserted into the book, contact Russell Martin. The DeGolyer Library will provide a home for the cookbooks and recipes where researchers, students on assignment and professors can access them. If you have books to donate or have leads to cookbooks, please call. Collecting cookbooks for the DeGolyer is a great inter-generational project. <i>Also seeking all congregational and community cookbooks, old and recent.</i></p>
<p>Anytime</p> <p>DFW Humane Society</p> <p>Sarah Kammerer 972.721.7788 sarah@dfwhumane.com www.dfwhumane.com</p>	<p>DFW Humane Society: Help care for the dogs and cats in the shelter located in Irving. Volunteers must attend a volunteer certification class before working in the shelter. It is held on the 2nd Saturday of the month. Sign up on the website and the Volunteer Coordinator will let you know about upcoming events and the certification class. Minimum age: 18 to work alone; no minimum age with parent/guardian since the adult is in control of the animal. Call for a "wish list" to do a food and/or supply drive. Minimum age: none</p>
<p>  Dress for Success Dallas</p> <p>Sandra Johnson 972.392.9770 Dallas@DressforSuccess.org www.DressforSuccess.org/Dallas</p>	<p>Dress for Success's mission is to promote the economic independence of disadvantaged women by providing professional attire, a network of support and the career development tools to help women thrive in work and in life.</p> <p>Image Consultants: Help clients choose appropriate business outfits for interviews and employment in the agency boutique. If you are available between 10am and 3pm Monday, Wednesday, Thursday or Friday or between 5pm and 9pm on Tuesday evenings, please contact us immediately. Position requires one 3-4 hour shift per month depending on volunteer's availability/schedule (establish initial schedule with the Store Manager or Director of Volunteer Programs).</p> <p>Professional Women's Group Volunteers (PWG): Volunteers assist with planning monthly PWG meetings and meeting</p>



<p>Dress for Success Dallas, (cont)</p>	<p>logistics (set-up, preparing materials, clean-up, calling members, etc). Also needed guest speakers who can offer experience in the areas of career and professional development, health/nutrition and financial literacy. Meetings are held on the 3rd Saturday.</p> <p>Fundraising Support Event Planning: Volunteers are needed to participate in planning and executing fundraising events for Dress for Success Dallas. There are two major annual fundraising events – Derby Luncheon in the Spring and Casino Night in the Fall – as well as several third party events throughout the year. If you like to socialize, this is the perfect way to get involved and meet lots of new people.</p> <p>Dress for Success Dallas Ambassadors: Ambassadors educate the public about the mission of Dress for Success Dallas, give information about the programs, galvanize support for the organization and to help attract additional volunteers, donors, and clients. Ambassadors serve as needed Minimum age: 18+ for all listings above</p>
<p> </p> <p>Sept. - Dec.</p> <p>Equest</p> <p>Ellie Wellford Grant 972.412.1099x211 egrant@equest.org Equest (cont.)</p> <p>www.equest.org</p> <p>Sept. 15-Dec.10</p> <p>Aug. 20 & 27</p> <p>Feb.-Apr.</p> <p>Amanda Whitmire 972.412.1099 x208</p>	<p>Equest: Humans-Horses-Hope. The Mission of Equest is to empower, enrich and educate through horses. Equest provides therapeutic horseback riding to children and adults with all types of disabilities and learning differences. You will help adults and children with disabilities and learning differences to ride horses, thus building core strength, balance, muscle control, confidence and self-esteem.</p> <p>Volunteers prepare the horses for class and follow the directions of the class instructor, which may involve leading the horse, side walking, and giving moral support. Arrive 45 minutes prior to class to assist with grooming and saddling horses. No experience necessary. Minimum age to assist in Program: 14. Assisting in the barn available: 12. Times available are Tuesday-Saturday, day and evening.</p> <p>The Equest Barn is located in Wylie. It is approximately 35-45 minutes from Plano, downtown Dallas, and the Park Cities. Training and application including liability release, emergency medical consent, photo release, consent for a criminal background check, and confidentiality and social media agreements are required from every volunteer. Program Volunteers are also asked to complete a class selection registration form. Training flyer, application, handbook, direction and forms are available online at www.equest.org. Please look on the main Volunteer page and also the drop down menu from that page under Application for your forms and current session registration.</p> <p>Fall Session runs Thursday, September 15th through Saturday, December 10th. A minimum commitment of 2 hours a week at the same day and time for 10 weeks is ideal but placement can be flexible if needed.</p> <p>Fall 2011 Trainings: Saturdays, August 20 and 27, 8:30am-2:30pm and by appointment after August.</p> <p>Spring 2012 Session: February-April</p> <p>No training required to volunteer in the barn or office - just complete an application and let them know when you are coming.</p> <p>Office Help: Please contact Amanda Whitmire. Daily help needed: greet guests and visitors, answer phones, data entry, file, inventory, prepare for special events, and various other office projects.</p>







<p style="text-align: center;">Equest (cont) awhitmire@equest.org</p> <p style="text-align: center;">Brad Causey 972.412.1099x216 bcausey@equest.org</p> <p style="text-align: center;">Carol Chamberlin 972.412.1099x216 cchamberlin@equest.org</p>	<p>Self-scheduled Barn Helpers: Help with barn chores - mucking, feeding, watering, sweeping, cleaning and general maintenance. Training or class registration form not needed, but must complete the other forms. Volunteering in the barn may be self scheduled in the mornings between 7:00am and 3:00pm. Most helpful if you arrive no later than 9:00am. Barn helpers must be at least 12 years of age and, if under 14, accompanied by an adult until confirmed in the Junior Program. Barn helper volunteer positions available daily year round. Report to: Monday- Friday: Brad Causey. Saturday/Sunday: Carol Chamberlin. Please call or email to let them know you are coming.</p>
<p style="text-align: center;">Anytime</p> <p style="text-align: center;">Family Ambassador Volunteer Program</p> <p style="text-align: center;">Karen Turner 972.574.1492 katurner@dfwairport.com</p> <p style="text-align: center;">www.dfwairport.com</p> <p style="text-align: center;">Anthony D. Wooten 972.574.1495 awooten@dfwairport.com</p>	<p>Family Ambassador Volunteer Program: Young people (14+) along with their parent/s or grandparents, can be Airport Ambassadors at DFW. Families work together to welcome passengers and assist travelers, meet flights, give directions, assist with special needs and provide tourism information. Flexible hours. Ambassadors work a minimum of 4 hours, once a week. Shifts available seven days a week during the day and evening. Training, a uniform and free parking is provided while the volunteer is performing the service. Interested families should call or log on to the Airport's website and click on Ambassador volunteers! Minimum age: 14 with 1 or both parents/grandparents</p> <p>Adults can volunteer for the DFW Airport Ambassador Program. The Airport is looking for new volunteers for the fabulous international Terminal D as well as locations throughout the airport. They will answer questions, give directions and assist customers as they move through the airport. Minimum age: 17</p> <p>Please call for exact dates for the next orientation and training sessions. They are particularly looking for volunteers 16 and over who wish to help travelers in the terminals.</p> <p>The DFW Navigator Program is for young people between 14 and 18 years of age. They volunteer to work two 4-hour shifts a month for six months or two semesters. The Navigators work on board the Airport's internal train system (SkyLink) and on the train platforms helping the traveling public find their way around the Airport aboard the train system. They direct customers to Airport restaurants, shops and services and escort travelers needing special assistance on Skylink. All hours that the volunteers work are recorded and can be used for Community service hours needed to meet school graduation requirements. Please contact Anthony Wooten for this program. Minimum age: 14</p>
<p> Family Gateway</p> <p style="text-align: center;">Shama Shams 214-823-4500 ex. 106 sshams@familygateway.org</p> <p style="text-align: center;">www.familygateway.org</p>	<p>Weekends: Volunteers can organize activities for children at either the Gateway Center (711 S. St. Paul, Dallas) or the Gateway Apartments (4712 Gaston Ave., Dallas) on weekends (10am-noon or 2pm-4pm). Volunteers bring their own supplies for the activities and should plan on a minimum of 2 hours. Call to schedule the event and to get a count of the children at the facility. Minimum age: All ages, children must be supervised (at least 2 adults for 10 children).</p> <p>Tuesdays: 2-3 adult volunteers are needed for Room Make-ready at the Gateway Center. The volunteers bring supplies: twin sheet set, pillows, towels, toiletries per room. The time commitment will vary. Call to schedule and to find out the make-up of the family moving in.</p>



<p align="center">Family Gateway (cont)</p>	<p>Minimum age: adults</p> <p>Weekdays and/or Weekends: Apartment Make-ready at the Gateway Apartments. Groups provide used furniture, bedding, house wares, etc. This activity requires a minimum of 4-5 adult volunteers for 4-5 hours. Please contact Ms. Shams for the makeup of the family and tour of the apartment prior to the make-ready. Minimum age: adults only.</p>
<p align="center">Anytime</p> <p align="center">Frisco Family Services Center</p> <p align="center">Ligia Zimmerman 972-335-9495 volunteer@friscocenter.org</p> <p align="center">www.friscocenter.or</p>	<p>Frisco Family Services Center: The only non-profit organization helping those in need in Frisco and the Frisco ISD. Help at the agency office, food pantry and the Re-Sale Store on a regular or periodic basis and/or assist with special events. Minimum age: 16; 10-15 with required adult supervision.</p> <p>Volunteer Orientation is the first step to volunteering. All volunteers should download the orientation schedule from the website, and RSVP via email for the class you choose to attend.</p> <p>Volunteers are critical to the success of Frisco Family Services Center. The agency offers a wide variety of opportunities and invaluable experiences for volunteers. Groups and individuals are welcomed. As a volunteer for Frisco Family Services Center you can choose how often, and in what capacity you would like to work with the agency.</p> <p>Current Volunteer Opportunities: Resale Store, Food Pantry, agency office, and special programs (Back To School Program, takes place in August, Thanksgiving Program in November & Holiday Program in December).</p> <p>The minimum age to volunteer is 11 years old; volunteers 11-15 years old, adult supervision required. Volunteers 16 and older may volunteer on their own.</p>
<p align="center"> </p> <p align="center">Ongoing</p> <p align="center">Gardening in Schools</p> <p align="center">Kiki Yardeni 512.300.5589 kikiraquel@hotmail.com</p>	<p>Gardening in Schools: Dallas ISD schools are looking for volunteers to help plant gardens. Beautify DISD campuses. Work with elementary school age kids.</p> <p>Volunteers must be able to work outdoors. Equipment is provided. Help maintain gardens on an ongoing basis during Spring and Summer months or come out for one time opportunities for Fall harvesting or Spring planting. Donations are welcomed (seeds, soil, plants, gardening supplies). Minimum age: 18</p> <p>Complete a volunteer form at: https://www.dallasisd.org/partners/volreg_form.cfm. A criminal background check must also be done.</p> <p>Contact Kiki Yardeni for updated info on volunteer dates.</p>
<p align="center">Anytime</p> <p align="center">Genesis Women's Shelter</p> <p align="center">Murphey Sears 214.389.7701 msears@genesishshelter.org</p> <p align="center">www.genesishshelter.org</p>	<p>Court Partnership: Volunteers monitor the proceedings in Dallas County Criminal Courts, most specifically Family Violence Courts. Training and shadowing opportunities for those 18 and above are held on a bi-monthly basis. Volunteers are self scheduled, but must be available to volunteer during business hours, Monday - Friday. Application, one hour training and court orientation required.</p> <p>Hotline Assistant: Answer hotline calls at the shelter and assist staff with light office duties. This opportunity is available 24 hours a day, 7 days a week. Training is held four times each year. Application and orientation required. Minimum volunteer age: 18. Application, one-</p>


<p>Genesis Women's Shelter (cont)</p>	<p>hour orientation and five hours of training required.</p> <p>Genesis Benefit Store Resale Assistant: Receive, sort, tag and merchandise the gently used items donated seven days a week. Great opportunity for individuals as well as for groups of up to 10. Hours of operation: Monday - Friday 10:00am - 5:30pm, Saturday 10:00am. - 5:00pm, Sunday 1:00pm - 5:00pm. The Benefit Store is located at 3419 Knight Street. Minimum volunteer age: 15. Application required.</p> <p>Special Events: Please contact Murphey to be kept informed of all special events volunteer needs. From addressing invitations, putting together gift bags or helping day-of, they have plenty for all ages!</p>
<p>Ongoing</p> <p>Girls Inc. of Metropolitan Dallas</p> <p>Leanne Hall 214-654-4506 Lhall@girlsincdallas.org</p> <p>www.girlsincdallas.org</p>	<p>The mission of Girls Inc. is to inspire all girls to be strong, smart and bold. Volunteers are needed Monday-Friday from 3:30pm-6:30pm. Volunteers can choose one of the four different campuses in Dallas.</p> <p>The following opportunities are available:</p> <p>Tutors/Homework Assistance: Give support by providing homework assistance to girls ages 6-12, individually and in groups.</p> <p>Activity Assistant: Share your interests with a small group of girls, i.e. sports, photography, arts & crafts, music and more!</p> <p>Fitness Instructor: Encourage girls to get physically fit by sharing your skills in aerobics, yoga, kickboxing, or other activities.</p> <p>Self Defense Instructor: Share your expertise on self defense tactics.</p> <p>Minimum age: 14, Under 16 accompanied by an adult. A criminal background check is required.</p>
<p> </p> <p>June-December</p> <p>Gleaning Network of Texas</p> <p>Susie Marshall 972.814.0928 Susie@gleantexas.org</p> <p>www.gleantexas.org</p> <p>Oct. 23</p> <p>Ongoing</p>	<p>Gleaning Network of Texas: A non-profit, grassroots organization whose goal is to use our state's existing surplus fresh produce resources to help alleviate hunger and improve nutrition for "food insecure" Texans. The Network brings together growers, volunteers and service agencies to provide food for the hungry from fruits and vegetables left in the field after the harvest and other unutilized supplies. All gleaned food will be donated to agencies and organizations with food assistance programs. Email Susie to schedule a date.</p> <p>Following is a schedule of possible gleaning dates: September: Sweet potatoes (late Sept) Sweet Potato Round-Up – Oct. 23rd Nov. and Dec. - will vary with crops that might be available Other gleaning opportunities may arise, but will be sporadic based on what growers have available. Check the website or call for dates.</p> <p>In addition, there will be ongoing opportunities in Dallas at the Lake Highlands Community Garden, the Roseland Garden and the Paul Quinn Farm at Paul Quinn College for planting, tending and harvesting. All opportunities depend on the weather, the crop, and the grower; plans can change based on these factors. (If they have scheduled an event they will find some type of service for your group if gleaning is, for some reason, not available.)</p> <p><i>Please think of the Food Pantry at Jewish Family Service and call Janine Pulman at JFS (972-437-9950) to arrange delivery of produce after your group gleans. Thank you!</i></p>
<p> </p> <p>Anytime</p> <p>Golden Acres /Byer Activity Center</p>	<p>Golden Acres: Adopt-A-Grandparent Program, Friendly Visitor, Bingo Assistants (M-W 1:30 - 2:30pm), mail delivery to residents, water plants and administrative duties. Assist residents with arts and crafts, computers, horticulture club, games and discussion groups.</p>


<p>Golden Acres (cont) Wendy Cantrell 214.327.4503 x160 WCantrell@ensigngroup.net</p> <p>Annie DiGiovanni 214.328.4341 ADiGiovanni@ensigngroup.net</p>	<p>There are also Shabbat related programs on Saturdays. Volunteers are needed in the Country Store (daily, 9am - 4pm) to work cash register, sell snacks and coffee. Contact Wendy for all listed activities.</p> <p>The Byer Center opportunities: Leaders and facilitators for discussion groups (current events, spelling bees, trivia quizzes); assist individual residents and tutor on the computer and internet; answer phone at reception desk for either 2 ½ or 5-hour time periods; assist in preparation, serve refreshments, clean-up; prepare and plant flowers in various outside planters; friendly visiting. If you have special skills, they will design a program around that skill. Minimum age (for both areas): 13, younger if accompanied by parent. Contact Annie</p>
<p>Anytime</p> <p>Grace Hospice</p> <p>Marilyn Massis 972.424.3454 mmassis@gracehospice.org</p> <p>www.gracehospice.org</p>	<p>Grace Hospice: Give the gift of your time to enhance the quality of care delivered to the terminally ill patients and their families. Volunteers are needed for patient companionship, caregiver relief and running errands. Training (approx. 8 hrs.) required and provided at no cost Minimum age: 18, 16 with parent (both must attend training)</p> <p>Office opportunities: assist with clerical tasks, phones, errands, etc. Training provided. Minimum age: 14</p>
<p>  Heart House Dallas</p> <p>Lucie Bazin 214.750.7637 lbazin@hearthousedallas.org</p> <p>www.hearthousedallas.org</p> <p>School year</p> <p>Anytime</p>	<p>Heart House Dallas: A free after school program dedicated to providing a safe haven and academic support to children of low-income families and encouraging them to become good citizens. Volunteers choose from Heart House's 5 locations. Four locations are in the Vickery Meadow neighborhood of Dallas (Park Lane and 75) and one location is near Harry Hines.</p> <p>There is a great need for caring teens (16 +) and adults to volunteer once a week (Mon.-Fri., 3:30pm-6:00pm) as Clubhouse Mentors/Tutors. Lead small groups of children in grade K-8 in program activities that are both fun and educational. Program leaders are on site to lead, facilitate and guide your work with the children. All prep work for program is done by program leaders in advance of program time. One-hour volunteer orientation and submission of a background check required prior to working with the children. Commitment of at least one full hour on the day of volunteering. Please call or visit the web site for upcoming orientations. Minimum age: 16</p> <p>Help with database entry, children's programming, fundraising, IT/Web Design and supply drives. If there is something specific you are hoping to contribute, pitch an idea!</p>
<p>Anytime</p> <p>Hope's Door</p> <p>Melissa Hannon 972.422.2911 x 302 Melissa.hannon@hopesdoorinc.org</p> <p>www.hopesdoorinc.org</p>	<p>Hope's Door: Located in Plano, provides services to individuals and families impacted by domestic violence.</p> <p>Organize a drive and collect items from an "urgent needs list" (household cleaning supplies, shower curtain insert (heavy duty vinyl), decorative shower curtains, dish towels, sponges, bath towels and wash cloths, toilet seats, used cell phones, heavy duty vinyl mattress covers and pillow protectors, gift cards from Target or Wal-Mart (used to purchase work uniforms and hard to fit sizes for clients) twin bedding, non-perishable food (15 oz sizes - corn, carrots, peas, asparagus, green beans, tomato products, spaghetti sauce - preferably case of a single item not a variety pack) for distribution to agency clients. Call for the list, information and instructions. Minimum age: None.</p>

<p>Hope's Door (cont)</p>	<p>Assist shelter staff, maintain shelter facility (yard service, minor repairs, short distance pickup and delivery- trucks required), answer the crisis hotline, provide childcare, sort donations, adopt a room (maintain rooms at shelter) etc. Outreach program needs childcare, organize incoming donations at administrative office (perfect for a small group), provide administrative support to staff, assist with special events and fundraisers, shelter maintenance. Minimum age: 18+</p> <p>Help sort/hang donations or help customers at Crissa's Closet (resale store) located at the SW corner of Custer and Parker in Plano. Minimum commitment at least 6 months. Volunteer training mandatory before being placed.</p> <p>Please call for a volunteer application for all of the above.</p>
<p>  Juliette Fowler Homes</p> <p>Cindy Wabner 214.515.1344 cindyw@fowlerhomes.org</p> <p>www.fowlerhomes.org</p>	<p>Juliette Fowler Homes: (located in the Lakewood area of East Dallas) Since 1892 has been providing residential facilities, care, and support for the benefit of needy children, youth, and elderly persons who may seek its protection and aid, administering to their physical, moral, intellectual and spiritual needs, without regard to the ability of such persons to pay. Minimum age: 15 unaccompanied, none with adult supervision.</p> <p>Bake cakes for the monthly group assisted living birthday party: On the second Wednesday of each month three cakes of any kind plus two angel food cakes are needed from multiple bakers (suggested one cake per person). Contact Cindy if you plan to bake and for instructions on delivery.</p> <p>Bingo caller: Call bingo for elderly residents. Following is the schedule: Saturdays, 1:30pm-3:30pm First and third Saturdays, 2pm-4pm Tuesdays, 1:45pm-3pm</p> <p>Thursday morning outings: Volunteers push wheelchair bound residents on outings such as the Arboretum and WalMart, Thursdays, 9am-noon.</p> <p>Wii games: Host Wii games, Tuesdays, 2:00pm.</p> <p>Popping Popcorn: Volunteer (3 or 4 needed) to pop and pass out pop corn in one of the facilities on Thursdays, 2pm.</p> <p>Book Mobile: Volunteer to partner with another volunteer presently managing the book mobile at the Pearl Nordan Care Center. This is a great way to interact with residents. Time required: 1-2 hours each week, dates set around volunteers' schedules.</p> <p>Gardeners: Volunteer to support classes taught by a Dallas County Master Gardener for residents. In addition, when the weather permits assist residents to garden in raised therapeutic beds.</p> <p>Sunday services: Assist by pushing wheelchair bound residents to and from chapel, Sundays, 2:30pm-4:30pm. Additionally, you may choose to assist with serving communion to room-bound residents.</p> <p>Manicures/nail painting/hand massages: Assist with nail painting and hand massages for the residents. Flexible, will accommodate your schedule.</p> <p>Reading to room-bound residents.</p>







<p>Juliette Fowler Homes (cont)</p>	<p>Patio walks: Escort wheelchair residents.</p> <p>Office assistance—Assist Cindy Wabner. Office hours: Monday to Thursday, 9am- 5pm. Some work can be done from your home computer. Email or call Cindy for more information.</p>
<p>Anytime</p> <p>KERA</p> <p>Barbara Wharton 214.740.9242 bwharton@kera.org</p> <p>www.kera.org</p>	<p>KERA: During public radio and television pledge drives, volunteers answer phones and assist with other needed tasks.</p> <p>Check website - Volunteer section - for times and availability. The schedule is typically posted approximately two weeks before the drive. Shifts vary. Call early to volunteer for a shift. Individuals and/or groups take pledges at the television and radio station's location at 3000 Harry Hines Blvd.</p> <p>Volunteers are also needed to mail member letters and on an as need basis, some office filing. Minimum age: 16</p>
<p> </p> <p>Launchability</p> <p>Laura Redman 972-991-6777 x7117 laurar@launchability.org</p> <p>www.launchability.org</p>	<p>Launchability: helps children and adults with developmental disabilities achieve their maximum potential and lead fulfilling lives within the community.</p> <p>Clerical/File Clerk Assistant needed in the ECI (Early Childhood Intervention) Department to assist office personnel with creating new client files, organizing closed files and filing closed files in storage. Assist file clerk with filing documents in active client files. Computer skills a plus. 4 hours per week desired during office hours (M-F, 8am-4pm and/or 9 am-3pm Sat.). Located in Dallas on Sigma Rd. Minimum age: 16</p>
<p> </p> <p>Anytime</p> <p>The Leukemia & Lymphoma Society</p> <p>Jane Beeson 972.996.5906 Jane.Beeson@lls.org</p> <p>www.lls.org/ntxok</p> <p>Sept.</p> <p>Oct.22 Oct. 23 Oct. 30</p> <p>Nov. 12</p>	<p>The Leukemia & Lymphoma Society: Please visit the website to sign up for any of the following opportunities:</p> <p>In-House Volunteering - North Texas Chapter Office-Dallas volunteers are needed to come into the office and help with various mailings, phone calls, PC tasks, and loading and unloading. Anytime Mon. - Fri., 9am to 5pm. Groups and families volunteering together are great! Minimum age: 18, 15-17 supervised. Some opportunities may not be placed on the website until closer to the event.</p> <p>Looking for a volunteer to come into the office one day a week to assist the Patient Services department entering data, filing etc.</p> <p>Volunteers needed for the following upcoming events:</p> <p>Light the Night Events: Volunteers needed starting in Sept. to help assemble lighted balloons for the walks in October. Groups welcome.</p> <p>Volunteers help at the Light the Night Walk sites: Plano-October 22; Fort Worth-October 23; Dallas-October 30. Volunteer duties: set-up, break down, and other general assistance tasks.</p> <p>Pineapple Classic - 5K team run with obstacles. Volunteer to set-up, clean-up, and man the course stations.</p>
<p> </p> <p>Anytime</p> <p>MADD (Mothers Against Drunk Driving)</p> <p>Linda Freer Linda.freer@madd.org 817.810.9300</p>	<p>MADD (Mothers Against Drunk Driving): <i>YOUTH IN ACTION</i> for youth groups is MADD's project involving law enforcement and youth to reduce alcohol available to minors. There are meetings, activities and opportunities to assist in "minor alcohol stings." Minimum age: 14-19</p> <p>Administrative help is always needed: data input, filing, copying. Available in Dallas, Fort Worth and Collin County offices on a continual or occasional basis. Minimum age: 18</p> <p>Graphic artist/Computer graphics person needed to design posters,</p>



<p style="text-align: center;">MADD (cont.) www.madd-metroplex.org</p> <p style="text-align: center;">1st & 3rd Weds. Monthly</p>	<p>brochures, mailings. Minimum age: 16 Booth Volunteer: Distribute informational literature, bumper stickers and other pertinent materials at community events, fairs and conventions. Weekdays and/or weekends. Minimum age: 16 Court Advocacy: Case watchers have the fascinating opportunity to observe DUI cases as they proceed through the courtroom. Prospective volunteers should have an interest in the legal system and have the ability to keep accurate records. Weekday availability is necessary. Minimum age:18</p> <p>Hispanic Outreach: Bilingual volunteers are needed to develop educational programs relevant to the Hispanic community, translate materials from English to Spanish and public speaking. Minimum age: 18</p> <p>Mature and self-reliant teens needed! Registration takers at Victim Impact Panels and Teen VIP's: the panels are on the first Wednesday (English version), the third Wednesday (Spanish version) of each month - 7pm to 9pm at the Frank Crowley Courts Building in Dallas. The panel is composed of 3-4 victims of drunk-driving crashes who speak to offenders sentenced to attend about the impact of the crash on their lives. Bilingual volunteers are helpful! One-time or ongoing opportunity. Proper ID required. Minimum age: 17</p>
<p style="text-align: center;">Ongoing</p> <p style="text-align: center;">Manchester Place</p> <p style="text-align: center;">Jacquie Goldstein 214.679.2008 jacquiegold@sbcglobal.net</p> <p style="text-align: center;">www.manchesterplacecarehomes.com</p>	<p>Manchester Place: Great volunteer opportunities for families and Bnai Mitzvah and/or scout projects at 2 residential assisted living facilities (7109 Spring Valley, Dallas 75240 or 10754 St. Michael, Dallas, 75230). Volunteers can assist with crafts, computer help for residents, bingo, music, games, conversation and more. Flexible hours and adaptable for all ages.</p>
<p style="text-align: center;">Anytime</p> <p style="text-align: center;">Metro Dallas Homeless Alliance- The Bridge</p> <p style="text-align: center;">Christine Cruz 214.670.1127 ccruz@mdhadallas.org</p> <p style="text-align: center;">www.mdhadallas.org</p>	<p>The Bridge: The vision of Dallas's largest homeless shelter, operated by the Metro Dallas Homeless Alliance, is that people live in appropriate housing. While they provide shelter and meals, they also provide Care Management, primary and behavioral healthcare, legal aid, and job assistance. All these aim to transform the individual.</p> <p>Direct Service and Specialty Volunteers are greatly needed. Please visit: http://www.mdhadallas.org/volunteer_opportunities.aspx for a complete list of opportunities. Minimum age: 18 years of age and over.</p>
<p style="text-align: center;"> </p> <p style="text-align: center;">Anytime</p> <p style="text-align: center;">Mosaic</p> <p style="text-align: center;">Sarah Boyea 972.866.9989 x322 Sarah.Boyea@mosaicinfo.org</p>	<p>Mosaic: Helps children and adults (with mental retardation and/or developmental disabilities) reach their full potential and live as independently as possible.</p> <p>Daytime assistance in the Vocational Training Center located at 2245 Midway Road in Carrollton. Assist with job training, arts and crafts, exercise classes, going out in the community. This opportunity is available Mon – Fri from 9am – 3pm (any 2 hour or more time-frame)</p> <p>Carrollton and Richardson facility needs volunteers to teach arts and crafts, exercise, gardening and other hobbies to the men and women who reside in Mosaic homes. This opportunity is available weekdays from 4pm – 7:30pm and weekends from 10am – 6pm.</p> <p>Landscaping assistance at group homes in Carrollton and Richardson – Mosaic is looking for someone to mow the lawn at 1 or more homes.</p>

<p>Muscular Dystrophy Association (cont)</p> <p>Sept. 15, 22 Oct. 20, 27 Nov. 9, 16</p>	<p>money to get out of jail in order to raise funds to send a child to camp. Adult volunteers are needed to: stuff pledges, welcome “jailbirds”, assist with photos, set up the event and pack it up at the end of the event. The Lock-Ups are scheduled as follows: September 15th - Irving Lock-Up. September 22nd - Garland Lock-Up. October 20th - Best Southwest Lock-Up October 27th - Plano, Frisco Lock-Up November 9th - Richardson Lock-Up November 16th - Carrollton/Farmers Branch Lock-Up:</p>
<p> Ongoing</p> <p>Museum of Nature & Science</p> <p>Fyve Hilton 214.428.5555 x 1342 or 972.201.0552 fhilton@natureandscience.org</p> <p>www.natureandscience.org</p>	<p>Museum of Nature & Science: Volunteers are welcomed in various departments depending on the volunteer’s availability, desire and expertise. Volunteers might demonstrate scientific experiments, assist with Special Events, interact with children in the Children’s Museum, help in the IMAX, or work with Exhibits or Paleontology personnel. Minimum Age: 14. Must be 18 to volunteer in the Paleontology or Exhibits departments. Application and Orientation required.</p> <p>Opportunities: Office Assistant: Aid the office staff by performing basic office tasks including filing, data entry, copying, mailing, folding papers, mail, and other tasks as assigned.</p> <p>Gallery Presenter: Interact with Museum visitors to explain the scientific principles demonstrated in current exhibits, answer questions, offer directions and provide other general information. May also participate or lead special exhibit activities, present tours, science demonstrations, and hands-on activities. Ensure that visitors follow Museum guidelines.</p> <p>Exhibit Maintenance Volunteer: Must be at least 18 years of age Assume responsibility for one or more exhibits and ensure they are in top condition, assist with maintaining and/or repairing exhibits, make recommendations on additional service exhibits may require.</p> <p>Special Events Volunteer: Assist with setup and clean up, welcome guests attending event, be knowledgeable about the exhibits. Some evening or weekend hours. Must be over 21 to assist when alcohol is being served.</p> <p>Paleo-Lab Specialist: Must be at least 18. <i>Patience required!</i> Knowledge of paleontology is helpful but not required. Must be able to work in dusty environment with the ability to work with certain chemicals. Ability to follow the direction of the paleontologist. Training is provided. Hours are flexible when space is available Monday-Friday 10am to 3pm.</p> <p>IMAX Control Booth Operator: Take tickets and seat groups and individuals. Control the house lights and floor lights during the film. Watch the film and “click” to remove dust from the film surface.</p>

<p style="text-align: right;">Anytime</p> <p style="text-align: center;">North Texas Food Bank</p> <p style="text-align: center;">Rebecca Finberg volunteer@ntfb.org</p> <p style="text-align: center;">http://www.ntfb.org/volunteer</p> <p>Find them on Facebook: North Texas Food Bank Follow them on Twitter: ntfb Read their blog: http: thefork.ntfb.org</p>	<p>North Texas Food Bank: Sort and pack food to be distributed to food service programs. The North Texas Food Bank warehouse is open for volunteers Monday – Friday from 9am to noon and 1pm to 3:30pm. Reservations required. Please visit ntfb.org/volunteer to learn about all volunteer opportunities and to fill out the required volunteer inquiry form. All inquiries will be answered in the order of being received. It is recommended that you make inquiries at least one week in advance.</p> <p>Warehouse Experience: Volunteers sort and pack donated and purchased food into boxes for specific feeding programs. Wear closed-toe shoes and comfortable clothing. Volunteers under the age of 10 cannot be accommodated because of safety concerns. Volunteers 10 to 15 years of age must be accompanied by an adult. Great group or family opportunity. Groups of minors must be accompanied by adults at a ratio of one adult per 5-7 minors. Minimum age: 10-15 accompanied, 16 + unaccompanied.</p> <p>Food for Families is a cooperative effort between the North Texas Food Bank and more than 25 member agencies that supplies supplemental food to families. Site coordinators or site volunteers require a monthly commitment to the program at a specific location mainly on Friday mornings.</p> <p>Cooking Matters: Help provide educational instruction on proper nutrition and health to Agency clients. Serve as a volunteer chef, nutritionist, classroom shopper, or classroom assistant, one day a week for 6 weeks.</p> <p>Special Events and Administrative: Volunteers are recruited from interested volunteers on an as-needed basis.</p> <p>Application Assistance Corp: Volunteers will assist in providing SNAP, Medication and TANF application assistance at events and agencies within the community.</p> <p>Be sure to mention Jewish Family Service as your referral agency. Volunteer time = cash credit for JFS!</p>
<p style="text-align: right;">Anytime</p> <p style="text-align: center;">Parkland Hospital (Dallas County’s public hospital)</p> <p style="text-align: center;">Ann Foster 214.590.8827 ann.foster@phhs.org</p>	<p>Parkland Hospital (Dallas County’s public hospital): Collect New Infant Items for babies in Parkland’s Nurseries. Over 14,000 babies are delivered each year at Parkland. Many are born into families that fall well below federal poverty guidelines.</p> <p>“Hygiene Kits” for Parkland’s homeless and indigent patients-gather an assortment of sample size toiletry items, such as toothbrush, toothpaste, soap, shampoo, deodorant, lotion, (no razors) and put in zipper bag. Minimum age: none</p> <p>Adult Volunteers needed in the hospital and in Parkland’s community clinics. Phone the Volunteer Information Line for up-to-date information regarding upcoming orientations.</p>
<p> Anytime</p> <p style="text-align: center;">PediPlace</p> <p style="text-align: center;">Jami Hunt 469.322.3678 jami.hunt@pediplace</p>	<p>PediPlace provides quality primary pediatric healthcare to uninsured and Medicaid / CHIP eligible children throughout North Texas. Full-time, part-time and occasional volunteers are needed. Contact them to see how you can best help. Minimum age for in-office activities is 16.</p> <p>Patient Services Volunteer: Assists office staff to make patient reminder phone calls, verify Medicaid and CHIP eligibility, track immunizations, and other important office functions. Volunteers are</p>

<p>PediPlace (cont) www.pediplace.org</p>	<p>needed during business hours for scheduled assignments based on your interest and schedule. Minimum age: 16</p> <p>Electronic Health Records Preparation: Help PediPlace transform operations as they convert to electronic health records. Volunteers are needed to prepare and scan medical chart information to the new system. Minimum age: 16</p> <p>Reach Out and Read: PediPlace participates in the national Reach Out and Read program promoting literacy among the youngest patients. Your contribution of new books for children ages 5 months – 5 years allows them to provide each child a new book at each well-child exam. Volunteers are also needed to read to patients in the waiting room. Minimum age: 16</p> <p>Stay Warm – Stay Healthy: Many PediPlace patients do not have proper coats, hats, and gloves to stay warm during the winter months. Organizing a collection drive or simply donating new winter items for patients will help keep kids warm, comfortable, and healthy throughout the fall and winter. Minimum age: none</p> <p>Donate In-kind Office and Medical Supplies: Healthcare for kids is vitally important but accessing care for uninsured families can be difficult. If you are one person or a large group, connect with PediPlace to provide needed office and medical supplies. Contributions reduce costs and help you or your group to learn a little about the health care crisis in the United States. Minimum age: none</p> <p>Gift Bags for Parents of New Born Children Education: As part of PediPlace’s effort to enhance the health of children, parents of new born children attend an education class at the child’s two week check-up. Gift bags that include items used in instruction that will help provide proper care are provided. Volunteers can both provide the items for each bag and/or assemble them. Up to 300 bags are needed annually. Great opportunity for families, children, and groups to organize a collection. Contact Jami for a list of items needed. Minimum age: none</p> <p>Gifts of Health – Volunteer Medical Professionals Needed: Pediatricians, Nurse Practitioners, Nurses, and trained Medical Assistants are always needed at PediPlace to supplement their ability to maximize quality care.</p>
<p>Anytime</p> <p>Plano Children’s Medical Clinic</p> <p>Janet Davis 214.440.5075 janetsark@aol.com</p>	<p>Plano Children’s Medical Clinic: Provides medical care for children in Collin County who have no medical insurance or are on Medicaid.</p> <p>Organize a collection of items needed for the children at the clinic: Pedialyte, Children’s Tylenol or Motrin, over the counter cold and allergy medications, saline nose spray, digital Thermometers, toiletry items, bottles, sippy cups, formula, children’s underwear, socks and new clothing items. Great Bar/Bat Mitzvah, scout troop or school project.</p> <p>Collect, assemble and deliver any of the following to the clinic: New Baby Bag: A bag to give to new parents which would include baby shampoo, lotion, baby wash, baby oil, baby wipes, bib, newborn outfit, onesie or baby gown, bottle, pacifier, and small baby toy (such as a rattle, or soft toy).</p> <p>Snack Bag: Paper Lunch bag filled with small can of fruit cocktail, cereal bar, small juice box, dried fruit, cheese crackers (nothing with peanuts please). The bags are given to kids who might not have a meal</p>

<p>Plano Children's Medical Clinic (cont)</p>	<p>during the day.</p> <p>Birthday Bag: A birthday bag is given to children who come to the clinic that are celebrating a birthday. In the bag is: aluminum disposable cake pan, cake mix, cake frosting, candles, birthday plates, napkins, Koolaid or Crystal Light, small birthday gift (toy car, Barbie, book or game). Place all of the goodies in a birthday gift bag.</p>
<p> </p> <p>Anytime</p> <p>Project Linus</p> <p>Theresa S. Costin 214.383.9140 tcostin@sbcglobal.net</p> <p>www.PLdallas.org</p>	<p>Project Linus: The Collin/Dallas/Denton/Grayson/Rockwall Counties Chapter of Project Linus (a national organization) collect and donate blankets to children in need in the area through hospitals, shelters, and to children of fallen soldiers in the area.</p> <p>Groups or individuals... make blankets for this project. The only requirement is that each Project Linus blanket be new, handmade, and be free of smoke smells, pet hair, and/or pet dander due to potential allergic reactions. The blanket can be crocheted, knitted, quilted or sewn. No-sew tied fleece blankets are an easy alternative for people who don't know how to crochet or sew. See their website (www.PLDallas.org) for easy instructions. Blankets of all sizes are needed – suggested sizes are: small/infant – 36"x36"; medium/toddler thru pre-teen - 45"x60"; large/teens – 63"x87".</p> <p>Finished blankets can be dropped off at designated locations (Check website for a location near you!). Minimum age: none</p> <p>Other volunteer opportunities: publicity, organization, fundraising. Also in need of supplies. Consult the website for their wish list and consider doing a collection. They are also looking for the donation of a "clubhouse" meeting location – contact Theresa Costin.</p> <p>Project Linus has monthly meetings evenings (2nd Tues.) and afternoons (4th Tues.). Check the website under Events for dates and locations. Make and label blankets, share ideas, promote the mission, and share experiences. They have many weekend "blanket days" listed on the calendar of events on their website and hope you can join them soon!</p>
<p> </p> <p>Reading & Radio Resource</p> <p>Jane Mullins 214-871-7668 jane@readingresource.org</p> <p>www.readingresource.org</p>	<p>Reading & Radio Resource, a non-profit agency serving children and adults who cannot read because of vision or physical impairments, learning differences or for students who are learning English as a second language. A small staff of 6 and over 250 active adult volunteers produces all the services for both NTRB (a radio reading service providing radio programming 24/7/365) and Recorded Books (provided to children and adults from a catalogue of over 3900 titles). Volunteers must audition to be considered for NTRB on-air talent, audio books readers, or audio describers (a service provided to clients with little or no vision and a companion so that they may enjoy live theatre events).</p> <p>Non-reading volunteer positions are also available. Volunteers must be able to commit to completion of a project which requires weekly visits over the course of several months. Orientations are held weekly and can be scheduled by calling or e-mailing Jane Mullins. Minimum age: 18</p> <p>Please check the website for more information</p>
<p> </p> <p>Anytime</p> <p>Resource Center (formerly Aids Resource Center)</p>	<p>FOOD BANK: Weekdays: Volunteer hours are Monday, 9am to 7pm; Tuesday through Thursday, 9am to 5pm. <i>Monday -Thursday, 9:30am to 1:30pm.</i> Volunteers are needed to assist stocking shelves, checking clients in and out, assist with donation pick-up's and maintain a clean work area every day that the Food Bank is open. <i>Volunteers usually put</i></p>

<p>Resource Center (cont)</p> <p>Deborah Cavazos dcavazos@rcdallas.org 214.528.0144x1007</p> <p>www.resourcecenterdallas.org</p> <p>Sept. 24-25</p>	<p><i>in 2-4 hours per week, and need to be flexible to perform various tasks as needed. There is some physical activity involved, depending on the task. Volunteers must wear clothing appropriate for handling of canned goods, closed toe shoes, t-shirt and jeans or shorts The Food Bank is located at 5450 Denton Drive cutoff, Dallas, Texas 75235.</i></p> <p>HOT MEALS: Volunteer servers, prep persons and dishwashers are needed to help prepare and assist where ever needed. Volunteers must be able to work well with others and multi-task as needed. Meal preparation takes place at the Community Center on weekdays between 9am to 2pm. Volunteers must wear clothing appropriate for a kitchen environment, closed toe shoes, t-shirt, jeans and a cap. The Meals program is located at 2701 Reagan St. Dallas, Texas 75219.</p> <p>LONE STAR RIDE FIGHTING AIDS: SEPTEMBER 24- 25 Volunteer Opportunities for those who are unable to spend the entire weekend with the Ride as Crew Members. These opportunities are generally one time efforts and do not require a Ride Registration Fee to be paid. Please contact Jerry Calumn, Ride Director, at jcalumn@lonestarride.org or 214-521-2412 to volunteer or for more information.</p> <p>CHEERING SUPPORT: (20-30) There will be several cheering stations on the route both September 24 and 25. Volunteers are needed to help cheer on Riders at these as yet undetermined locations and at ride-in at Closing Ceremonies. Details regarding location and time will be determined.</p> <p>PARTICIPANT CHECK IN: (6 to 8) Volunteers are needed to help check in riders and crew.</p> <p>CAMP TEARDOWN AND CLEANUP: (8 to 10) Volunteers are needed Sunday, September 25 at American Airlines Training and Conference Center, 4501 Highway 360 South, Fort Worth, TX 76155. Report time to be determined.</p>
<p> </p> <p>Wednesdays, Fridays & Saturday</p> <p>Riding Unlimited</p> <p>Pat Dellemann 940.479.2016 equineride@embarqmail.com</p> <p>www.ridingunlimited.org</p> <p>Fall</p> <p>Spring</p> <p>Tuesdays through Saturdays</p>	<p>Riding Unlimited: Located in Denton County, Riding Unlimited provides a therapeutic riding program for the disabled. Classes are on Wednesday, Friday and Saturday. Times vary - contact Riding Unlimited for volunteer training and class times as time gets closer to the start up of the session.</p> <p>Volunteers assist disabled riders learn horsemanship skills. No experience required, required training is provided. Be a horse handler or side walker. As a horse handler the volunteer works directly with the horse before, during and after the riding lesson. As a side walker the volunteer supports the rider by walking beside the horse and rider to provide either physical or verbal support. The instructor will direct volunteers as to which type of help the rider needs. Classes are one hour and meet once a week. Volunteers working with riders must be 14 or older. Volunteers 11, 12, and 13 are allowed to help groom and tack the horses, stable management and tack cleaning. Mandatory orientation/training is required. Please email for additional information, directions or to sign up for training.</p> <p>Fall session begins at the beginning of September. Please call or check the website to confirm dates and times of group volunteer training and the start of classes.</p> <p>Spring session begins in Feb. 2012. Check the website in Jan. 2012 for dates and times of volunteer training and start of classes.</p> <p>Junior Volunteer Program available for 11-13 year olds on Saturdays. Classes are held Tuesdays - Saturdays. Call and volunteer for a specific schedule. Minimum age: 14+ (11 for Jr.</p>

<p style="text-align: center;">Riding Unlimited (cont)</p> <p style="text-align: right;">Oct. 1</p> <p style="text-align: right;">Dec. 2, 3, 4</p>	<p>Volunteer) Volunteer training is mandatory.</p> <p>Chili Cook off / Fun Run: a fundraiser (at the ranch) to feed the horses through the winter on Sat., Oct. 1st (7am-3pm). 3 hour shifts available. Volunteers help with registration, handing out snacks and water, help at the raffle table and some fun games. Great opportunity groups and families.</p> <p>Dog Agility Trials: in McKinney at the Myers Park recreation center on Dec. 2, 3 and 4. Jobs are simple. Volunteers to stay the whole time (7:30am - 6pm) to eliminate the need to train new volunteers with the shift change. If full day is not possible 2 time slots are possible (7:30am - approx. noon or noon - approx. 6pm) depending on the show ring or when the competition ends. Supervision not available so volunteers must be old enough to fend for themselves. Lunch is not provided but can be purchased on site or brought in by the volunteers.</p>
<p style="text-align: right;">Anytime</p> <p>River Legacy Living Science Center</p> <p style="text-align: right;">Alma Pohler 817.860.6752 alma@riverlegacy.org</p> <p style="text-align: right;">Sept. 10</p> <p style="text-align: right;">Sept.24</p> <p style="text-align: right;">Oct. 7, 8, 9</p> <p style="text-align: right;">Nov. 5</p> <p style="text-align: right;">Nov. 12</p> <p style="text-align: right;">TBA</p>	<p>River Legacy Living Science Center: Help to fulfill their mission of environmental education, recreation and conservation through special events or the daily operations. Minimum age: 17 (except for Information Desk Ambassador:18)</p> <p>Information Desk Ambassador: Weekends – Meet and greet visitors; answer phones and share information about programs and events with guests. Minimum age: 18 \$8 t-shirt</p> <p>Social Media Collaborator: Volunteers with video making experience, photography, website knowledge, needed to help in social media project. Age: 17 and older</p> <p>Office Assistant – Computer, data entry, mailings and general office projects are available Monday-Saturday. \$8 for T-Shirt</p> <p>Special Events: Assist with setup and clean up; concessions; facilitating activities related to nature; and hands on projects at the park. Groups welcome.</p> <p>W.A.T.E.R Festival – September 10 – Water festival to encourage water awareness and conservation in the community.</p> <p>Trinity Trash Bash – September 24– Regional clean up of Trinity River to protect the wildlife that depend on creeks and bordering plants for survival and to contribute to a safe drinking water supply.</p> <p>After Dark in the Park – Friday, Saturday and Sunday – October 7, 8 & 9 – Annual Fall festival that offers families an alternative of wholesome entertainment away from the gory and scary norms of the season. This festival is a mix of entertainment, festival fare and gives visitors a glimpse of some of the River Legacy's education programs.</p> <p>River Legacy Park Workdays – November 5 – Volunteers work in groups- on a maintenance /conservation, hands-on project at the park.</p> <p>Stewardship Days – Invasive Plant Removal – November 12 – Volunteers work in groups on a hands-on project at the park.</p> <p>Gift Wrap Extravaganza – TBA - Put your wrapping talents to work as you gift-wrap for contributions to River Legacy Foundation and its environmental education programs. Volunteers are needed to wrap books, CDs, small gifts, and to distribute information about River Legacy programs.</p>

Ronald McDonald House of Dallas

Gracie Thompson
214.624.5358
gthompson@rmhdallas.org
www.rmhdallas.org
Missy Bailey
214.624.5357

Ronald McDonald House serves and sustains families when serious illness or injury strikes the most cherished part of their lives, their children.

Community Volunteers: Monday through Sunday, 6:00am - 9:00pm (3 hour shift increments and needed in various areas of the House, i.e., kitchen, front desk and administrative) for additional information please contact Missy Bailey at 214.624.5357.

Meals That Heal Program Volunteers: Groups of 12 individuals or less prepare a meal for families at The Ronald McDonald House of Dallas. Groups are responsible for menu selection, purchasing the groceries, preparing the meal, serving the meal to families and clean up after the meal. For additional information please contact Ms. Thompson.

Hosting activities for families such as Bingo, Movie, or Ice Cream Socials and Craft projects. Most activities last 1-1 ½ hours and always end by 8:30pm. These activities are appropriate for small groups (no more than 10), families, and friends. Please contact Ms. Thompson for specific guidelines for each activity.
Minimum age: 18, Individuals under the age of 18 must be accompanied by a parent

Wish List Items Needed For Families:

Toilet paper, paper towels, individual packaged snack, bottled water, travel size toiletries, toothpaste/toothbrushes, gift cards (i.e., restaurants, gas, movies, entertainment venues, grocery stores and fast food restaurants).

Ticket Donations – i.e., professional sporting events, Broadway shows/musicals, symphony/opera, concerts, museums, six flags tickets, fair tickets, circus tickets, concerts, etc.

For an updated listing of wish list items needed please visit the website at www.rmhdallas.org or contact Ms. Thompson.
Minimum age: None



Anytime



Senior Adult Services



Tammy Payton
972.242.4464
tammy.payton@senioradultservices.org
www.senioradultservices.org

Senior Adult Services: Provides services for seniors to remain independent in their own homes, in Addison, Carrollton, Coppell and Farmers Branch. Individual and group projects include: **book drives** for an annual fundraiser, **yard work, minor home repairs; transportation or lunchtime meal delivery; be a friendly visitor or Tele-friend; clerical help.** Limited opportunities for individuals under age 16, however, **book drives have no age limitation, families are encouraged to consider friendly visiting or lunchtime meal delivery.**



The SAS transportation program needs your help now! The transportation program allows volunteers the opportunity to get to know the seniors and have a flexible schedule. SAS provides transportation to seniors who live in Addison, Carrollton, Coppell or Farmers Branch for appointments or events in the area. The service is provided Monday through Thursday from 9am to 4pm. **Some volunteers escort the senior into their appointment** and wait for them; however many times the volunteer can run errands while the senior is occupied. **Many transportation volunteers who work, drive the senior one way either to or from an appointment** and SAS arranges the other one way ride. Transportation volunteers can choose the day of the week and a morning or afternoon schedule.


Do you have a larger vehicle (one that could hold 3 to 4 passengers comfortably) and would you be interested in taking seniors in Coppell or



<p>Senior Adult Services (cont.)</p>	<p>North Carrollton to a grocery store?</p> <p>Home Delivered Meals volunteers needed. Meals are delivered Monday through Friday beginning at 11:00 am. Some volunteers deliver once a week. Others deliver once a month. You can choose the day of the week and the frequency that works best for you. An average route takes around 1 – 1 ½ hours.</p> <p>Help seniors remain independent in their own homes, by helping with minor maintenance. This can be a project for teens with adult supervision on the weekend as a family project. Minimum age: 18, younger than 18 must be accompanied by adult.</p>
<p>  Special Olympics</p> <p>Cyndi Murchison 214.043.9981x28 cmurchison@sotx.org</p> <p>www.specialolympicstexas.org</p>	<p>Special Olympics: Volunteer opportunities are listed on the website. A month before each completion, go to the EventBrite website to register as a volunteer for the competition. It also gives the times and roles available. For example, the website address for EventBrite for Aquatics is http://2011area10aquatics.eventbrite.com. Sign up early to ensure your spot at the competition Great projects for families or groups! For further information or to volunteer please go to the website, or call the Special Olympics office (214.943.9981). Opportunities, depending on event, include acting as athlete escorts, scorekeepers, court officials, awards, timing/results help.</p> <p>Minimum age: 15+; 8-14 must be accompanied by a parent, guardian or chaperone (8-14 in a group situation need a 4 to 1 ratio-meaning 1 adult 18 or older for every 4 children); 7 and younger are not given volunteer assignments, but are welcomed to be cheerleaders or spectators, accompanied by an adult (Fans in the Stands). Shifts are available at all events.</p>
<p>Anytime</p> <p>Spokes for Folks</p> <p>Eve Guth or Pam Jackson 520.4SPOKES (520.477.6537) info@spokesforfolks.org</p> <p>www.spokesforfolks.org</p> <p>Oct. 30 Dec.3</p>	<p>Spokes for Folks: Collect gently used bicycles to repair and then give to less fortunate children that would not otherwise have bicycles. Collect bicycles and assist other experienced volunteers at special “Wrench Events.” These events are held periodically throughout the year to repair donated bikes. This is a fun, hands-on opportunity to help the devoted group of regular volunteers from the area bicycle clubs. No experience in repairing bicycles is necessary. For instructions and delivery information, please contact Spokes before you start a bike drive (great Bar/Bat Mitzvah project). Visit the website for more information. Minimum age: 15 and under must be accompanied by an adult (Wrench Event); None for Bike Drive and/or collection.</p> <p>Wrench Events Schedule: Sunday, October 30 10am-3pm Saturday, December 3 10am-3pm Call for location. See above for age requirement.</p>
<p>Anytime</p> <p>Sunrise Senior Living, Plano</p> <p>Van Childs 972.985.9181 plano.avc@sunriseseniorliving.com</p>	<p>Sunrise Senior Living: Make a difference in the life of the Residents by participating in an array of activities, engaging in conversation or making a new friend. Assignment will be made after all of the following requirements are satisfied: application (criminal background check may apply), required interview, and orientation. Dress Code (must be reviewed and followed): Nice Jeans or Khaki pants, collared shirt, closed toe shoes. NO FLIP FLOPS, SWEATS OR T-SHIRTS PLEASE.</p> <p>Assigned activities available: Provide entertainment for residents; singing or musical instrument, piano, guitar, flute, sax, etc. – times vary Help with shopping trips – Wednesday and/or Saturday 10am - 12pm Arts & Crafts – times vary Provide pampered nails for residents – Sunday 10am</p>



<p>Sunrise Senior Living, Plano (cont)</p>	<p>Special Events, Projects and other activities occur throughout the year. Minimum age: 16 unaccompanied, 12-15 accompanied, adults welcome.</p>
<p> Texas Trees Foundation</p> <p>Jeff Bradshaw 972.679.3464 jeff@texastreesfoundation.org www.texastreesfoundation.org</p>	<p>Texas Trees Foundation: Dedicated to greening North Central Texas. Plant, transplant, prune or weed trees. This is a great opportunity for families, friends, youth groups or scouts. Registration forms may be found online at www.texastreesfoundation.org</p> <p>Following is the location and schedule for the Tree Farm: TXU Urban Tree Farm at Richland College, 2800 Abrams Rd., (“D” parking lot). Sept. 24 Oct. 22 Nov. 19 Dec. 17 Jan. 21</p> <p>Please note: Volunteer days are on designated Saturdays, 8am-noon, rain or shine.</p> <p>Minimum age: none, except younger than 10 must be accompanied by an adult.</p> <p>Please wear something you don’t mind getting dirty, closed-toe shoes, and bring gardening gloves, water bottle, sunscreen, light snack and a hat.</p>
<p> 2nd & 3rd Saturdays last Monday of each month</p> <p>The Dallas Ramp Project (Building Freedom for the Homebound)</p> <p>Volunteer Coordinator 214.293.8938 volunteer@dallasramps.org</p> <p>www.dallasramps.org</p>	<p>The Dallas Ramp Project: No experience required! Learn how to build a ramp. Individuals or groups become part of a team. Projects are complete in a few hours (3-5 hrs). Work sessions are scheduled on the mornings of the 2nd and 3rd Saturdays and the last Monday of each month. Individuals and groups are welcome to work alongside the cast of “regulars” – even folks with no previous construction experience can be active participants. It helps, but is not required, if you can bring your own variable speed drill and some tips for #2 SQUARE Philips screws.</p> <p>Participants meet at a warehouse on Simonton Rd. at 7:45am and carpool for worksites by 8:15am, except from June-August when they meet at 6:45am and leave by 7:15am to avoid the heat. To schedule groups, please email the Volunteer Coordinator. Someone will contact you to find a mutually agreeable date for your group. Individuals can usually be accommodated if they show up, but to make certain it is best to email or call the number listed.</p> <p>Youth opportunities: Teens 14 and older can participate in the construction of the ramps. Younger than 14 must be supervised by an adult. Youth groups, scouts, school groups or service groups can arrange to waterproof the ramps whenever they choose. The group supervisor becomes the project supervisor. Contact the Volunteer Coordinator to arrange a date. Your group will be issued Thompson’s Water Seal and given the location of the ramp to be waterproofed. It is your responsibility to provide your own brushes and paint containers.</p>
<p>Anytime</p> <p>The Samaritan Inn</p> <p>Jill Rix 972.542.5302 jrix@thesamaritaninn.org</p> <p>www.thesamaritaninn.org</p>	<p>The Samaritan Inn: The only homeless shelter in Collin County located in McKinney. Volunteers needed (Mon.- Sun., 9am-9pm)</p> <ul style="list-style-type: none"> • Kids activities – doing crafts and games with resident children while their parents attend onsite classes. Mon. 7-9pm or as needed • Thrift Store – sort, organize, and accept donations at the Thrift Store. The store located in McKinney is open Tues. - Sat., 9:15am to 4:30pm, volunteer shifts are 2-4 hours. • Lawn Work – mow, use a weed-eater and garden. (Need your own equipment)



<p>The Samaritan Inn (cont)</p>	<ul style="list-style-type: none"> • Computer Lab Monitor. (No computer skills required) <p>All volunteers (parents and students) must complete an application at www.thesamaritaninn.org and then attend an orientation. Minimum age: 18, children 12 and up with adult supervision You can also organize and collect items needed at the Inn. Call for their wish list. Minimum age: none</p>
<p>Anytime</p> <p>The Senior Source</p> <p>Suzanne Cobb 214.823.5700 x 6161 scobb@theseniorsource.org</p> <p>www.theseniorsource.org</p>	<p>The Senior Source needs volunteers to serve as VIP Volunteers. The agency is appointed as Guardian of the Person by the courts for older adults who need help managing personal affairs. Volunteers serve a very important role for the clients: they visit clients, provide much needed social interaction, and improve the quality of life for the most vulnerable population. Read, play games, reminisce, share pictures, vacation memories, or even a meal.</p> <p><i>Volunteers receive 3 hours initial and further on-going training. Staff support is available around the clock.</i></p> <p>If you are interested in becoming a volunteer or learning more about the program, call or email. Minimum age: 21</p> <p>Money Management offers opportunities to use skills learned in business or in managing a home to help frail and needy citizens in our community remain independent as long as possible. Minimum age: 18 Money Management provides initial training and ongoing support for all volunteers. Those volunteers who work with a client's funds are insured for the protection of the client and the volunteer. This service provides peace of mind and security to vulnerable seniors.</p> <p>Home Visitor (5-10 hrs/month) serves as liaison between the client and The Senior Source (Corporate Representative Payee); visits the client in the home several times a month offering support, delivers small amounts of cash for client's personal needs and ensuring basic needs are being met.</p> <p>Bill Payer (5-10 hrs/month) works with the client to develop a basic budget; visits the client twice a month to review bills; writes checks and has the client sign checks; files a simple report monthly and notifies the area manager of any needs of the client that require additional support.</p> <p>Office Assistant (6-8 hrs/week) data entry using Office 2003, Word, Access & Excel; handles general clerical duties, files, phone contact, correspondence and other staff support duties as assigned.</p>
<p>Anytime</p> <p>The Shoe Bank</p> <p>Mike Barringer 972.771.7658 MichaelBarringer@sbcglobal.net</p> <p>www.shoebank.org</p>	<p>The Shoe Bank: A nonprofit program that provides comfortable shoes for 20,000 people annually, most of them children. Organize a special collection, call to arrange delivery to a convenient location and/or collect your family's gently used shoes and deposit them in The Shoe Bank collection container (call for locations). The Shoe Bank collection containers are displayed at some schools, athletic facilities, and retail stores where people can deposit good used shoes. The shoes are carefully inspected and then delivered to local social service agencies for distribution to underprivileged men, women and children. Shoes are distributed locally to homeless shelters, shelters for battered women and their children, hospitals, refugee service providers and Boys & Girls Clubs. Internationally, The Shoe Bank has provided shoes for children in Burundi, Kenya, Mozambique, Albania, Nicaragua, Guatemala, Honduras, Romania, Turkey, Ecuador, Columbia, Mexico, Costa Rica and El Salvador. Since 1991, in El Salvador alone, the program has provided shoes for 100,000 poor and orphaned children. The Shoe Bank is presently working with Airline Ambassadors to get children's</p>

<p>The Shoe Bank (cont)</p>	<p>shoes to hard hit areas of Haiti. Good used or new shoes will prevent serious illness and save lives by preventing parasites from entering their bodies through unprotected feet.</p>
<p>Anytime</p> <p>The Turning Point Rape Crisis Center</p> <p>Haleh Hekmat 972.985.0951 hhekmat@theturningpoint.org</p> <p>www.theturningpoint.org</p>	<p>The Turning Point: Provides counseling, education and advocacy to those who have been impacted by sexual assault. Advocate volunteers provide crisis intervention and hospital accompaniment while the office is closed, (nights and weekends). Volunteers take a shift of either 4 nights (Mon.-Thurs.) or one weekend per month. Volunteers are provided an agency cell phone, so that you can do your volunteering at home, and there is always a staff person on call to consult with. Volunteers on the “crisis” phone answer calls coming in to the 24-hour hotline and offer emotional support and crisis intervention to those in need. If there is a call that a survivor is at one of the area hospitals, the volunteer would call the “hospital phone” and that volunteer would head to the hospital to offer crisis intervention and emotional support for the survivor and the survivor’s family. Volunteers are required to go through a 30-hour certified training that is provided by The Turning Point. Call for more information. Minimum age: 18+</p> <p>Education Volunteer: Volunteers visit schools and organizations to educate on topics such as bullying, healthy relationships, and risk reduction. Great opportunity to get involved and help the youth of our community. Flexible scheduling options.</p> <p>Fundraising volunteers needed: find support and help with The Turning Point events on a monthly basis. Great for those who only have time a few evenings or days out of the month.</p> <p>Collect items for Sexual Assault Care Kits: (Kits are needed to give to sexual assault victims when they go to the hospital to get a forensic exam). Items needed: new small & medium underwear, sport bras, and small & medium sweatshirts and sweat pants.</p>
<p> </p> <p>September-December</p> <p>VMLC Vickery Meadow Learning Center</p> <p>Amy Glover 214.265.5057x12 aglover@vmlc.org</p> <p>www.vmlc.org</p>	<p>Vickery Meadow Learning Center: Dedicated to improving English literacy levels among non-English speaking adults and their young children by providing programs in communication and life skills.</p> <p>Teach English to non-English speaking adults 2 hours 1 day per week, Monday thru Thursday, morning, afternoon, or evening for twelve weeks. Morning classes are from 9:00 - 11:00am. Afternoon classes are from 12:30 - 2:30pm. Evening classes are from 7:00 - 8:45pm. All classes are co-taught and no experience is required! Training, curriculum and materials are provided. Minimum age: 18</p> <p>Volunteer opportunities are available at: North Dallas Campus, 6329 Ridgecrest, Dallas, TX 75231 Or West Dallas Campus, 1018 Gallagher, Dallas, TX 75212</p>
<p>Vickery Meadow Neighborhood Alliance Food Pantry</p> <p>Janine Pulman 972.437.9950 jpulman@JFSdallas.org</p>	<p>Vickery Meadow’s Food Pantry: This new pantry is sponsored by Catholic Charities, Jewish Family Service, Ladies of Charity, National Council of Jewish Women, St. Vincent’s de Paul, Temple Emanu-El and Vickery Meadow Improvement District. Volunteers are needed to assist individuals in the pantry, Wed. 1-3:30pm; Thurs. 9am - noon and Sat. 9am - noon. Additionally volunteers are needed to help stock and organize on Mondays 9 - 11am; Wed. 4 - 6pm; Thurs. 12 - 2pm. Drivers are also needed to pick up food donations or purchases. Minimum age: 18; 14 accompanied by adult</p>

 <p style="text-align: right;">Anytime</p> <p style="text-align: center;">Victims Outreach</p> <p style="text-align: right;">Lorelei Gregory 214-358-5173 lorelei@victims-outreach.org</p> <p style="text-align: right;">www.victims-outreach.org</p>	<p>Victims Outreach: Assists victims of violent crimes by providing free professional counseling and advocacy services including information and referrals and help with applying for Crime Victims Compensation.</p> <p>Volunteer Advocates at Victims Outreach answer calls that come into the 24 hr. crisis hotline to offer emotional support and crisis intervention for victims of crime. At 5:00pm, the crisis line is transferred to the volunteer's personal phone until 9:00am the following morning. Please note that Victims Outreach has a very low volume of calls, which is why we do not provide volunteers with an agency cell phone. Training for this volunteer opportunity is mandatory and is provided by Victims Outreach. Please contact Victims Outreach for more information and training dates. Minimum age: Adults 18+</p> <p>Gift certificates (from stores such as Target and Wal-Mart, to be used for food, prescriptions or clothing, as needed).</p>
<p style="text-align: right;">Anytime</p> <p style="text-align: center;">Volunteer Center of North Texas</p> <p style="text-align: right;">www.vcnt.org</p> <p style="text-align: right;">http://portal.vcnt.org</p> <p style="text-align: right;">Jonathan Wallace 214.826.6767x248 or 817.927.7172 jwallace@vcnt.org</p> <p style="text-align: right;">Erin Knudtson 214.826.6767x230 or 214.818.9844 eknudtson@vcnt.org</p> <p style="text-align: right;">Tabitha Ford 214.826.6767x213 tford@vcnt.org</p>	<p>Volunteer Center of North Texas: Serves Collin, Dallas and Tarrant counties to promote volunteerism. VCNT works with over 1,700 nonprofits in North Texas. There are literally thousands of volunteer opportunities available for all ages.</p> <p>Youth Volunteer Corps (YVC) of North Texas: Sponsored by State Farm Companies Foundation, and a program of the Volunteer Center of North Texas, is a year-round civic engagement and leadership development program that promotes service-learning and a lifetime commitment to volunteerism for students in middle school and high school (ages 11-18). YVC enables youth to develop and apply leadership skills through hands-on service-learning experiences while raising their awareness of social responsibility and making sustainable community change.</p> <p>Hands-On North Texas: A program of the Volunteer Center of North Texas and an affiliate of the National Hands-On Network. This program offers one-time projects to everyone looking to volunteer. Hands-On North Texas also provides the structure for corporate employees to volunteer together. Opportunities include everything from serving food to fixing up homes for the elderly.</p> <p>ServiceWorks! is a collaboration between the Volunteer Center of North Texas and the City of Dallas. This program places volunteers as support team members in all city departments. By doing so, citizens have an opportunity to become an integral part of the city. Some age restrictions apply and qualifications vary by department.</p>

<p style="text-align: right;">Anytime</p> <p style="text-align: center;">Welcome Home A Hero at DFW Airport</p> <p style="text-align: right;">Peggy Nanninga 972.621.0400 peggy@ntc-dfw.org</p> <p style="text-align: right;">www.ntc-dfw.org</p> <p style="text-align: right;">Donna Cranston Meet and Greet Coordinator 972.948.7059 jonesb4@aol.com</p> <p style="text-align: right;">972.574.0392 (recorded message for flight arrivals)</p> <p style="text-align: center;"><i>Thank you for supporting our men and women in uniform. For more information about supporting our troops go to www.defendersoffreedom.us</i></p>	<p>Welcome Home a Hero at DFW Airport: Join the Jewish War Veterans, North Texas Commission and community members to meet and greet the troops to encourage and support our deployed military. Anywhere from 150 to 250 troops come through DFW airport each day on their way home for a two-week R&R (Rest and Recuperation). Flights arrive everyday, weekends and holidays included. One flight arrives daily at DFW and one departs each day. Some will meet their families here but the majority will catch connecting flights home.</p> <p>Volunteers gather each day to welcome these troops off their flight, thanking and encouraging them for their service to our great nation. A warm smile, a handshake, possibly a hug is all it takes! The primary need is for businesses, clubs, churches, synagogues, mosques, organizations and chambers to adopt a week and bring their employees, friends, family and communities to participate. Adopt a week, weekend or day. If you have a group of 20 or more please contact Peggy Nanninga to be scheduled for a specific date. Individuals or groups smaller than 20 please go out any day; there is no need to schedule.</p> <p>All are welcome to come and participate in the R&R program. To learn of expected flight arrivals, call 972.574.0392 for a recorded message. You can call after 8:30pm at night until the flight arrives the next morning. Check the recording several times in the morning before coming to the airport, as flight times may change even at the last minute. You may park in the 2 hour parking across from the arrival gate - stay on the ground level. Walk across to greet the troops in the Arrival Hall.</p> <p>Parking passes will be issued as you arrive so there is no parking fee or charge to your toll tag (they are unable to reimburse toll tags.) For additional help call or email Peggy Nanninga or Donna Cranston, the on-site coordinator.</p> <p>Check the website for information regarding allowed items (food, signs, water, balloons, flags) and other important directions.</p>
<p>  Ongoing</p> <p style="text-align: center;">Wipe Out Kid's Cancer</p> <p style="text-align: right;">Susan Zacheis 214.987.4662 pr@wokc.org</p> <p style="text-align: right;">www.wokc.org</p>	<p>Wipe Out Kids' Cancer (WOKC) is a DFW based non-profit founded in 1980 dedicated to raising awareness and funding for pediatric cancer research on a national basis. WOKC also provides hope and support to local pediatric cancer patients and their families through the Buddy Bag program and the Ambassador program.</p> <p>Office Support: Volunteers are needed to assist with data entry, phone calls and a variety of other administrative tasks at the WOKC office. Minimum age: 16</p> <p>Spanish Translators: Bi-lingual volunteers are needed to translate at various events for Spanish speaking Ambassador families. Minimum age: 16</p> <p>Ambassador Program: Volunteers are needed for the monthly ambassador events to help with set-up, decorations and organizing activities for the ambassadors and their siblings. Minimum age: 16</p> <p>Buddy Bag Program: Organize a drive to collect items, help shop for items and stuff the bags with the collected items. Minimum age: none/supervision.</p> <p>Special Events: Volunteers are needed for 3 major fundraising</p>

<p>Wipe Out Kid's Cancer (cont.)</p> <p>September 17 October 27 February 11, 2012</p>	<p>events and multiple smaller events throughout the year. There are a variety of volunteer opportunities available for each event including set-up, information distribution, event coordination, registration and more. Minimum age: 16</p> <p>Oktoberfest 5K & Fun Run – September 17 AA Golf Classic – October 27 WOKC Gala – February 11, 2012</p> <p>Students needing community service hours or summer internships contact Susan Zacheis.</p>
<p>Anytime</p> <p>Wooden Spoon</p> <p>Gwen Workman 972.424.6867 twoNordic@aol.com</p> <p>www.woodenspoonplano.com</p>	<p>Wooden Spoon: Collect all cancelled stamps, old stamp collections, postcards and used phone cards for Tubfrim, a Norwegian charity to help children with handicaps or illness. (Tubfrim was originally started in 1928 by Postmaster Ditlef Frantzen, raises money for children with tuberculosis.) Items are sent to Norway where they are sorted and sold.</p> <p>Save and collect the aluminum tabs from cans. They are recycled for cash and the money is sent to the Kidney Foundation.</p> <p>Recycle old greeting cards - cut the front off the greeting card, no private messages please. They can be holiday or all occasion cards. They will be sent to children at St. Jude's Hospital.</p> <p>Bring your collection to: The Wooden Spoon, 1617 Avenue K (between 18th St and 15th St.), Plano 75074. Minimum age: None.</p>
<p> </p> <p>Texas Discovery Gardens</p> <p>7 Days A Week 9.45AM-5PM</p> <p>Contact: Marisa Hettinger Program & Volunteer Manager volunteers@texasdiscoverygardens.org 214-428-7476 x240</p> <p>Physical Location: 3601 Martin Luther King Jr Blvd, Dallas, TX 75210 (on the Fair Park Museum Campus)</p> <p>Saturday, Sept 24th</p>	<p>State Fair Volunteer - Sept 30th- Oct 23rd - Join Texas Discovery Gardens and Big Tex as a docent at our garden and butterfly house during the State Fair! We are in need of volunteers who can commit to working at least three 4-hour shifts during the State Fair. Volunteers rotate in as butterfly house docents, garden docents, greeters, gift shop attendants, stroller attendants and more. Volunteers must be comfortable interacting with the public and being on their feet for long periods of time. For each 4-hour shift you volunteer, you receive free admission to the fair for the rest of the day. Our mandatory 2-hour volunteer orientation will equip you with the basic butterfly and garden knowledge you will need. Please contact our Volunteer Manager directly to RSVP to one of the following orientations:</p> <ul style="list-style-type: none"> - Saturday, September 10th, 10AM-Noon - Tuesday, September 20th, 6PM-8PM - Thursday, September 22nd, 2PM-4PM <p>Butterfly House docents are needed to help visitor identify tropical butterflies, share basic butterfly knowledge, regulate traffic flow in and out of the house and provide an educational experience for our visitors. An educational orientation, led by our entomologist, is provided for every volunteer prior to volunteering as a docent. You will be equipped with all the basic knowledge you need to volunteer. Shifts are 4 hours in length. We are open 7 days a week and are in need of volunteers between 10AM and 5PM. We ask that volunteers commit to volunteering at least one shift per month for up to 8 months. Schedules are flexible and can be coordinated with our Program & Volunteer Manager.</p> <p>4th Annual Dallas GreenFest Volunteer - TDG is proud to partner once again with the City of Dallas to host the 4th Annual Dallas GreenFest. This educational festival aims to raise awareness about the importance of being eco-friendly. Family friendly activities and demonstrations on energy efficiency, organic gardening, bee and</p>

<p>Daily, dependent upon our booking schedule</p> <p>Daily</p> <p>Daily</p>	<p>chicken keeping and other topics will be provided, as well as "recycled" arts & crafts, face painting and more. We are in need of volunteers to assist with the increased crowds as greeters, butterfly house docents, gift shop attendants, in our marketing and terrarium booths, and more.</p> <p>Children's Education Docent - This is an excellent opportunity to work directly delivering educational programming to children's groups. Assist our children's education coordinator educate children's programs, scouts and other school groups on the topics of butterflies, terrariums, gardening, composting and more. Volunteers are needed to lead tours, crafts, lessons and hands-on activities planned and delivered by TDG and volunteers. Volunteer opportunities are flexible and dependent on when groups book with us. Our primary opportunities during the school year are on weekday mornings between 10AM and 2PM. Orientation is provided to equip volunteers with the knowledge needed to deliver programs and tours.</p> <p>Gift Shop Attendant - Help sort, organize, inventory and assist shoppers in the Gift Shop.</p> <p>Greenhouse Volunteer - Assist our gardening staff with propagation, seed collecting, planting and organization in preparation for our semi-annual Plant Sale fundraisers and as part of regular garden maintenance. Greenhouse orientations are offered once a year in November. Please contact our Program & Volunteer Manager directly to RSVP for an orientation.</p>
  <p>HungerBusters</p> <p>Ken Campbell 214-239-8112 kcampbell007@tx.rr.com www.hungerbusters.com</p> <p>Kids Feeding Kids</p> <p>Ken Campbell 214-239-8112 kcampbell007@tx.rr.com</p>	<p>The HungerBuster mission is to provide a much needed third meal of the day to food insecure children. Volunteers are needed on Tuesday afternoons typically 4-6pm to make dinners/meals for students to take home with them from different schools. Eight to twelve volunteers are needed each date to make the amount of meals needed. An optional time is 2-4pm. Let Ken know which time period works best for you! Dates: Aug. 30, Sept. 5 & 13, Oct. 4, 11 & 25. Dinners are prepared at 3116 Sylvan Ave, Dallas, TX 75212.</p> <p>Kids Feeding Kids is an interfaith program for kids/families working together to make sandwiches for other kids who are food insecure. From making sandwiches to packaging, there are jobs for everyone! Sundays, 2-4pm, Sept. 11, Oct 9, Nov. 13 and Dec 11. Meals are prepared at 3116 Sylvan Ave, Dallas, TX 75212.</p>

National Days for Community Service in 2011:

Sept. 11 National Day of Service and Remembrance
Oct. 22 Make a Difference Day

For additional information about community service, go to the Corporation for National and Community Service at www.nationalservice.gov

FOR YOUR INFORMATION: Websites for teen opportunities

http://www.planotx.org/vip	http://www.idealists.org
http://www.geocities.com/volguide	http://www.networkforgood.org
http://www.volunteernorthtexas.org	http://www.dosomething.org
http://www.bygpub.com/books/tg2rw/volunteer.htm	http://www.usafreedomcorps.gov
http://www.handsonnorthtexas.org	http://www.powercrew.org

<http://www.volunteermatch.org>