

Volunteer Opportunities for Groups



UNITED WAY . . . TOGETHER WE CAN DO MORE

The United Way Volunteer Center is focusing on what matters in Utah County by promoting effective service and connecting community members to volunteer opportunities that will have the greatest impact.

Provide Food for Families

Sort donated food at the **Community Action Food Bank**. Two to ten people can work one-hour shifts. Groups can also organize and carry out a drive to collect canned food, dry goods, toilet paper, baby formula, diapers and personal hygiene items. For more information, contact Krysta at (801)373-8200, ext. 247.

Be Adopted By a Grandparent

Spend time with an elderly individual and read to them, help them write letters, play games or go on walks. Groups can also provide entertainment for the residents such as perform musical programs or plays, help with arts and crafts, bingo and cooking classes. Please discuss your plans with the care center to make sure you are helping in the best way. For **care centers** in your area, please contact the United Way Volunteer Center by dialing 2-1-1 or (801)377-6600.

Outdoor Opportunities

Volunteer with your local **Parks and Recreation Department** by adopting a flowerbed, repairing and painting park benches, building and donating new benches. Other projects are available. For more information, contact Provo City (801)852-7607, Orem City (801)229-7560, or Pleasant Grove Ranger District Office, (801)342-5257.

Influence Youth for Good

Make a difference in the lives of youth. Opportunities are available at **Juvenile Justice Services** to tutor youth, help with activities, make holiday gifts or treats, make quilts for twin size beds, make phone calls, write thank you notes, and share a special skill by demonstrating or teaching music, photography. Other opportunities are also available. For more information, contact Linda at (801)491-0118.

Assist with Children

Assist with childcare at **Kids on the Move** on Tuesday and Wednesday evenings while parents are in classes. Other opportunities are available including helping with yard work and window washing. Please keep groups below 25 members. For more information, contact Kathy at (801)221-9930.

Help parents take a break. Assist with childcare in the crisis nursery at **Family Support & Treatment Center** by reading, playing games, or teaching arts and crafts. Other opportunities for groups include cleaning the crisis nursery and parking lot, beautifying the grounds, mowing and edging the lawn. For more information, contact Jill at (801)229-1181.

Provide support for families with disabled children by playing games, watching movies and making crafts at **Friday Kids Respite** on Friday nights from 6 to 9:15 p.m. For more information, contact Toshiko at (801)494-9837.



Befriend Individuals with Disabilities and/or Illness

Talk with, read to, write letters for, or go on walks with geriatric patients at **Utah State Hospital**. Volunteers are also invited to organize and referee softball, volleyball or soccer games for the youth or adult patients. Other opportunities are available to record books on tape and make pillow cases, birthday bags or books on tape. For more information, contact Shawna at (801)344-4254.

Alpine House is a transitional home for individuals with mental illness. Small groups are encouraged to cook dinners, desserts, play games and teach art and crafts, such as watercoloring, drawing and painting. Other activities include yard work, outdoor painting, renovation, remodeling and electrical work. For more information, call JaNae at (801)885-5982.

Volunteers are invited to visit people with disabilities in local care centers. Some activities include making arts and crafts, reading books, playing games, singing, presenting musical programs and dramas, painting residents' nails or styling their hair. Local care centers include the **Utah State Developmental Center** (Sherilynn, (801)763-4008), **Provo Care Center** (Rocio (801)373-8771), and **Mesa Vista** (Summer, (801)225-9292)

Crestview Convalescent Center (Shauna, (801)373-2630). Volunteers are welcome; however no volunteers are permitted to be alone in a residence room at any time.

Groups have the opportunity to interact with physically challenged individuals by helping with therapeutic recreational activities at **Recreation & Habilitation Services (RAH!)**. Activities include outdoor events, arts and crafts, music, cooking classes and sports. Other opportunities might include decorating their building for an upcoming holiday or event, holding a yard sale or other fund raiser and donate the proceeds to RAH! For more information, contact Nancy at (801)374-8074.

Make and Donate Items

Make quilts to donate to agencies that help populations such as at-risk youth, women in crisis, children at risk, mothers with new babies and the developmentally disabled.

Collect and donate basic household items such as cleaning and laundry supplies and paper products.

Donate baby items such as disposable diapers, bibs, baby wipes and canned formula.

Make and donate holiday or birthday bags for local agencies.

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