



**AmeriCorps  
Seniors**

RSVP

**RSVP**

# Volunteer Opportunities

AmeriCorps Seniors RSVP invites everyone 55+ to receive the benefits of volunteering. We match your time, interest, and experience with communities and people in need. There are 150+ community partners connected to RSVP in Central MN, so there's lots of variety! Browse the following pages and when you are ready to learn more and get started, [contact us!](#)



AmeriCorps Seniors RSVP is a national organization sponsored locally to serve Benton, Sherburne, Stearns, and Wright counties.

## Table of Contents

<b>A</b> ..... 2	<b>Dayton</b> .....8	<b>Maple Lake</b> ....13	<b>Sartell</b> .....17
<b>Albany</b> .....2	<b>Delano</b> .....8	<b>Melrose</b> .....13	<b>Sauk Centre</b> .....19
<b>Albertville</b> .....2	<b>E</b> ..... 8	<b>Monticello</b> .....14	<b>Sauk Rapids</b> .....19
<b>Annandale</b> .....2	<b>Elk River</b> .....8	<b>Montrose</b> .....15	<b>South Haven</b> ....21
<b>Avon</b> .....3	<b>Elrosa</b> .....11	<b>N</b> .....15	<b>St Cloud</b> .....21
<b>B</b> ..... 3	<b>F</b> .....11	<b>New Munich</b> ....15	<b>St. Joseph</b> .....33
<b>Becker</b> .....3	<b>Foley</b> .....11	<b>O</b> .....15	<b>St. Martin</b> .....34
<b>Belgrade</b> .....5	<b>Freeport</b> .....12	<b>Otsego</b> .....15	<b>St. Michael</b> .....35
<b>Big Lake</b> .....5	<b>G</b> .....12	<b>P</b> .....16	<b>St. Stephen</b> .....35
<b>Brooten</b> .....6	<b>Gilman</b> .....12	<b>Paynesville</b> .....16	<b>W</b> .....35
<b>Buffalo</b> .....6	<b>Greenwald</b> .....12	<b>R</b> .....16	<b>Waite Park</b> .....35
<b>C</b> ..... 7	<b>H</b> .....12	<b>Rice</b> .....16	<b>Waverly</b> .....37
<b>Clear Lake</b> .....7	<b>Hanover</b> .....12	<b>Richmond</b> .....16	<b>Z</b> .....37
<b>Clearwater</b> .....7	<b>Holdingsford</b> .....12	<b>Rockford</b> .....16	<b>Zimmerman</b> .....37
<b>Cokato</b> .....7	<b>Howard Lake</b> ...12	<b>Rockville</b> .....17	<b>Virtual</b>
<b>Cold Spring</b> .....7	<b>K</b> .....12	<b>Ronneby</b> .....17	<b>opportunities</b> .....38
<b>Collegetown</b> .....8	<b>Kimball</b> .....12	<b>Roscoe</b> .....17	
<b>D</b> ..... 8	<b>M</b> .....13	<b>S</b> .....17	



**AmeriCorps Seniors RSVP**

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## A

### Albany

#### Senior Dining

**Kitchen/Dishwasher:** Assist kitchen staff with preparation, serving, and clean-up of noon meals at Albany Senior Dining. Volunteers must be able to stand, walk, and lift.

### Albertville

#### Crow River Senior Center

**Reception Desk:** Greet visitors and assist with the daily operations at the busy senior center. Flexible schedule, weekdays. This position will include basic technology use.

**Lunch Crew:** Flexible scheduling to help provide lunch for seniors on Tuesday, Wednesday, or Thursday.

#### Guardian Angels: Engel Haus

**Friendly Visitor:** Engel Haus is a German inspired assisted living facility in Albertville, so this is a perfect opportunity to explore the German culture while socializing and engaging in activities with residents. Male volunteers are especially in need!

**Kaffe & Kuchen:** Serve beverages and treats during Coffee Time and visit with residents.

**Activity Volunteer:** Spend time doing activities of your choice with residents, from BINGO to helping paint nails, there are opportunities for everyone!

#### Safe Families for Children

**Family and Resource Friend:** Be a friend to a single mother by going for walks, getting coffee, being a mentor to a parent, and assist in providing parenting skills and coaching. Oftentimes parents deal with social isolation and simply need someone to talk and share with. Could help with picking up/dropping off groceries for the parents, assist in lawn care for the family, or could prepare and provide a meal for the family.

#### Senior Community Services

**Outdoor Yard & Garden:** Enjoy some fresh air and sunshine with one time and ongoing opportunities to assist older adults in keeping their yard looking great. Provide a little socialization as well as peace of mind for loved ones and caregivers. Locations are scheduled near your neighborhood; day and time are flexible. 4.3

**Technology Helper:** Assist older adults with basic questions and functions on their computer, phone or tablet. Basic knowledge of smart devices is needed, no formal training required. Help can be performed on a flexible schedule in person or over the phone. 3.3

#### Wright County Health and Human Services

**Volunteer Transportation Driver:** Provide rides to WCHHS clients of various ages for medical appointments, school, and other business. This position offers flexible scheduling as well as reimbursement on mileage and meals. A successful driver applying for this position is required to have a clean driving record, valid driver's license, three personal references, and active auto insurance.

## Annandale

### Annandale Health & Community Services

**Spiritual Support:** During these extraordinary times there is a great need for support and friendship to those who are ill and/or isolated. Volunteers as well as staff need to complete numerous safety checks prior to helping at the facility, which has been a barrier for providing needed services. Can you help by visiting, leading a non-denominational prayer circle, or bible study?

### Catholic Charities Senior Dining

**Food Service Volunteer:** Help is needed in the Senior Dining kitchen! Clean, sanitize, and set tables for noon meal as well as some food preparation and serving of meal, desert, water, and coffee. Volunteers are especially needed on Thursdays from 10:30 – 1:00 pm.

**Meals on Wheels Driver:** Ensure that those in need receive mid-day meals. Drivers needed on weekdays, on a flexible schedule, once per month, once per week, or even more! Each route takes about an hour to deliver.

### Safe Families for Children

**Family and Resource Friend:** Be a friend to a single mother by going for walks, getting coffee, being a mentor to a parent, and assist in providing parenting skills and coaching. Oftentimes parents deal with social isolation and simply need someone to talk and share with. Could help with picking up/dropping off groceries for the parents, assist in lawn care for the family, or could prepare and provide a meal for the family.

### Wright County Health and Human Services

**Volunteer Transportation Driver:** Provide rides to WCHHS clients of various ages for medical appointments, school, and other business. This position offers flexible scheduling as well as reimbursement on mileage and meals. A successful driver applying for this position is required to have a clean driving record, valid driver's license, three personal references, and active auto insurance.

## Avon

### ASK US!

### B

## Becker

### Catholic Charities: Senior Dining

**Meal Delivery -** Make a guaranteed difference in someone's day! Pick up meals in Elk River and deliver them to individuals in the Becker and Big Lake area. Your choice of days, one or more days a week.

**Card Maker for Meals on Wheels:** How special to know you are being thought about. Help seniors feel cared for and appreciated by creating a simple homemade picture or card to include in delivered meals. A great project to do alongside the grandchildren!

### Shepherd of Grace Senior Community



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**Weekend Visitor:** The weekends could use some volunteers! Friday – Sunday around 1:00 – 4:00 pm. Engage with older adults by visiting in the common areas or going outside to enjoy the fresh air. Do trivia, stretch those legs on a walk, or participate in any activity of your choosing to socialize with residents. Application, background check, and orientation required to volunteer.

**Music Therapy:** Music is a direct link to happiness! Bring joy to our senior community with familiar tunes played on the piano, accordion, guitar, violin, or other string instrument. No singing required! We have a piano on site. Basic music ability is all that is required, no need to be professional! This position is flexible with daytime hours or may be set up with a regularly scheduled day and time. Residents would enjoy having music therapy twice monthly for about an hour each visit.

**Pet Visits:** Our Nursing Home and Memory Cottage residents would enjoy giving your pet love and attention! Let us know if your furry or feathered friend would like to visit occasionally to enjoy unconditional affection! No skills needed – just a well behaved, vaccinated animal that would love to be petted! Time Commitment is flexible. Tell us your convenient daytime schedule and plan to visit for about an hour twice monthly, if possible.

**Manicurist:** Residents love a weekly manicure. A wonderful way to spend some time with special people that want to feel special. A manicure allows for time to chat as you remove old polish and apply a new coat. No trimming involved, just occasional filing. If you have an hour or so to help with this volunteer need, we provide all the supplies and training, as needed. Flexible schedule!

**Driver:** Assist tenants with occasional errands. A twice monthly drive to Monticello's Walmart would be greatly appreciated. There is a van for a qualified driver to use if the volunteer prefers not to use their own vehicle. A scheduled time and day of the week is flexible. Come and enjoy a ride with our tenants that happily look forward to this outing! Take care of your errands while you help others!

**Dining Site Volunteer:** Assist tenants in our Shepherd of Grace Apartments in Becker before and after meals with set up, serving, beverages, visiting, and clean up. The visiting is the best part. This is needed during the weekdays as well as on the weekends. Pick the day(s) that work best for you. M-F 4 pm to 6:30 pm or weekends from 10 am to 1 pm.

**Bingo Assistant:** BINGO happens almost daily here as it rotates to each of our six households during the week. That means we need assistance to help our residents play and enjoy the game. Various times available on our monthly household calendars. 10 am, 2 pm or 3 pm.

## Great River Faith in Action

**Senior Visitor:** Loneliness can strike for anyone and is especially difficult among older adults and those with physical limitations. Make a difference in an adult's life by being a friendly visitor! Participate in activities and games when visiting to help create sunshine in an adult's life.

**Homemaker:** Assist a client with simple homemaking tasks like vacuuming, dusting, sweeping and organizing once a month. Some help might even be needed to change filters, install a grab bar, or carry in softener salt bags. We all need extra support and friendship to while staying at home.

## Senior Community Services

**Outdoor Yard & Garden:** Enjoy some fresh air and sunshine with one time and ongoing opportunities to assist older adults in keeping their yard looking great. Provide a little socialization as well as peace of mind for loved ones and caregivers. Locations are scheduled near your neighborhood; day and time are flexible. 4.3

**Technology Helper:** Assist older adults with basic questions and functions on their computer, phone or tablet (how to access email, order groceries, etc.) Basic knowledge of smart devices is needed, no formal training required. Help can be performed on a flexible schedule in person or by phone.  
3.3

## Belgrade

### [ASK US!](#)

## Big Lake

### [Big Lake Community Food Shelf](#)

**Variety of Positions:** Assist with the many tasks and services necessary to operate this busy and important service, from working with clients in the store to other duties behind the scenes or in the community.

### [Big Lake Schools](#)

**Classroom Assistant:** Help students (grades 3, 4 & 5) engage in small group activities for reading and math, assist teachers by making copies, organizing, and record keeping. Schedule is arranged, one or two times a week based on volunteer availability and needs.

### [Catholic Charities: Senior Dining](#)

**Meal Delivery-**Make a guaranteed difference in someone's day! Pick up meals in Elk River and deliver them to individuals in the Big Lake community. Your choice of days, one or more days a week.

### [CentraCare](#)

**Cancer Center Attendant:** Provide support by acting as a host/hostess for families, escorting patients to other areas of the hospital, and aid staff in the Cancer Center. Volunteers are needed from 10:00 am – 2:00 pm, Monday through Thursday. A background check and medical screening is required.

**Gift Gallery Sales Associate:** Help in running the Gift Gallery in a friendly and positive manner while reaching sales goals. Volunteers run the point of sale system, answer phone calls, check in and price merchandise, and help keep the shop clean. Volunteer shifts are weekdays in 3-hour shifts. A background check and medical screening is required.

**Surgical Lobby Attendant:** Warmly greet patients and families as they enter the facility and direct patients to admissions staff for assistance. Provide information to patients and escort as needed. Ability to keep information confidential is a must, as well as a pleasant demeanor. Volunteer shifts are weekdays in 3-hour shifts. A background check and medical screening is required. There is a high need on Mondays, Tuesdays, and Thursdays.

### [Great River Faith in Action](#)

**Driver:** Coordinate pickup times for clients, then transport clients to medical and social service appointments with your personal vehicle. Some individuals need help exiting and entering the vehicle. Biggest need is around Elk River and Big Lake.

**Light Cleaning:** Help someone with the basics in their home at a location near you, scheduled based on your availability.



## RSVP

**Readers Theater:** Utilize your expressive voice and smiling face to demonstrate to young children just how important and fun reading can be! Members of this group select days and times to read within local elementary and preschools as requested. Daytime practice 1 – 2 times a month plus choice of readings.

## Senior Community Services

**Outdoor Yard & Garden:** Enjoy some fresh air and sunshine with one time and ongoing opportunities to assist older adults in keeping their yard looking great. Provide a little socialization as well as peace of mind for loved ones and caregivers. Locations are scheduled near your neighborhood; day and time are flexible. 4.3

**Technology Helper:** Assist older adults with basic questions and functions on their computer, phone or tablet (how to access email, order groceries, etc.) Basic knowledge of smart devices is needed, no formal training required. Help can be performed on a flexible schedule in person or by phone. 3.3

## The Wave Youth Center

**Youth Volunteer:** Assist in providing a safe and welcoming place that meets the needs of youth in the Big Lake community. Volunteers work with youth to offer mentoring, assist youth, and help develop necessary skills for the youth to grow. Volunteers are needed in the afternoon Monday through Thursday. Even the smallest act of kindness can send ripples throughout the whole community!

## **Brooten**

### ASK US!

## **Buffalo**

### Buffalo Community Center

**Lunch Assistant:** A new lunch program on Mondays and Wednesdays needs volunteers to pick up and serve a hot meal. Positions include picking up food nearby, preparing and cleaning up the dining room

**Reception Desk:** Greet visitors and callers with a friendly face, smile, and helpful attitude. Thursday mornings are an ongoing need, with options to fill in at other times if interested.

**Fishing Program Assistant:** Enjoy the outdoors while you help seniors or families experience a free two-hour pontoon fishing trip on Lake Pulaski. Bison Fishing Forever runs all summer and needs many volunteers for their variety of schedules during the week. Training is in April, contact us today.

### Buffalo Food Shelf

**Shopping Assistant:** Helping someone receive the food they need is so important. Shop with clients that are coming into the food shelf to receive food and necessary living items. Volunteers can choose Tuesdays and/or Thursdays from 5:45 – 8pm.

### Havenwood of Buffalo

**Musical Volunteer:** Play instruments and/or sing for a group of residents. Volunteers are needed 1-2 times per month, for 2 hours at a time. (3.3)

**Reading Assistant:** Assist residents with reading mail, news, and other items one-to-one or in a small group. Schedule is flexible, weekly or bi-weekly, arranged in 1-2 hour shifts. (3.3)

**Game Leader/Bingo Caller:** Set up, greet residents and lead games on Tuesdays, if possible, for a 2 hour shift. Also clean up after game is complete and provide feedback to staff about game. (3.3)

### Wright County Health and Human Services

**Office Lobby Coordinator:** Assist at the new Government Center! Greet and direct visitors in the second floor lobby, assist with various office related tasks such as assembling paperwork and mailings, inventory, distributing mail, and basic computer tasks. Select a two hours or four hour shift.

**Volunteer Transportation Driver:** Provide rides to WCHHS clients of various ages for medical appointments, school, and other business. This position offers flexible scheduling as well as reimbursement on mileage and meals. A successful driver applying for this position is required to have a clean driving record, valid driver's license, three personal references, and active auto insurance.

### Safe Families for Children

**Family and Resource Friend:** Be a friend to a single mother by going for walks, getting coffee, being a mentor to a parent, and assist in providing parenting skills and coaching. Oftentimes parents deal with social isolation and simply need someone to talk and share with. Could help with picking up/dropping off groceries for the parents, assist in lawn care for the family, or could prepare and provide a meal for the family.

## C

### Clear Lake

[ASK US!](#)

### Clearwater

[ASK US!](#)

### Cokato

### Safe Families for Children

**Family and Resource Friend:** Be a friend to a single mother by going for walks, getting coffee, being a mentor to a parent, and assist in providing parenting skills and coaching. Oftentimes parents deal with social isolation and simply need someone to talk and share with. Could help with picking up/dropping off groceries for the parents, assist in lawn care for the family, or could prepare and provide a meal for the family.

### Cold Spring

### Assumption Community Faith in Action – Senior Service Volunteers

This program is based in Cold Spring, yet volunteers are needed to serve clients throughout rural Stearns County including St Joseph, Kimball, Sartell, Sauk Rapids, St Cloud, and Waite Park.

**Chore Services:** Chore services provide heavy housekeeping, such as: washing floors, windows and walls, minor home repair and maintenance, safety modifications/grab bar installation, snow shoveling/ ice removal, lawn care, leaf raking. (3.3)

**Friendly Visitors:** Visit in person or by phone providing visitation to clients that are home bound or socially isolated. (3.3)

**Homemaker:** Homemakers help persons having difficulty with one or more of the instrumental activities of daily living. Includes services such as: preparing meals, shopping for food and other personal items, managing money, answering or making telephone calls, or routine housekeeping (dusting or sweeping). (3.3)

**Respite Volunteers:** Aid with meals, medications reminders and general supervision. Respite volunteers are screened, trained and matched with older adults and supervised by provider. Respite visits should be approximately 4-6 hours in length an average of one to two times a week.

**Transportation:** Transportation and client escort to a person who has difficulties (physical or cognitively) using regular vehicular transportation to medical, social service, grocery, pharmacy, food shelf, hairdresser, barber, place of worship, adult day care or evidenced based Health Promotion Programing. Volunteers are reimbursed at 34 cents per mile. (3.3)

## Collegeville

[ASK US!](#)

### D

## Dayton

[ASK US!](#)

## Delano

### [Safe Families for Children](#)

**Family and Resource Friend:** Be a friend to a single mother by going for walks, getting coffee, being a mentor to a parent, and assist in providing parenting skills and coaching. Oftentimes parents deal with social isolation and simply need someone to talk and share with. Could help with picking up/dropping off groceries for the parents, assist in lawn care for the family, or could prepare and provide a meal for the family.

### E

## Elk River

### [CAER Food Shelf](#)

**Tote Bags for Kids:** Work remotely to help the food shelf by sewing and donating tote bags for weekend kids' CAER packages. Tote bag template is provided. Volunteer provides fabric, or contact our office to request donated fabric.

### [Catholic Charities: Senior Dining](#)

**Meals on Wheels Driver** - A hot meal when you are unable to cook for yourself is so important! Delivery drivers are needed to ensure that those in need receive mid-day meals. Each route takes about an hour to deliver. Scheduled in a community near you once per month, once per week, or even more!



**Dining Room or Kitchen Assistant:** Serve as a part of the senior dining lunch team to prepare meals for on-site dining and meal delivery. A variety of roles are available on your choice of days, with hours approximately 11:30am-1pm.

### District 728 / Metro North

**Adult ESL Classroom Assistant:** Share the basics of the English language one on one or in a small group with adults who are eager to learn. No special training or license is needed to help with alphabet, speaking, and basic writing. Tuesday evenings or Tuesday morning for two to three hours.

### Elk River Activity Center

**Exercise Class Leader:** Lead a group exercise class for seniors one day a week on Friday from 10:15 -11:45am. Previous experience leading a fitness class is desired but not required. Training provided.

### Elk River Library

**Request Pull List:** Pull materials from the shelves based on list of requests from patrons at other libraries and/or prepare them for transport. Two hour shifts on Monday or Saturday morning.

### Fare for All

**Distribution Volunteer:** Affordable food sales are completed once a month in Elk River. Help increase patrons' access to food by volunteering to collect orders, process payments, and distribute orders. The event is open the first Friday of the month in Elk River.

### Guardian Angels

**Blood Pressure Checks** CNA, LPN, RN with experience to take and record the Blood Pressure, Heart Rate, and Blood Oxygen level of independent seniors at their housing complex and record their data. No medical advice would be given other than the direct them to their medical professional if an abnormal reading is recorded. Volunteers are needed the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month from 11:30 am until 12:30 pm. (3.3)

**Craft Assistant:** Be a part of the fun with the recreation/activities team! You will be assisting Care Center staff and residents, as well as helping residents get to and from the activity room.

**Escort (Internal Transport):** Can you spare 2-4 days per month to transport residents to Music, Chapel, Beauty Shop or Special Events? This is a great way to enhance individual lives through important leisure activities at the Care Center.

**Friends – Auxiliary:** Assist with planning and carrying out events and attend related committee meetings for the benefit of the Care Center.

**Gift & Coffee Shop Attendant:** Help make the day special for visitors and residents by assisting at the Guardian Angels Gift and Coffee Shop in Elk River. Greet and assist shoppers, make coffee and restock displays. This little shop is a bright and cheery place for anyone to spend some time! Sign up for your preferred day and time during shop hours of 10:30am – 2:30pm, Sunday – Friday.

**Manicures:** Basic nail filing and polish removal/application are needed for residents of the Care Center. This also provides a nice social interaction time. Two visits per month or more, flexible.

**Musician / Performer:** Share your musical talents with the residents at the Care Center. Three pianos are available, and other instruments are welcome, as well as vocalists. Two visits per month are requested, for 30-45 minutes per visit.

**Resident Companion:** Provide friendship, kindness and social interaction with Care Center residents. Schedule your own visit time, two visits per month or more.

**Visitor – By The Lake:** Assist in being a friendly visitor to residents, play a game or activity, or help serve coffee and snacks. A variety of opportunities await at this Elk River location!

### Great River Faith in Action

**Light Cleaning:** Provide basic cleaning to help an elderly or disabled person remain in their home. Typically needed twice a month and you determine the schedule.

**Driver:** Coordinate pickup times for clients, then transport clients to medical and social service appointments with your personal vehicle. Some individuals need help exiting and entering the vehicle. Biggest need is around Elk River and Big Lake.

### Open Doors for Youth

**Youth Drop-In Center Greeter:** Be part of a new, ongoing volunteer opportunity hosted during youth drop-in hours! Volunteers are needed in two hour shifts from 1:00-5:00 pm (shifts then being from 1-3 and 3-5 pm), Monday-Thursday. Duties include greeting and checking in our youth (be their first contact!), answering phones, receiving and recording possible donations that would come in. COVID guidelines are being followed in the center, including temperature checks, mandatory masks, and frequent sanitizing. Youth are encouraged to make appointments to maintain safe social distancing in the center.

### RSVP

**Readers Theater:** Utilize your expressive voice and smiling face to demonstrate to young children just how important and fun reading can be! Members of this group select days and times to read within local elementary and preschools as requested. Must be available for daytime practice 1 – 2 times a month and events 2 – 4 times a month.

### Senior Community Services

**Outdoor Yard & Garden:** Enjoy some fresh air and sunshine with one time and ongoing opportunities to assist older adults in keeping their yard looking great. Provide a little socialization as well as peace of mind for loved ones and caregivers. Locations are scheduled near your neighborhood; day and time are flexible. 4.3

**Tech Support Volunteer:** Help other older adults with basic tech issues on their smart devices. This position will be done in person within Elk River approximately 2-4 hours a week. Basic knowledge of smart devices is required for this position. 3.3

### Sherburne County Sheriff's Department

**Senior Representatives:** Attend occasional committee or planning meetings with law enforcement and other citizens to represent "senior voice" to reduce crime and create safer communities. Assist with special projects such as the Senior Day Out. 3.3

### Thumbs Up



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**Youth Center Assistant:** Be a friendly and welcoming face to greet and oversee a unique after school space for middle and high school age youth. Assist with snacks, homework, games, art project, and other activities during the hours of 2:30-5pm on one or more days a week (open Monday – Thursday).

### Tri-CAP (Tri-County Action Program)

**Driver:** Provide safe and reliable transportation for individuals with limited transportation options by utilizing your personal vehicle. Duties may include assisting passengers with mobility issues, collecting monitor fare from passengers, and assisting in paperwork.

**Greeter:** Welcome and conduct sign in for residents arriving for free tax appointments at the Government Center in Elk River. Your service supports accessible services for the community which also puts 100% of tax refunds into the individuals' pocket. Flexible scheduling, daytime hours, February through early April.

**Tax Screener/Reviewer:** Prepare, screen, and review federal and state taxes at the local clinic in Elk River. Tax prep is done from January – April, with training provided in the December prior. Basic knowledge of relevant tax laws, background in individual income tax, and ability to maintain confidentiality is required.

### YMCA of the North – Elk River

**Member Services Assistant:** Greet members as they come into the building. Help check Y members in and ensure guests have day passes. Assist Y members, guests, and participants by answering general questions. Volunteers can choose their own schedule within open hours. A background check and orientation required.

**Forever Well Assistant:** Be a friendly voice and check in with members who have not come to classes in a while by giving them a call. Assist in the Forever Well programming by making phone calls and in other areas as needed. A background check and orientation required.

## Elrosa

### ASK US!

## F

## Foley

### Benton County Jail, Foley

**Jail Librarian:** The Benton County Jail has a need for Librarians to operate the library for inmates. Put books away, check books out, organize library and assist inmates with books. Orientation required.

### Cross Center Food Shelf, Foley

**Cold Food Storage Assistant:** Assist the Cold Food Storage manager in getting the cold food and produce ready for the day (before the food shelf opens) on Mondays and Thursdays. Remove food from freezer, sort by department, weigh, and record. The food is then set out and displayed for shopping. This job does require some lifting.

**Cold Food Manager:** The Manager comes into CROSS on Mondays and Thursdays before we open, to get the cold food and produce ready for the day. It will be hauled out, sorted by dept, weighed, and then set out. This job does require some lifting. After the CROSS is open for the day, manager will continue to stock the produce, dairy and meat shelves, help some of the volunteers with food orders, especially when busy, help with lifting, be ready to receive any food donations that come in. The truck that comes from the food bank, Second Harvest, has a load for us two times a month, The Manager will be there receiving and organizing the meat, cheese, milk and produce that comes in.



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Updated: 4/12/2023 | [Go to top of the Document](#)

**General Coordinator:** Provide leadership, organization and support to volunteer staff. Report to Board, assist Financial Secretary, and keep reports up to date. Communicate with local community, engaging clients, donors and partner agencies. Keep food shelf and office running smoothly.

**Food Shelf &/or Clothing Volunteer:** Fill food orders for clients and stock food shelves -or- assist clients in selecting clothing items. Greet clients and make them feel welcome and comfortable. Keep records of donations and items distributed. Volunteers needed Mondays from 1-4 or Thursdays from 10-3.

## Freeport

[ASK US!](#)

### G

## Gilman

[ASK US!](#)

## Greenwald

[ASK US!](#)

### H

## Hanover

[Crow River Senior Center](#)

**Reception Desk:** Assist with the daily operations at the busy senior center. This position will include basic technology use.

**Lunch Crew:** Flexible scheduling to help provide lunch for seniors on Tuesday, Wednesday, or Thursday.

## Holdingford

[ASK US!](#)

## Howard Lake

[Safe Families for Children](#)

**Family and Resource Friend:** Be a friend to a single mother by going for walks, getting coffee, being a mentor to a parent, and assist in providing parenting skills and coaching. Oftentimes parents deal with social isolation and simply need someone to talk and share with. Could help with picking up/dropping off groceries for the parents, assist in lawn care for the family, or could prepare and provide a meal for the family.

### K

## Kimball

[Assumption Community Faith in Action – Senior Service Volunteers](#)

This program is based in Cold Spring, yet volunteers are needed to serve clients throughout rural Stearns County including St Joseph, Kimball, Sartell, Sauk Rapids, St Cloud, and Waite Park.

**Chore Services:** Chore services provide heavy housekeeping, such as: washing floors, windows and walls, minor home repair and maintenance, safety modifications/grab bar installation, snow shoveling/ ice removal, lawn care, leaf raking.

**Friendly Visitors:** Visit in person or by phone providing visitation to clients that are home bound or socially isolated.

**Homemaker:** Homemakers help persons having difficulty with one or more of the instrumental activities of daily living. Includes services such as: preparing meals, shopping for food and other personal items, managing money, answering or making telephone calls, or routine housekeeping (dusting or sweeping).

**Respite Volunteers:** Aid with meals, medications reminders and general supervision. Respite volunteers are screened, trained and matched with older adults and supervised by provider. Respite visits should be approximately 4-6 hours in length an average of one to two times a week.

**Transportation:** Transportation and client escort to a person who has difficulties (physical or cognitively) using regular vehicular transportation to medical, social service, grocery, pharmacy, food shelf, hairdresser, barber, place of worship, adult day care or evidenced based Health Promotion Programing. Volunteers are reimbursed at 14 cents per mile.

### [Catholic Charities Senior Dining](#)

**Food Service Volunteer:** Help is needed in the Senior Dining kitchen! Clean, sanitize, and set tables for meals as well as some food preparation and serving of meal, desert, water, and coffee. Please contact the RSVP office if interested.

## M

### Maple Lake

#### [Catholic Charities Senior Dining](#)

**Kitchen Assistant:** Help is needed in the Senior Dining kitchen! Assist with separating food donations into individual portions, opening plastic bags, using the sealer, and some light dishwashing. Choose your day and time, from 9:00 – 11:00 am and 11:30 – 1:30 pm M – F.

**Meals on Wheels Driver:** Ensure that those in need receive mid-day meals. Drivers needed on weekdays, on a flexible schedule, once per month, once per week, or even more! Each route takes about an hour to deliver.

#### [Safe Families for Children](#)

**Family and Resource Friend:** Be a friend to a single mother by going for walks, getting coffee, being a mentor to a parent, and assist in providing parenting skills and coaching. Oftentimes parents deal with social isolation and simply need someone to talk and share with. Could help with picking up/dropping off groceries for the parents, assist in lawn care for the family, or could prepare and provide a meal for the family.

#### [Wright County Health & Human Services](#)

**Transportation:** Provide rides to clients of various ages for medical appointments, school, and other business. This position offers flexible scheduling as well as reimbursement on mileage and meals. A successful driver applying for this position is required to have a clean driving record, valid driver's license, three personal references, and active auto insurance.



## Melrose

### ASK US!

## Monticello

### CentraCare

**Cancer Center Attendant:** Provide support by acting as a host/hostess for families, escorting patients to other areas of campus, and aid staff in the Cancer Center. Volunteers are needed from 10:00 am – 2:00 pm, Monday through Thursday. A background check and medical screening is required.

**Gift Gallery Sales Associate:** Help in running the Gift Gallery in a friendly and positive manner while reaching sales goals. Volunteers run the point of sale system, answer phone calls, check in and price merchandise, and help keep the shop clean. Volunteer shifts are weekdays in 3-hour shifts. A background check and medical screening is required.

**Surgical Lobby Attendant:** Warmly greet patients and families as they enter the facility and direct patients to admissions staff for assistance. Provide information to patients and escort as needed. Ability to keep information confidential is a must, as well as a pleasant demeanor. Volunteer shifts are weekdays in 3-hour shifts. A background check and medical screening is required. There is a high need on Mondays, Tuesdays, and Thursdays.

### Monticello Help Center

**Food Shelf Helper:** Choose one morning a week or more to assist with sorting donated food, accepting food delivery, cleaning the facility, stocking the shelves, and helping clients find essential items for their needs.

**Clothing Center:** Receive clothing donations, sort and organize the free store and assist shoppers. Choose a shift of 2, 3 or 4 hours on Wednesdays between the hours of 4-8pm.

**Receptionist/Greeter:** Welcome the community and assist them with sign in for their visit two or three mornings a week. Answer the phone and assist with activity tracking and reporting. Some basic Spanish skills are preferred.

### Rivers of Hope

**Court Watch:** Attend court and bail hearings in Sherburne and/or Wright Counties to gain information on specific offenders to then report back to Rivers of Hope staff via email, dropping into the building, or from a phone call. Ability to attend court at 10:30 am in Sherburne and/or Wright counties Monday through Friday, and late afternoon on weekdays. Volunteers can pick which days/sessions of court to attend.

**Office Support:** Perform various office tasks such as answering phones, copying, mailing newsletters, preparing items for mailing, shredding documents, and organizing donations. Volunteers are needed Monday through Thursday from 8:30 – 4:30 pm. Volunteer can pick their schedule.

### Safe Families for Children

**Family and Resource Friend:** Be a friend to a single mother by going for walks, getting coffee, being a mentor to a parent, and assist in providing parenting skills and coaching. Oftentimes parents deal with social isolation and simply need someone to talk and share with. Could help with

picking up/dropping off groceries for the parents, assist in lawn care for the family, or could prepare and provide a meal for the family.

### Wright County Health and Human Services

**Driver:** Provide rides to WCHHS clients of various ages for medical appointments, school, and other business. This position offers flexible scheduling as well as reimbursement on mileage and meals. A successful driver applying for this position is required to have a clean driving record, valid driver's license, three personal references, and active auto insurance.

## Montrose

### Safe Families for Children

**Family and Resource Friend:** Be a friend to a single mother by going for walks, getting coffee, being a mentor to a parent, and assist in providing parenting skills and coaching. Oftentimes parents deal with social isolation and simply need someone to talk and share with. Could help with picking up/dropping off groceries for the parents, assist in lawn care for the family, or could prepare and provide a meal for the family.

## N

## New Munich

### ASK US!

## O

## Otsego

### City of Otsego

**Farmers Market Assistant:** Enjoy a seasonal favorite, the farmers' market, providing fresh foods and information to people of all ages. Greet shoppers and assist staff for 2-3 hours on Tuesday afternoon under the outdoor canopy at the Coborn's location.

### Great River Faith in Action

**Senior Visitor:** Loneliness can strike for anyone and is especially difficult among older adults and those with physical limitations. Make a difference in an adult's life by being a friendly visitor! Participate in activities and games when visiting to help create sunshine in an adult's life.

**Homemaker:** Assist a client with simple homemaking tasks like vacuuming, dusting, sweeping and organizing once a month. Some help might even be needed to change filters, install a grab bar, or carry in softener salt bags. All need extra support and friendship to stay in their own home. Housekeeping never felt so good!

**Driver:** Coordinate pickup times for clients, then transport clients to medical and social service appointments with your personal vehicle. Some individuals need help exiting and entering the vehicle. Biggest need is around Otsego, Elk River and Big Lake.

### Guardian Angels

**Riverview Landing Visitor:** Work on activities with residents, start a book club, or help organize the library at this Otsego location.

**Riverview Landing Meals:** Gathering with others for meals and socialization is so important. A variety of roles are available to choose from, with training provided as needed (taking orders, serving drinks, set up and take down, light food prep, delivering trays, and more). Shifts are typically scheduled 7:15am- 1:45pm or 10:30am -2:00pm.

### Safe Families for Children

**Family and Resource Friend:** Be a friend to a single mother by going for walks, getting coffee, being a mentor to a parent, and assist in providing parenting skills and coaching. Oftentimes parents deal with social isolation and simply need someone to talk and share with. Could help with picking up/dropping off groceries for the parents, assist in lawn care for the family, or could prepare and provide a meal for the family.

### Senior Community Services

**Outdoor Yard & Garden:** Enjoy some fresh air and sunshine with one time and ongoing opportunities to assist older adults in keeping their yard looking great. Provide a little socialization as well as peace of mind for loved ones and caregivers. Locations are scheduled near your neighborhood; day and time are flexible. 4.3

**Technology Helper:** Assist older adults with basic questions and functions on their computer, phone or tablet. Basic knowledge of smart devices is needed, no formal training required. Help can be performed on a flexible schedule in person or over the phone. 3.3

### Wright County Health and Human Services

**Driver:** Provide rides to WCHHS clients of various ages. Drivers are expected to provide safe, prompt, and courteous services to all clients and adhere to confidentiality policies. This position offers flexible scheduling as well as reimbursement on mileage and meals. A successful driver applying for this position is required to have a clean driving record, valid driver's license, three personal references, and active auto insurance.

## P

### Paynesville

#### Catholic Charities: Senior Meals

**Paynesville Senior Dining:** Help the food service staff serve hot meals to seniors. Set up the tables and dining room before lunch, clean up after lunch and some food service as directed.

## R

### Rice

#### ASK US!

### Richmond

#### ASK US!

### Rockford

#### ASK US!

## Rockville

### Catholic Charities Senior Dining

**Meals on Wheels Driver:** Ensure that those in need receive mid-day meals. One driver is needed on Fridays for approximately an hour (from 10:30-11:30 am) to deliver meals to 4-5 homes (3 of which are all in one building). (3.3)

## Ronneby

### ASK US!

## Roscoe

### ASK US!

## S

## Sartell

### Assumption Community Faith in Action – Senior Service Volunteers

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**Respite Volunteers:** Aid with meals, medications reminders and general supervision. Respite volunteers are screened, trained and matched with older adults and supervised by provider. Respite visits should be approximately 4-6 hours in length an average of one to two times a week.

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### Boys & Girls Club

**Check-Out Monitor:** Greet parents and guardians as they enter the building, confirm parent ID, and use a 2-way radio to call staff and have youth meet their parents. Volunteers are needed at 13 elementary schools throughout St Cloud, Sauk Rapids/Rice, and Sartell/St Stephen School Districts. Shifts available Monday-Friday from 2-430 (or 6pm if desired). Can adjust shift hours as needed.

### Country Manor



**AmeriCorps  
Seniors**

#### **AmeriCorps Seniors RSVP**

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**Activity Cart Volunteer:** Provide independent leisure materials to residents and patients in our Care Center and Rapid Recovery. Volunteers will push the 'activity cart' around while visiting with and offering word finds, Sudoku, books, magazines and more to our residents! Shifts are flexible and we suggest volunteering on a weekly basis for this position. (1.3)

**Activities Assistant:** Assist therapeutic recreation staff with transporting residents from their rooms to scheduled activities, assist with activity set up, carryout and clean up. Activities include but are not limited to bingo, bowling, socials, parties, discussion groups, baking, music, cards/games, music, crafts, etc. (Flexible scheduling.) (4.3)

**Bowling Pin Setter:** Assist therapeutic recreation staff with cleaning bowling balls, setting bowling pins and scoring the bowling games for residents. (Volunteer must be able to handle physical demands of the position including frequent bending, squatting and walking.) (Bowling is currently at 4 pm on Mondays and Thursdays and at 10 am on Fridays.) (4.3)

**Chapel Escort:** Assist residents to the Country Manor chapel for weekly church services. You may choose to stay in the chapel during the service or visit with other residents while the service is taking place and return to the chapel after service to escort residents back to their rooms. (Wednesday afternoons and Sunday mornings.) (4.3)

**Friendly Visitor:** Develop a special friendship with a resident, or multiple residents, at Country Manor. Visit them on a regular basis, preferably once per week. Chat about everyday affairs, write letters, play games, encourage participation in activities, take them outside or to see the bird aviary. (Flexible scheduling.) (4.3)

**Mail Deliverer:** Deliver mail to residents and patients in Country Manor's care center and Rapid Recovery. Must be able to walk long distances during this volunteer opportunity. (Volunteers are asked to commit to delivering mail one day per week. Typically, delivery of the mail takes 1-2 hours.) (4.3)

**Pianist:** Play piano in Country Manor's Care Center residents to enjoy! Piano provided. (Flexible scheduling.) (4.3)

### [Light the Legacy](#)

**Advanced Care Planning Facilitator Volunteer:** Facilitate Advanced Care Planning educational sessions at the Sartell Community Center twice per month. Each session is about 1-2 hours. Walk participants through a Health Care Directive and provide help completing them. One day long training session provided, and mileage reimbursement provided. (2.3)

### [Sartell Police Department](#)

**Seniors & Law Enforcement Together (SALT):** The Sartell Police Department hosts a monthly meeting on the 3rd Wednesday of the month in the police department training room from 9-10a.m. The community services officer meets with senior citizens to discuss public safety issues. At times special speakers present not only on crime related concerns, but also on what is happening within the community on various levels.

### [Sartell Schools](#)

**Meal Server:** Sartell Schools are seeking volunteers to stand and serve meals to students during a 2-2 ½ hour lunch shift. School lunchroom staff will do all the lifting and walking around the kitchen. Volunteers arrive 5 minutes prior to shift start time and receive a short orientation with Head Cook before getting started. After the children are served, volunteers receive a free lunch with food service staff.



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Updated: 4/12/2023 | [Go to top of the Document](#)



## Sauk Centre

### Light the Legacy

**Advanced Care Planning Facilitator Volunteer:** Facilitate Advanced Care Planning educational sessions at the Sartell Community Center twice per month. Each session is about 1-2 hours. Walk participants through a Health Care Directive and provide help completing them. One day long training session provided, and mileage reimbursement provided. (2.3)

## Sauk Rapids

### Assumption Community Faith in Action – Senior Service Volunteers

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### Boys & Girls Club

**Check-Out Monitor:** Greet parents and guardians as they enter the building, confirm parent ID, and use a 2-way radio to call staff and have youth meet their parents. Volunteers are needed at 13 elementary schools throughout St Cloud, Sauk Rapids/Rice, and Sartell/St Stephen School Districts. Shifts available Monday-Friday from 2-430 (or 6pm if desired).

### Central MN Adult Basic Education

**Classroom Assistant:** This position assist teachers in the classroom with ESL or ABE students. Basic understanding of the English language is required and the ability to read and write in English. Volunteers must be patient and understanding when working with students. There will be an orientation prior to starting the position and workshops throughout. The time commitment for this opportunity is 2-4 hours of classroom time per week. Please contact RSVP to get started.

They need volunteers to help with Math on Tuesday and/or Thursday mornings. They also need a volunteer to work with a beginner level reader - this would be set up during morning classes, so sometime during their regular M-Th 8:30-12:30 schedule.

**Child Care:** Volunteers would assist the child care staff with young children at Hillside Elementary School. Positions available Monday – Thursday 8:30 – 12:30.

## Good Shepherd Community

All Good Shepherd volunteers must attend a onetime COVID procedure training, be vaccinated, conduct a health assessment upon arrival, wear and mask and protective eye wear provided by Good Shepherd during service.

**Bingo Buddy:** BINGO is not so easy if you are unable to move the pieces, hear the number called, or see your card. Consider being the help that allows our residents to fully participate in this #1 favorite activity. All you need is a sense of fun and a caring heart to make a BIG difference for our senior community! Volunteer with a friend and double the fun! Volunteers needed every Friday at 2 pm.

**Bowling for Bragging Rights:** Our Good Shepherd Nursing Home bowling league enjoys friendly competition. Participants need some extra assistance to keep active with this game! Could you re-set the pins? Interact with the residents as they play? Place their wheelchair into position to aim a straight shot right down the alley and cheer them on! Help them make the most of this friendly competition. Twice monthly on Tuesdays at 2 pm for one hour. A little time for a lot of fun!

**Clerical Assistant:** Assist with filing, copying, mailings, surveys, stuffing envelopes, data entry, letter writing, and other related tasks.

**Dining Site Volunteer:** Assist tenants in our Shepherd Oaks Apartments in Sauk Rapids OR our Shepherd of Grace Apartments in Becker. Before and after meals. Set up, serving, beverages, visiting, and clean up. The visiting is the best part. This is needed during the weekdays as well as on the weekends. Pick the day(s) that work best for you. M-F 4 pm to 6:30 pm or weekends from 10 am to 1 pm.

**Friendly Flock Visitor:** Foster friendships and regular interactions by visiting 1:1 with residents with genuine conversation and reading books, magazines, newspapers, or spiritual readings. Days and times flexible.

**Music Therapy:** Music is a direct link to happiness! Bring joy to our senior community with familiar tunes played on the piano, accordion, guitar, violin, or other string instrument. No singing required! We have a piano on site. Basic music ability is all that is required, no need to be professional! This position is flexible with daytime hours or may be set up with a regularly scheduled day and time. Residents would enjoy having music therapy twice monthly for about an hour each visit.

**Nutrition Team Assistant:** All are welcome at the Shepherd's table! Our apartment dining staff at Good Shepherd Community in Sauk Rapids need you to be a part of their nutrition team. Set up tables, serve food/beverage, visit, and clear tables. Our senior apartment community LOVE to see new faces and your help makes a much smoother work experience for both staff and other volunteers! Adults and Junior Volunteers (12 to 17) are needed weekdays 10 am to 1 pm and Sundays 10 am to 1 pm.

**Pet Visits:** Our Nursing Home and Memory Cottage residents would enjoy giving your pet love and attention! Let us know if your furry or feathered friend would like to visit occasionally to enjoy unconditional affection! No skills needed – just a well behaved, vaccinated animal that would love to be petted! Time Commitment is flexible. Tell us your convenient daytime schedule and plan to visit for about an hour twice monthly, if possible.

**Manicurist:** A fresh manicure feels good for anybody. Our residents depend on volunteers to help them have this simple pleasure. This is a wonderful way to spend time with special people who want to feel special. A manicure allows time to chat or listen to music as you remove old polish and apply a new coat. No trimming involved, just occasional filing. Tuesday mornings beginning at 9 am. If you have an hour or more between 9:00 am and noon to help with this volunteer need, we provide all the supplies and, even though no experience is necessary, we can provide training. Can you help with this popular resident request? Junior volunteers ages 12-17 welcomed also! Volunteer with a friend and double the fun!

**Medical Escort:** Escort nursing home residents to and from off-campus appointments by public transportation or Care Cab.

**Northern Delights Retail Therapist:** The Northern Delights Store in Good Shepherd needs volunteer cashiers to allow residents, tenants, families, and staff the opportunity to shop and relax in the friendly atmosphere as they snack and shop. The Square System iPad register is user friendly and super simple to operate. Experience the social interaction the store provides. Join our store team once weekly for a three-hour shift. A great way to spark friendships! Full training provided.

**Pub Server:** What could be better than assisting with HAPPY HOUR at Good Shepherd Community in Sauk Rapids? Three volunteers are needed Thursdays at 3 pm to 4 pm. Residents enjoy music, an appetizer, and a beverage. Serve up some fun with everyone as you tap your toes to the live music.

**Therapy Escort:** Transport Good Shepherd residents in their wheelchairs to scheduled therapy appointments on our campus.

### Ridgeview Senior Living

**Bingo Assistant -or- Caller:** Provide a social outlet for residents by helping make Bingo happen. Help set up tables, distribute cards, and call Bingo numbers during games. Assist residents who may have a hard time seeing or hearing the numbers called. Serve water and snacks. Volunteers are needed Monday and Thursday from 3-4pm.

**Hand Massages:** Provide hand massages for residents at the end stage of life. Flexible hours.

**Knitting Group Instructor:** Meet with 4-6 residents on Wednesdays from 3-4:30pm starting in October. Yarn and needles provided. Volunteer will help instruct and guide a knitting group.

**Manicure Assistant:** Provide nail care while socializing with tenants. Filing and polish only, no trimming. This is a 1 hour per week position with flexible hours.

## South Haven

### Safe Families for Children

**Family and Resource Friend:** Be a friend to a single mother by going for walks, getting coffee, being a mentor to a parent, and assist in providing parenting skills and coaching. Oftentimes parents deal with social isolation and simply need someone to talk and share with. Could help with picking up/dropping off groceries for the parents, assist in lawn care for the family, or could prepare and provide a meal for the family.

## St Cloud

### AARP Tax Program

**Tax Counselor:** Preparing Federal, State, and Property Tax Rebate/Rent Credit tax returns and answer questions and assist taxpayers with organizing records for tax preparation. [Volunteers must be computer](#)



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literate and able to communicate with taxpayers that are not familiar with tax law. Training is provided and volunteers must pass a test to be certified to prepare tax returns. New counselors will be provided an experienced mentor. Time commitment for this position varies according to need during tax season, January through August, with a minimum of 40 hours for the season.

### Alzheimer's Association

**Support Group Facilitator:** Facilitate groups of caregivers or people living with dementia to provide social and educational support helping group members provide emotional support to one another. Must commit to running a group monthly for one year. Training and ongoing education is provided and background checks are required.

### American Red Cross

**Blood Donor Ambassador:** Help make blood drives run smoothly, make donors feel welcome and safe, be the public face of the Red Cross at the blood drive. Volunteer for 5-6 hours/month for 6 months. Day, evening, and weekend hours available. *Looking for a shorter commitment? Ask RSVP about "one time" Blood Drive opportunities.*

**Donor Ambassador Volunteer at Red Cross:** Manage donor flow at temp taking station to ensure only donors passing temp screen are permitted access. Explain purpose of temperature screen to donors and ensure they understand reason for deferral if applicable. Direct donor to next step of donation or options for future donations if deferred. Shifts are typically 4 hours, days and times vary.

**Disaster Action Team (DAT) Members:** Volunteers provide 24-hour emergency response to local disasters, particularly house fires, ensuring that those affected have access to resources for necessities such as food, shelter and clothing. Volunteers sign up for hours to be on-call. Flexible hours including days, evenings, and weekends. During their shift, they must have access to computer/internet and cell phone. The initial training to learn your volunteer role is about 9 hours at your own pace.

**Disaster Action Team (DAT) Duty Officer:** Support the DAT members by serving as the off-site (from home) point of contact for DAT responders and Trainees and community partners, assist in determining appropriate assistance during responses. Must have reliable internet and telephone services during on-call hours, have team leadership and organizational skills, ability to communicate and delegate tasks in stressful situations. Training is provided online. Must make regular commitment to on-call shifts each month and attend bi-weekly team meetings.

### Anna Marie's Alliance

**Child Mentor:** Spend time in the shelter children's area with children, letting them know they're worthwhile, helping them to heal, and teaching them how to treat themselves and each other while moms are in meeting with child/youth advocates.

**Center for Family Peace Receptionist -** Interact with community members bringing donations and coming for appointments with community advocates. Help direct phone calls/schedule donation drop off appointments. Volunteers receive training and are asked to make a perform one 4-hour shift per week for a minimum of 6 months.

**Women's Support Advocate –** Make a difference in the life of women escaping domestic violence. Answer phone calls, staff the front desk, monitor the front door, and occasionally provide transportation for the women and children living in the shelter (using the shelter's vehicle). This



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allows advocates more time to work with the women living in the shelter. Shifts are 4 hours every other week.

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**Friendly Visitors:** Visit in person or by phone providing visitation to clients that are home bound or socially isolated.

**Grocery Shopper:** Volunteers are needed to assist older adults with their grocery needs. Tasks may include picking up ordered groceries from the store and dropping them off, assisting with reading labels or getting items off a shelf, providing transportation to the grocery store, or carrying and putting groceries away. This position is flexible and will work with the volunteer's schedule, typical trips are 1-2 hours. Volunteers must have good communication skills in order to communicate with clients. Qualifications include valid driver's license, car insurance, safe motor vehicle, mask may be required when near clients, and the ability to pass a background check. Training is available upon request. Interested volunteers should contact the RSVP office to complete a paper application.

**Homemaker:** Homemakers help persons having difficulty with one or more of the instrumental activities of daily living. Includes services such as: preparing meals, shopping for food and other personal items, managing money, answering or making telephone calls, or routine housekeeping (dusting or sweeping).

**Respite Volunteers:** Aid with meals, medications reminders and general supervision. Respite volunteers are screened, trained and matched with older adults and supervised. Respite visits should be approximately 4-6 hours in length an average of one to two times a week.

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### **Big Brothers Big Sisters**

**Sports Buddies:** An initiative where mentoring friendships between Bigs and Littles are centered around a shared passion for all things sports! 1-2 group events per month; spectator and participatory events, outdoor adventures and sports clinics.

**Community Mentor:** Provide one on one youth mentoring to children facing adversity by providing a caring environment. Meet with your "Little" three to four times a month. Matches play board games, go bowling, attend the movies, do arts and crafts, play sports, and enjoy fishing, among many other opportunities. Many children are waiting for their Mentor so join today!

**Dr Potter Bigs On Campus:** For SCSU Alumni - a mentoring initiative to open windows of opportunity and immerse youth facing challenges in our community in the possibilities of post-secondary education. Meets twice a month on the SCSU campus

**School/Site-based Mentor:** This position matches children K-8<sup>th</sup> with adult mentors. Matches will engage with students through activities, such as board games, and crafts. Volunteers will work to



build emotional relationships with the children, as well as provide safety and security. The time commitment for this position consists of meeting with mentee for a min. of 1 year. The child and mentor will meet on site or virtually 2-4 times a month for 1 hour. The requirements for this position will include one-year time commitment, attend a volunteer information session, complete an interview, and successfully pass a background check in addition to credible references. If interested, please contact the RSVP office to get started.

## **Boys & Girls Club**

**Check-Out Monitor:** Greet parents and guardians as they enter the building, confirm parent ID, and use a 2-way radio to call staff and have youth meet their parents. Volunteers are needed at 13 elementary schools throughout St Cloud, Sauk Rapids/Rice, and Sartell/St Stephen School Districts. Shifts available Monday-Friday from 2-430 (or 6pm if desired).

**Reading Buddy/Super Readers:** Volunteers are needed to listen to children read or read to children on a one-to-one or small group basis. Volunteers needed at the Southside, Eastside and Roosevelt Boys and Girls Club locations.

## **Catholic Charities: Emergency Services**

**Clothing Support:** Greet and help clients to locate clothing in proper sizes, styles etc. To locate requested items in the secure area. Keep shopping area neat, and hangers put in boxes and clothing hung. Occasionally sort and hang clothing as directed by staff. Masks are required.

**Distribution Aide:** Assist clients in selecting their food choices with the Independent Food Shelf Model, keep shopping area and carts clean, answering questions and providing direction to any client with the Food Shelf. Must be able to stand, reach, bend, lift. Volunteers are needed Wednesday, and Friday for 12-16 hours a month. Masks are required.

**Donation Door Attendant:** Assist staff in daily program operations and to organize materials, especially boxes and bags that are used by clients in the Food Shelf and Clothing Program. Volunteers needed Fridays from 11am-3pm and must be able to lift heavy objects, stretch and bend. Masks are required.

**Food Shelf Helper:** Volunteers are needed in a variety of ways such as sorting donated food and clothing, accepting food delivery, cleaning the facility, stocking the shelves, and working with clients one-on-one to ensure our neighbors' needs are met. The time commitment for this position is Mondays from 1-4pm, and all day on Friday.

**Greeter:** If you enjoy meeting and helping others, and enjoy the atmosphere of a Food Shelf, consider becoming a Greeter. Greeters will check clients in to pre-registered appointments to help them feel comfortable and at ease. Greeters would put a smile on everyone's face. (4.3)

**Intake Specialist:** Register new and returning clients into the service the client requests, using a computer/laptop. Must be computer literate.

**Quilters Group:** Enjoy friendship and camaraderie as you make quilts for people in need throughout Central MN. Some knowledge of quilting is helpful. Time commitment is flexible, usually 3-5 hours. Group meets Mondays and Wednesdays from 8-11 in Waite Park or by home assignment.

## **Catholic Charities: Senior Meals**

**Bagging Meals:** Volunteers assist in organizing frozen meals and bagging them. Duties include walking around a table, picking 10 meals from a variety of frozen pre-packaged dinners and pack into a distribution bag. May involve standing or sitting 1-3 hours and lifting 20 pound boxes. Bagging meals takes place at the Whitney Center on Monday mornings.

### CentraCare: Coborn's Healing Center

**Concierge:** Provide a welcoming smile, information and caring support to guests visiting Coborn Healing Center. Your role as a volunteer is to provide more than just your time and energy-it's also to offer, support. Courage, solace and joy to our patients, their loved ones and our staff in your own unique way. Volunteering for Coborn Healing Center is a richly, rewarding experience.

### CentraCare: Hospice

**Volunteer Patient Contact:** You can enhance the Hospice concept of loving, supportive care by providing respite time for caregivers, emotional support, companionship, transportation, and bereavement follow-up. (10/21)

### CentraCare: St. Cloud Hospital

**Discharge Host:** Help provide a superior patient experience by visiting with discharging patients while they wait for their loved one to arrive. You'll greet and interact with all discharging patients as well as guests entering the facility. Wait with the patient while family/friend brings their vehicle. Provide wheelchair escort to walk with patient to family vehicle (if requested), open vehicle door, and bring wheelchair back to the hospital. Volunteers must wear a mask for their entire 4-hour shift.

A \$20 deposit is required for CentraCare issued property (ID badge and uniform). This deposit is refunded to the volunteer upon retirement from our program and the return of the badge and uniform. All CentraCare volunteers are required to either be fully vaccinated against COVID-19 or receive a medical or religious exemption.

**STEP Force:** Provide a friendly caring walking escort, wheelchair, or motorized bed or cart transport for patients and guests throughout the facility. Volunteers work as a team to complete errands and deliver flowers, mail and packages to patients at St. Cloud Hospital. Volunteers enhance a positive patient care environment and help provide a superior patient experience.

### Central MN Habitat for Humanity

**Construction General Volunteer:** No experience necessary. We adapt the tasks you are asked to help with to your skill and comfort levels. All tools, materials, personal protective equipment and training are provided. Volunteers may help with a wide range of tasks including (but not limited to) framing, insulation, sheeting, siding, landscaping, and cleaning.

Construction shifts are typically 4 hours long. You may sign up for full or half days and our standard schedule is Monday-Thursday (8am-12pm & 12:30pm-4:30pm), working year round, indoors and outdoors.

**Ground Maintenance Volunteer – Lawn Mowing, Snow Shoveling:** Central Minnesota Habitat for Humanity needs volunteers to mow lawns or shovel snow on properties that Habitat owns. The types and locations of properties vary. Some are homes that Habitat has acquired and has not yet done construction on. Some properties are empty lots waiting for construction. Locations are in the 4-county area – Stearns, Sherburne, Wright, and Benton. Volunteers use their own mower or shovel.

The time is flexible to the volunteer's schedule. Volunteers are asked to "adopt" a property and mow it weekly (or as needed) throughout the summer months, or shovel at the "adopted" property when it snows throughout the winter months. Volunteers can choose if they want to mow,

or shovel, or both. Volunteers also have the option to be on a "waiting list" to fill in for other volunteers when they are out of town.

**Site Host:** Greet and check in construction volunteers at the beginning of assigned shifts. Shifts are typically 30 minutes long (usually from 745-815 or 1215-1245). Helpful if you can serve weekly, but not required.

### Central MN Adult Basic Education

**Classroom Assistant:** This position assist teachers in the classroom with ESL or ABE students. Basic understanding of the English language is required and the ability to read and write in English. Volunteers must be patient and understanding when working with students. There will be an orientation prior to starting the position and workshops throughout. The time commitment for this opportunity is 2-4 hours of classroom time per week. Please contact RSVP to get started.

- **One-to-one tutoring** Tue/Thur. p.m. 5-8 with level 5 student- has high school diploma but wants to improve reading skills
- **One-to-one tutoring** Mon-Thur. afternoons (doesn't need to be every day, can be a couple days a week) with beginner level student who was raised in deep south and never went to school, wants to improve reading skills from survival reading level
- **Level 1/2 classes:** Mon-Thur. or Tue/Thur. 10-12am, Tue/Thur. 5-8pm
- **Level 3/4 class:** Tue/Thur. 8-10am

### City of St. Cloud

**Park and Recreation – Fishing Equipment Supervisor:** Volunteer will aid participants in basics to fishing such as baiting a hook, how to set a hook, removing fish from the hook, etc. All supplies and equipment are provided. Volunteer is needed Tuesdays and/or Fridays from 9-11 am from July 6-July 28.

**Public Works Adopt-a-Drain:** The Adopt-a-Drain program allows volunteers to adopt storm drains and keep them clear of sediment, trash, yard waste and debris to help keep our waterways clean. Help keep our neighborhoods clean and protect waterways from polluted stormwater runoff.

**Public Works Adopt-a-Pond :** Volunteers can help with litter pick-up near and around selected stormwater pond(s) within the City of St. Cloud. The City will provide volunteers high visibility vests, trash bags, trash pickers and safety training materials. The City will also pick-up filled trash bags and large materials from the adopted area after pick-up is completed. A sign will also be posted by the adopted pond to recognize the group's clean-up efforts. Volunteers for this effort will need to complete an adopt-a-pond permit application and agree to picking up litter around the adopted pond/street at least three times a year for a minimum of two years.

### Communication Center – State Services for the Blind

**Volunteer News Reader:** Provide the local news to the visually impaired by reading and recording the news which is then made available on the internet. The recording of the news is done at the studios of KVSC on the campus of St Cloud State University. Articles are chosen by the readers from the St Cloud Times and other weekly papers. The studio is available for doing the recording from 4PM-8PM. Readers read for 1-2 hours depending on available news. Volunteers take an oral reading test, consisting of 100 vocabulary words and 2-3 newspaper articles. Volunteers who pass the test will receive training prior to reading/recording. Time commitment: Flexible-some volunteer once a week, others once a month.

## Elevate (formerly Birthline)

**Graphic Design/Marketing:** Create weekly flyers and monthly newsletters and post to social media. Volunteer attends monthly marketing committee meetings (1 hour). A background in Graphic Design/Marketing is required.

## Friends of the St. Cloud Library

**Bookstore:** Assist customers in finding books to purchase; direct magazine and book donations to the appropriate space; and act as representative of the Friends of the Public Library. Currently seeking volunteers for two hour shifts on Thursdays or Fridays. Volunteer shifts are typically every other week.

**Board Members:** The Friends of the Library Board meets nine times per year to provide overall direction and to review grant requests from the St. Cloud Public Library and Great River Regional Library system. The Board votes on each request. If a grant request is approved, the Board Treasurer processes the funds. Grants funds to support the Summer and Winter Reading Programs, the Summer Free Lunch Program, and 1,000 Books Before Kindergarten, plus special initiatives to enhance the library's collections and facility. Board members serve two-year terms.

**Treasurer:** The Friends of the Library is seeking a treasurer to account for all funds by keeping an accurate record of receipts and expenditures. The Treasurer presents a financial statement at every meeting of the Executive Board, and at other times when requested. Knowledge of Quick Books and/or ability to learn Quick Books is required along with knowledge of bookkeeping and budget development. Background check is required. (3.3)

## Heartland Hospice

**Hospice Volunteer:** Be a positive light in the end-of-life stage for hospice patients. Heartland Hospice is looking for caring and compassionate volunteers to visit with patients and families. This center provides services to patients within a 60-mile radius of St. Cloud. Volunteers can provide extra love and attention to patients at a pivotal time in their life, this may look like reading to patients, providing a break for family, and simply holding their hand. Mileage reimbursement will through RSVP for up to 20 miles per trip. Requirements include COVID testing once a week for vaccinated volunteers and two times per week for unvaccinated, mask is also required. Orientation is required with a one-on-one option or group training. Time commitment is flexible and varies.

## Light the Legacy

**Advanced Care Planning Facilitator Volunteer:** Facilitate Advanced Care Planning educational sessions at Whitney Senior Center and the Veterans Recreational and Enrichment Center twice per month. Each session is about 1-2 hours. Walk participants through a Health Care Directive and provide help completing them. One day long training session provided, and mileage reimbursement provided. (2.3)

## Moments Hospice

**Crafts Volunteer:** Want to volunteer from the comfort of your own home? Make these items and mail the finished product. They are looking for patriotic wall coverings or blankets for family members of veterans who have passed away, lavender sachets for patients, fidget mats for memory care patients, adaptive night gowns or night shirts with ties on back, and greeting cards. Donate your own materials or they will be provided. Requirements include having a valid email address and phone number. (4.3)

**Respite Volunteer:** Provide patient care and support services as a member of the interdisciplinary group. This position serves as a substitute family/caregiver in the home performing various tasks that the volunteer has been trained for and agrees to perform. Volunteer will provide availability on a regular basis and/or keeping with patient and caregivers' needs. Must be a mature individual, supportive of the hospice concept, and comfortable with own spirituality and willing to serve others. Requirements include state ID, background check, covid vaccinated, references, tuberculosis testing. A minimum of 4 hours per month is needed. (4.3)

### Mothers of Preschoolers (MOPS)

**Daycare Volunteer:** Volunteers are needed to supervise preschool children while Moms are meeting. The group could include infants. Must be able to multi-task, bend, stand, and lift. Shifts are available the 4<sup>th</sup> and 2<sup>nd</sup> Thursday am and pm 2 hour shifts.

### Paramount Center for the Arts

**Gift Shop Assistant:** The gallery gift shop is looking for friendly volunteers to complete sales slips, dust, and work on assigned tasks. Volunteers will learn about the art and artists in the St Cloud area and sell some of their art. Job requirements include competent money skills; counting and adding as well as the ability to work the cash register and an iPad. The time commitment is 3hours/per week which is flexible, and volunteers may be asked to volunteer on the weekend occasionally. The gallery hours are Tues.-Fri. 11am-5pm, and Saturday 11am-2pm or 1 hour before performances. If you are interested, please contact RSVP to get started.

### Pathways for Youth

At Pathways 4 Youth our mission is to create a world in which all youth feel safe, valued and supported while reaching their potential. This begins with meeting their basic needs and leads to giving them the tools to grow and become contributing members of our community. At Pathways we serve a highly diverse youth population on practically any dimension you might consider. Each of the youth that comes to our door has faced many struggles in their young life. But they have taken an important step by coming to Pathways and simply asking for help. We recognize that for many the journey will be long, and we will be there for them to provide support and encouragement along the way.

As a Volunteer you will be at the heart of achieving our mission. Your engagement with the youth goes far beyond providing them with services offered at our "drop-in center"; you will build relationships and provide what the youth need most – safe, supportive and caring adult connections.

And you will partner with our Case Managers who are licensed social workers that bring a broad base of knowledge and experience to helping youth in countless ways.

**Service Volunteer:** The youth visiting this program need compassionate volunteers who are flexible and available to be a trusting adult presence. By providing a positive adult presence with a supportive listening ear, volunteers build lasting and trusting relationships. Volunteers check youth in, assist them in receiving basic needs (food, hygiene/clothing items), and access to laundry, shower, and computers. Engage in conversation and activities with youth. Assist youth with creating resumes, financial aid forms, or rental applications. Answer phones. Collect/log donations. Assist with keeping area clean. Volunteers must be comfortable using a computer to log activities. Volunteer shifts are Monday-Thursday, 2-4 or 4-530. A minimum of three shifts per



month are requested. They request a \$25 background check fee for volunteers which is waived upon request.

### Promise Neighborhood

**Help kids with reading and math skills:** Promise Neighborhood is a community-led organization that builds bridges to success for children and families. One way they do this is by helping to support reading and math skills for students in grades K-8. They are looking for volunteers to work with students one-on-one with reading and math. Volunteers are a vital part of our program, and as a volunteer, you can give much-needed support and encouragement to students in our community. To stay healthy, they follow the same precautions that the school district follows, including masks, social distancing as much as possible, and enhanced cleaning protocols. The main times when they need volunteers are Tuesday, Wednesdays, and Thursdays, 4-6:30pm. You can choose a "partial" shift (i.e. 1 hour). Volunteers are welcome to enjoy a meal with participants.

### Quiet Oaks Hospice House

**Patient Care Volunteers** – Assist the nursing staff with caring for the residents and/or visit with residents. These volunteers also read to residents. Volunteers can assist at their own comfort level.

Requirements: Previous CNA or nursing care is preferred, but not required. Ability to be comfortable interacting with residents (patients) and their families. Time commitment is flexible, 5-10 hours per month.

**House Volunteer:** Provide hospitality to guests and residents. Volunteers prepare meals, answer phones, door and call lights, assist in spot cleaning, laundry and misc. tasks. Volunteers are asked to commit to 2-4 hours shifts twice per month.

### Social Security Administration

**Public Service Volunteer:** Work with the public on the phone or in person to help completing social security forms for retirement, disability, and medical reviews or directing the public to on-line services. Basic computer skills are a plus. All training is provided. Time commitment is flexible but would like a consistent schedule during business hours.

**Mail Room Volunteer:** Distribute and collect mail, re-stock paper supplies and assist with various office projects. Must be able to lift and bend. All training is provided. Time commitment is flexible but would like a consistent schedule during business hours.

### St. Cloud Police Department

**Secret Garden Maintenance:** Volunteers are needed to maintain six large flower gardens at the St. Cloud Police Department. Volunteers will assess whether to water, deadhead or weed as the conditions merit. Additional seasonal duties also apply (such as preparing gardens for summer or winter and planting seeds). Volunteers will schedule online for 1-2 hour shifts from May through October. Volunteers need to bring gloves and small garden tools. (4.3)

### RSVP

**Office Assistant:** Help support staff in the RSVP office at Whitney Senior Center to make phone calls, do filing, take messages and prepare mailings. Light computer skills are necessary to log phone calls in the RSVP database. Volunteer position is flexible and can choose or one more 1.5 hour shift per month. (Monday afternoons are preferred.) (3.3)

**Readers Theater Cast Member:** Join our enthusiastic Readers Theatre Cast Members as they share their passion of reading with children. Volunteers bring stories to life by reading from scripts using their voices to convey the emotion and fun from many children's stories.

Readers Theater volunteers perform as a group for students in kindergarten through 3rd grade in St. Cloud, Sartell, Sauk Rapids, Rice, Waite Park, St. Joseph, Cold Spring, and Foley. This flexible position allows volunteers to choose performances they are available to perform each month at local schools or community events. Volunteers may also be called upon to participate in rehearsals, choose age-appropriate scripts, and make group decisions with the interest of the audience and the promotion of literacy in mind. Volunteers will also participate in monthly performance planning meetings held on the fourth Monday of each month (September-May) from 1:00-2:00 pm at Whitney Senior Center.

**Senior Friendship Circle Leader:** Contact two to three older adults in a group call a few times a month to lead a group discussion. Be part of a 'circle' to end social isolation!

### St. Cloud Area Fun Singers

**Singer/Entertainer:** Volunteers in this position are expected to attend rehearsals consistently and communicate if they are not able to attend. Be cooperative with arrangements made by the director, and on time. There are \$30 dues per year for the rental of book and vests. Singing requirements include the ability to maintain a pitch and rhythm, enjoy singing, and attend three rehearsal trials before joining. Time commitments are every Monday 10-11:30 Sept.-May and two hours each for St. Cloud performances, out of town performances average 4-6 times per month and one fair performance in August. Contact RSVP to get started.

### St. Cloud Area YMCA

**Front Desk Greeter:** greet members and assist them with checking in Monday-Friday. Shifts available from 8-noon or 1-4.

**Window Washer:** The YMCA is seeking a volunteer to clean interior windows, greet members, and be available to assist with disinfecting fitness workout equipment. You must be able to lift 45 pounds. Shifts available weekdays 8am-noon or 10am-2pm.

### St. Cloud ROX Baseball

RSVP Volunteers serve at every home ROX Baseball game -- collecting tickets, ushering, serving food, and more. If you're punctual, like to work with people, and interested in helping with five or more games this summer, this might be a great volunteer opportunity for you!

### St. Cloud VA HealthCare System

**Red Coat Ambassador:** The VA healthcare system is looking for a red coat ambassador to help greet guests, aid veterans by accompanying them to different locations within the building. Also, ensure safety and protect the privacy of veterans and their information. Time commitment for this position will be Monday through Friday at 7:30-11:30 or 11:30-4:00pm. Physical requirements include the ability to stand, walk, and push patient's wheelchair. Must be able to follow written and oral directions. Volunteers must be punctual, and flexible with patients. Background check is required and an online or paper application must be completed. There will be an onboarding and orientation for volunteers prior to starting, which will go over various procedures. Onboarding will be self-guided and at the volunteer's own pace. If you are interested in this position, please contact the RSVP office for more information.

### Stearns History Museum



#### **AmeriCorps Seniors RSVP**

320.255.7295 (main office) | 763.765.3036 (branch office) | [rsvp@ci.stcloud.mn.us](mailto:rsvp@ci.stcloud.mn.us) |

[www.ci.stcloud.mn.us/rsvp](http://www.ci.stcloud.mn.us/rsvp)

Updated: 4/12/2023 | [Go to top of the Document](#)

**Front Desk Greeter & Receptionist:** If you enjoy talking with people, answering phones, and learning the history of Stearns County, this may be the volunteer role for you! Volunteers welcome and provide an orientation to all Stearns History Museum guests. They provide information about current exhibits, special events and the museum's floor plan. Volunteers record the number of guests and collect and report guest comments or concerns. Volunteers operate the cash register and assist guests in the museum store. The front desk receptionist answers the phone, directs calls to the appropriate staff and provides answers to basic questions including hours and directions. Volunteers may be asked to conduct simple research projects or complete general clerical support for staff members. Shifts are 9-1 or 1-5 during the week, Sundays are 12-4 or 1-3. When you volunteer for 6 months, you receive a free individual membership which you can use yourself or gift to a friend.

### STRIDE Academy

**Hallway Monitor:** STRIDE Academy is looking for volunteers to monitor their hallways during school hours, remind students to get to their destinations, and to be an overall positive presence in their hallways. Shifts are 6 hours and available Monday through Friday. Volunteers must be able to walk and stand for periods of time.

**Lunch Server:** Help serve lunch to students by handing the trays to students as they come through the lunch line while also clicking the lunch counter to track lunches provided to students. Volunteers are needed for 4 hours. Shifts available Monday through Friday.

### St Scholastica Convent

**Desk Assistant:** Welcome guests, answer phones, and relay phone messages. There is a need for Saturday mornings 8:45am-1:00pm and Sundays from 1-4pm. Training is provided.

**Dining Room Assistant:** As a dining assistant you will be expected to pour beverages three or four times and serve the beverages. Position requirements include the ability to pour hot beverages safely, being attentive towards the needs of others, and able to keep hair out of face for the duration of time there. Time commitments are Sunday and Friday 11:45 am-1 pm, Saturday 4:45 pm-6 pm: and a meal will be provided after.

**Dishwashing assistant:** As a dishwashing assistant you will be expected to set up dishes that are already in the dish washing room, gather the dishes from dining room, wash dishes and put them away, and wash tables and reset them. A meal will be provided before your shift. Meal shifts are 8:40am for breakfast, 12:10pm for noon lunch, 5:10pm for supper. Volunteers are expected to arrive 10 minutes before shift to prepare for shift.

**Drive a Sister to an Appointment:** Volunteers are needed to transport sisters to and from doctor appointments and support sister during appointment. Volunteer must provide copy of drivers license and car insurance. (4.3)

### Tri-Cap

**SNAP Phone Caller:** Tri-Cap is looking for 1-2 volunteers phone callers to help with getting information out to senior's singles and families about SNAP (see more information below about the SNAP program). This is an in-home, 2-5 hour a week, flexible volunteer position. The Supplemental Nutrition Assistance Program (SNAP, formerly the Food Stamp program) is an important benefit for lower income older adults and people with disabilities, who often live on fixed budgets that can force them to make difficult trade-offs that affect their health. Responsibilities include assisting in completing SNAP

applications over the phone, participate in outreach efforts by placing phone calls to potential eligible candidates and document progress in follow-up notes. Training is provided. Volunteers would utilize their personal phone and use \*67 prior to calling to block their number.

### Tri-County Humane Society

**Animal Transporter:** Drive animals to and from the Tri-County Humane Society to local veterinary clinics for spays and neuters or physical examinations or other transport as needed. Volunteers are “on call.”

**Dog Walker:** Leash walk dogs currently available for adoption. With your help dogs receive mental stimulation, creating a healthier, happier, more adoptable dog. This position can be physically demanding – volunteers must be able to handle large dogs 50 pounds or more who have no manners. Experience working with dogs required. Volunteers must wear closed-toed shoes. Shifts are two hours per week during shelter business hours.

**Re-Tail Revisited Store:** Assist customers in the pet thrift store. Keep store clean, organized, and tidy. There is not a cash register so volunteers must be able to count change for purchases. 100% of the funds raised help provide shelter and care for animals in need. 2-hour shifts, Thursday and Friday from 2-6pm or Saturday 2-5pm.

**Shelter Deep Cleaning:** Keep the building looking spiffy for 2-legged visitors by cleaning windows, dusting, sweeping/mopping the floors in the Re-Tail Shop, and cleaning the public restrooms. Two hours shift each morning.

**Shelter Volunteer:** Help keep a clean atmosphere for the animals and visitors. Provide customer service to visitors. Provide exercise and attention to homeless animals while they are waiting to be adopted. Keep cages and animal areas clean, socialize with animals, assist in showing animals to potential adopters. Must have an interest in pet care, ability to work with a variety of animals, caring attitude toward homeless animals, willingness to give the pets some attention. Seeking to fill weekday shifts from noon-4pm. (06/21)

**Surgery Assistant:** Provide quality care to animal patients. Assist veterinarians in the on-site surgery center to sterilize instruments, shave animals, transport animals and clean up. This is a very fast-paced working environment. Experience working in a medical environment helpful, but training can be provided. Volunteers must wear closed-toed shoes. One 3-4-hour shift per month.

### Veteran Resource & Enrichment Center

**Children’s Program Volunteer:** Engage with children by creating activities and playing games. Must have a H.S. diploma, have experience working with children, particularly with children experiencing trauma. Need strong organizational skills and ability to track data and fulfill scheduling of events calendar, and strong communication and computer skills. Must be able to stand, bend, kneel and lift to interact with children. Volunteer time commitment is 2-4 hours weekly to include weekends during events.

**Receptionist:** Greet Veterans and families, answering phones, sorting and delivering mail, and making copies and other general clerical tasks. Requirements include familiarity with Microsoft applications, organizational skills, great customer service applications. Shifts are 2 hours long to include weekends when events are scheduled.

### Whitney Senior Center



#### **AmeriCorps Seniors RSVP**

320.255.7295 (main office) | 763.765.3036 (branch office) | [rsvp@ci.stcloud.mn.us](mailto:rsvp@ci.stcloud.mn.us) |

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Updated: 4/12/2023 | [Go to top of the Document](#)

**Computer Assistant/Instructor:** Encourage and provide technical assistance to seniors during Whitney's Open Computer Lab Time. Must have some experience working with Windows 10. When patrons don't require assistance, you can use Whitney computers for your own projects. Internet experience helpful. Two hour shifts available Monday-Friday from 9-4. (05/21)

**Fitness Center Volunteer:** Be a presence and keep an eye on any safety issues that could arise while members are working out in the Fitness Center. Throughout your shift you'll tidy the area and sanitize equipment between sessions. Fitness Center volunteers receive an annual Whitney Senior Center Fitness Membership (value \$90-150) and are welcome to do personal fitness activities during slow times in the Fitness Center.

**Tour Guide:** Each Monday Whitney Senior Center has an orientation session for new and potential senior members. The Tour Guide uses the session orientation packet to provide a guided tour of the Center, answer questions, and introduce participants to staff. Volunteer should be knowledgeable about Whitney Senior Center, friendly, and able to walk freely through the building. An energetic and positive personality, as well as an interest in welcoming new people, is necessary for this role. There are several tour guides (so volunteer would take a once or twice a month schedule.)

**Wellness Workshop Co-Leader:** Volunteer co-leaders are needed to facilitate evidence based programs in person at Whitney Senior Center or online via Zoom. The program needing co-leaders is "Steps to Healthier Living/Living Well with Chronic Conditions". Topics include problem solving, decision making, and goal setting. Sessions will focus on exercise, healthy eating, managing pain, communication strategies, dealing with emotions, mindfulness, breathing techniques, and the mind-body connection. Workshop meets for 2.5 hours weekly for 6 weeks. Commitment to lead about 3 workshops per year and attending training is required. (4.3)

### The Yes Network

**Food Delivery for After-School Programs:** Students at several District 742 schools stay after class for activities such as homework help, enrichment programs and athletics. Food is delivered to the schools for these students. The Yes Network is seeking volunteers to deliver food from vendors (such a Pizza Hut, Great Dragon, etc) to the schools. Meals are served at Apollo and Tech High Schools, North and South Junior Highs, Kennedy and Madison Elementary. Volunteers are needed weekdays from about 4:00-4:45 pm. A car and good driving skills are needed as well as the ability to lift approximately 35 pounds. (3.3)

### Youth Shelter: 180 Degrees

**Youth volunteer:** Are you interested in making a difference in the lives of youth? The St. Cloud area youth shelter 180 degrees is looking for dedicated volunteers to work with their youth once a week for 2-4 hours. This position consists of volunteers assisting residents with daily living skills, and spending time with the residents through activities such as: watching movies, playing games, and many other fun activities. Volunteers will get to know residents and provide positive interactions during the shift. This position is located by South Junior High school, safety protocols are put in place. If interested contact the RSVP office to get started, volunteers will be required to complete a background check prior to approval.

## St. Joseph

### Assumption Community Faith in Action – Senior Service Volunteers

This program is based in Cold Spring, yet volunteers are needed to serve clients throughout rural Stearns County including St Joseph, Kimball, Sartell, Sauk Rapids, St Cloud, and Waite Park.



**Chore Services:** Chore services provide heavy housekeeping, such as: washing floors, windows and walls, minor home repair and maintenance, safety modifications/grab bar installation, snow shoveling/ ice removal, lawn care, leaf raking.

**Friendly Visitors:** Visit in person or by phone providing visitation to clients that are home bound or socially isolated.

**Homemaker:** Homemakers help persons having difficulty with one or more of the instrumental activities of daily living. Includes services such as: preparing meals, shopping for food and other personal items, managing money, answering or making telephone calls, or routine housekeeping (dusting or sweeping).

**Respite Volunteers:** Aid with meals, medications reminders and general supervision. Respite volunteers are screened, trained and matched with older adults and supervised by provider. Respite visits should be approximately 4-6 hours in length an average of one to two times a week.

**Transportation:** Transportation and client escort to a person who has difficulties (physical or cognitively) using regular vehicular transportation to medical, social service, grocery, pharmacy, food shelf, hairdresser, barber, place of worship, adult day care or evidenced based Health Promotion Programing. Volunteers are reimbursed at 14 cents per mile.

### **Central MN Adult Basic Education (ABE), Waite Park and St. Joseph**

**Classroom Volunteer:** Assist teachers in a classroom setting, whether with direct tasks or by working with students. Students may be ESL or ABE students of all levels. Placement will depend on your interests and the program's needs. Volunteers must speak, read, and write English clearly. Patience and understanding are key when working with adult students.

Volunteers will attend an initial orientation meeting at Quarry view Learning Center in Waite Park and the Minnesota Literacy Council's online Tutor Trainings and periodic In-Service Workshops as appropriate. Central MN ABE has several sites where learning takes place. Volunteers are currently needed at Quarry view. They also have sites at La Cruz, HAW (which is at the library), Sartell, or St. Joseph. Placement will depend on your availability, requested location, and program needs. Volunteers are needed for 2-4 hours per week in the classroom. Current openings are Tues./Thur. 9-11am. Volunteers will need to complete a background check. Volunteers must wear masks, proof of vaccination not required.

### **St. Benedict's Monastery**

**Garden Partner:** St. Benedict's Monastery in St. Joseph, MN is looking for a garden partner to help work in the vegetable and flower garden. Volunteers will be assisting a sister with gardening maintenance and needs, such as weeding plants and picking vegetables.

The time commitment for this position is Monday-Thursday at 8:30am. Days and times are flexible to fit volunteer availability. Volunteer requirements include physical strength and energy for gardening tasks, good sense for appropriate placements of items, and an interest in gardening. If you have an interest in gardening and think this might position might be a good fit for you, please contact the RSVP office to get started.

## **St. Martin**

### **ASK US!**



#### **AmeriCorps Seniors RSVP**

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Updated: 4/12/2023 | [Go to top of the Document](#)

## St. Michael

### Crow River Senior Center

**Reception Desk:** Assist with the daily operations at the busy senior center. This position will help people on the phone as well as in person during a three hour shift. Choose one or more days a week.

**Lunch Crew:** Flexible scheduling to help provide lunch for seniors on Tuesday, Wednesday, or Thursday.

### Safe Families for Children

**Family and Resource Friend:** Be a friend to a single mother by going for walks, getting coffee, being a mentor to a parent, and assist in providing parenting skills and coaching. Oftentimes parents deal with social isolation and simply need someone to talk and share with. Could help with picking up/dropping off groceries for the parents, assist in lawn care for the family, or could prepare and provide a meal for the family.

### Senior Community Services

**Outdoor Yard & Garden:** Enjoy some fresh air and sunshine with one time and ongoing opportunities to assist older adults in keeping their yard looking great. Provide a little socialization as well as peace of mind for loved ones and caregivers. Locations are scheduled near your neighborhood; day and time are flexible. 4.3

**Technology Helper:** Assist older adults with basic questions and functions on their computer, phone or tablet. Basic knowledge of smart devices is needed, no formal training required. Help can be performed on a flexible schedule in person or over the phone. 3.3

### Wright County Health and Human Services

**Volunteer Transportation Driver:** Provide rides to WCHHS clients of various ages for medical appointments, school, and other business. This position offers flexible scheduling as well as reimbursement on mileage and meals. A successful driver applying for this position is required to have a clean driving record, valid driver's license, three personal references, and active auto insurance.

## St. Stephen

### ASK US!

### W

## Waite Park

### Assumption Community Faith in Action – Senior Service Volunteers

This program is based in Cold Spring, yet volunteers are needed to serve clients throughout rural Stearns County including St Joseph, Kimball, Sartell, Sauk Rapids, St Cloud, and Waite Park.

**Chore Services:** Chore services provide heavy housekeeping, such as: washing floors, windows and walls, minor home repair and maintenance, safety modifications/grab bar installation, snow shoveling/ ice removal, lawn care, leaf raking.

**Friendly Visitors:** Visit in person or by phone providing visitation to clients that are home bound or socially isolated.

**Homemaker:** Homemakers help persons having difficulty with one or more of the instrumental activities of daily living. Includes services such as: preparing meals, shopping for food and other personal items, managing money, answering or making telephone calls, or routine housekeeping (dusting or sweeping).

**Respite Volunteers:** Aid with meals, medications reminders and general supervision. Respite volunteers are screened, trained and matched with older adults and supervised by provider. Respite visits should be approximately 4-6 hours in length an average of one to two times a week.

**Transportation:** Transportation and client escort to a person who has difficulties (physical or cognitively) using regular vehicular transportation to medical, social service, grocery, pharmacy, food shelf, hairdresser, barber, place of worship, adult day care or evidenced based Health Promotion Programing. Volunteers are reimbursed at 14 cents per mile.

### Central MN Adult Basic Education (ABE), Waite Park and St. Joseph

**Classroom Volunteer:** Assist teachers in a classroom setting, whether with direct tasks or by working with students. Students may be ESL or ABE students of all levels. Placement will depend on your interests and the program's needs. Volunteers must speak, read, and write English clearly. Patience and understanding are key when working with adult students.

Volunteers will attend an initial orientation meeting at Quarry view Learning Center in Waite Park and the Minnesota Literacy Council's online Tutor Trainings and periodic In-Service Workshops as appropriate. Central MN ABE has several sites where learning takes place. Volunteers are currently needed at Quarry view. They also have sites at La Cruz, HAW (which is at the library), Sartell, or St. Joseph. Placement will depend on your availability, requested location, and program needs. Volunteers are needed for 2-4 hours per week in the classroom. Current openings are Monday-Thursday from 10am-noon or Tuesday and Thursday from 5-8pm. Volunteers will need to complete a background check. Volunteers must wear masks, proof of vaccination not required.

### City of Waite Park

**Gardener:** Are you interested in putting your gardening skills to use to help beautify the city of Waite Park's landscape? As spring approaches, volunteers are needed. Volunteer responsibilities include planting, deadheading, and weeding the landscape gardens in Waite Park. There is a time commitment of one hour per month from May-October. Job requirements ask that volunteers are in good physical condition for walking, bending, and kneeling as well as the ability to use gardening tools. (4.3)

### Terebinth Refuge

Terebinth Refuge is a Christ-centered shelter and safe home that brings hope, healing services, and freedom to sexually exploited and trafficked women. They currently have volunteer opportunities for individuals interested in sharing their time and talents to support their mission and increase impact. Needs evolve and will change with the seasons. They are looking for volunteers to be mentors, help with transportation, arts and activities, yard work and more. Training provided.

### Tri-Cap

**Volunteer Driver:** We are looking for drivers to provide valuable rides for passengers to help them get to medical appointments and family visits in the St. Cloud area. A time frame of three to four hours either morning or afternoon is desired. Choose one day a week or multiple days. Hours are flexible. Training is provided.

Driver must have a valid driver's license and a clean driving record for the past three years. Medical statement from a physician and a vehicle check from a certified mechanic are required annually. Direction is provided on how to obtain these if needed.

Volunteers are reimbursed for miles travelled from their home and back to their home at the federal rate (\$.655/mile in 2023) and \$4 dollar per day startup fee. Reimbursement for meals may be provided.

**Tax Site Greeter:** Provide customer support for taxpayers, answer basic questions, assist in traffic flow at the tax clinic. No previous tax experience is necessary. Tax season 1/31/2022 – 4/15/2022.

**Individual Tax Preparer:** Work with Tri-Cap clients to prepare their income taxes and/or renter's returns, identify important tax credits and help to get the best refund possible. Meet one of the following criteria: experience filing your own return, taken a college level tax law or tax accounting course or work in the accounting field. Training on tax laws and software provided in January. Tax season 1/31/2022 – 4/15/2022.

**Individual Tax Reviewer:** Review of tax returns prepared by Tri-Cap volunteer tax preparers and ensure that tax returns are accurate. Reviewer ensures that customers are receiving all eligible tax credits. Compile completed return packet to be given back to customer. Strong background in individual income tax required, with knowledge of low-income tax preferred. Tax season 1/31/2022 – 4/15/2022.

**Support Facilitator/Phone Operator:** Job responsibilities for this position include answering and returning phone calls from clients and making tax preparation appointments. A successful volunteer in this position will be required to have telephone skills, computer aptitude, and strong customer service skills. This position can be in-person or work from home, training will be provided for both settings. The time commitment for this position is at least 4 hours per week. No prior knowledge or tax training required.

## Wacosa

**Retail Assistant Volunteer** – Assist staff members with training clients on their job tasks, assuring jobs are completed to the quality standards of the store. Provide upbeat, positive customer service to all who enter the store. Assist with donation drop off, sorting/pricing donations, operating cash register, and researching donated items for pricing. Must be able to lift/carry 20-40 pounds and do intermittent bending, twisting, and reaching. Shifts available during store open hours.

## Waverly

### Safe Families for Children

**Family and Resource Friend:** Be a friend to a single mother by going for walks, getting coffee, being a mentor to a parent, and assist in providing parenting skills and coaching. Oftentimes parents deal with social isolation and simply need someone to talk and share with. Could help with picking up/dropping off groceries, lawn care, or prepare and provide a meal for the family.

## Z

## Zimmerman

### Catholic Charities: Senior Dining

**Meals on Wheels Driver in Elk River, Big Lake, Becker and Zimmerman:** Consider a hot meal when you are unable to cook for yourself... So important! Delivery drivers are needed to ensure that those in need receive mid-day meals. Drivers needed Mon-Fri. Each route takes about an hour to

deliver. Offer to deliver from a community near you once per month, once per week, or even more!

### Friends of Sherburne National Wildlife Refuge

**Nature Store Volunteer:** Help support wildlife conservation through serving in the retail store. Learn and help educate others about the National Wildlife Refuge and US Fish and Wildlife Service as a member while serving as a part of a great team.

### M Health Fairview - Princeton

**Numerous Positions:** There are many ways you can make a difference for patients and staff at the hospital! Some positions can be done remotely, as well. Inquire for more details.

### Senior Community Services

**Outdoor Yard & Garden:** Enjoy some fresh air and sunshine with one time and ongoing opportunities to assist older adults in keeping their yard looking great. Provide a little socialization as well as peace of mind for loved ones and caregivers. Locations are scheduled near your neighborhood; day and time are flexible. 4.3

**Technology Helper:** Assist older adults with basic questions and functions on their computer, phone or tablet (how to access email, order groceries, download photos, etc.) Basic knowledge of smart devices is needed, no formal training required. Help can be performed on a flexible schedule in person or by phone. 3.3

## Virtual opportunities

### Catholic Charities: Senior Dining

**Card Maker for Meals on Wheels:** How special to know you are being thought about. Help seniors feel cared for and appreciated by creating a simple homemade picture or card to include in delivered meals. A great project to do alongside the grandchildren!

### Hands Across the World

**Virtual After School Program Tutor:** Meet with school-aged children using Google Meet or WhatsApp to assist with homework. This program works with students from diverse backgrounds. Must have internet access. 3-6 hours per week.

### RSVP

**Warm Fuzzies:** Knit, crochet or sew hats, mittens and/or scarves for people in need of warm winter accessories. This is an in-home volunteer assignment. Warm Fuzzy products are distributed by RSVP to a variety of human service organizations. RSVP may have yarn to assist you with knitted/crocheted projects.

### Wright County Community Action

**Senior Callers:** Provide check-in calls to adults in the Wright County area who are isolated in their homes, and struggle leaving their residence. Many adults just need a simple phone call weekly to



know they are cared about. This necessary opportunity can be done from the comfort of your home. A list of people to call will be provided.