



RSVP

Lead With Experience

RSVP

VOLUNTEER CATALOG

2020

**Retired and Senior Volunteer Program
of Spokane County**

YMCA of the Inland Northwest
1126 N Monroe
Spokane, WA 99201

Phone: 509 344 7787
Email: rsvp@ymcainw.org
Website: rsvpspokane.org
facebook.com/RSVPofSpokaneCounty





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What is RSVP?

The **Retired and Senior Volunteer Program (RSVP)** is America's largest volunteer network for people 55 and over, with more than 300,000 volunteers tackling tough issues nationwide.

You choose how and where you want to serve, how much time you want to give, and whether you want to share skills you have or develop new ones.

RSVP membership is **FREE for anyone 55 and over**. As an RSVP member, you'll have access to free benefits, including:

- **Supplemental insurance** (accident, liability, and excess auto) while in service
- **Transportation reimbursement** for income-eligible volunteers
- Invites to **volunteer recognition events** and social gatherings

In this catalog, you will find information on all the **volunteer stations** where you can serve as an RSVP member. Learn about our partner organizations; their missions, programs, and services; and most importantly, details on the volunteer opportunities available.

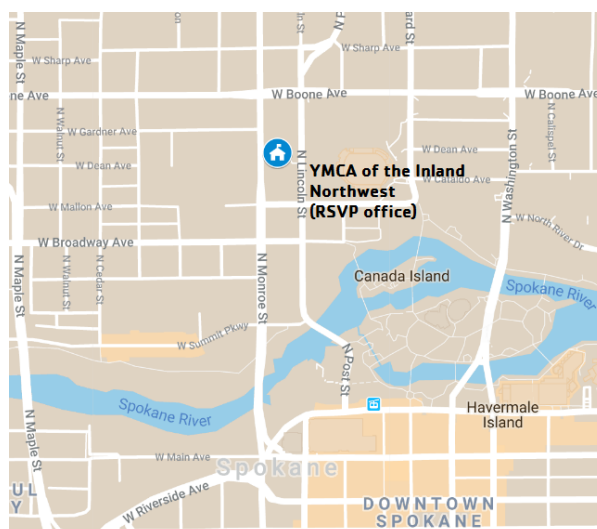
PLEASE NOTE: in the event that we do not have a partner organization that best fits your interests, RSVP will make every effort to locate a suitable volunteer position for you even if it is not with an organization we partner with. Our ultimate goal is to match you with the right volunteer opportunity for you, even if it is not through us.

RSVP Office Location

Address:
1126 N Monroe
Spokane, WA 99201

Office Hours: Monday - Friday 8:30am to 4:30pm

The RSVP office is within the Corporate Office of the YMCA of the Inland Northwest. Parking is by permit only but you can obtain a temporary permit from the Front Desk. Please use the main entrance located on the north side of the building, at the corner of Monroe and Boone.



What is a Volunteer Station?

A **volunteer station** refers to any organization with a formal, written agreement with RSVP of Spokane County to work with RSVP members. A volunteer station may be a public agency, secular or faith-based private nonprofit organization, or proprietary healthcare organization.

Each station has a **volunteer supervisor** who acts as the primary contact person for that station. Along with other responsibilities to RSVP, volunteer stations agree to provide a safe environment, training, supervision, and support for RSVP volunteers.

In the following pages, you will find **listings of our current volunteer stations**, providing a general overview of each organization's mission, programs and services, and details on the volunteer opportunities available.

PLEASE NOTE: the current roster of volunteer stations, along with the specific volunteer opportunities available, are subject to change between printings of this catalog. **For the most up-to-date information, consult the RSVP website at rsvpspokane.org.**

Volunteer Assignments

The details of each volunteer assignment are determined by agreement between the individual volunteer and the volunteer station supervisor. **The schedule, duration, and duties will vary according to the particular assignment.** Below is a general overview of the types of volunteer assignments that may be available:

Aging in Place

- » Coach falls prevention classes for older adults
- » Transport seniors and adults with disabilities to medical appointments using your personal vehicle

Education

- » Tutor and mentor youth in reading and other subjects, in-school and after school
- » Teach financial literacy and entrepreneurship in the classroom
- » Facilitate youth activities like creative writing, songwriting, and roleplaying games to promote imagination and innovation

Food Security

- » Collect, sort, distribute and package food pantry donations
- » Serve meals at community meal sites
- » Deliver hot meals to homebound seniors and adults with disabilities

Nonprofit Capacity Building

- » Demonstrate leadership and apply your professional skills in areas like fundraising, outreach, volunteer recruitment, and database management



Aging & Long Term Care of Eastern Washington

Aging & Long Term Care of Eastern Washington (ALTCEW) is a social service agency that **helps older adults and people living with disabilities stay in their homes**. ALTCEW provides services such as case management for people who need a caregiver, caregiver training, and answers questions about Medicare and Medicaid.

The mission of ALTCEW is to promote well-being, independence, dignity, and choice for all older persons and individuals needing long term care.

This mission cannot be completed alone, so ALTCEW works with local partners in the community to provide services such as home delivered meals, family caregiver support, transportation and information. Through community partners, ALTCEW **provides funding for services to older adults and individuals living with a disability in the five-county area**.

SERVICES PROVIDED BY ALTCEW AND THEIR COMMUNITY PARTNERS INCLUDE:

Community Living Connections

- Information and Assistance
- Dental Care Access
- Medicare and Medicaid Insurance Counseling
- Medicare Fraud Reporting
- Options Counseling

Caregiver Services

- Adult Day Center
- Caregiver Training
- Family Caregiver Support
- Home Care Referral Registry
- Kinship Caregiver Support

Medicaid Client Services

- Care Coordination
- Home Care Referral Registry
- Medicaid Case Management
- RN Consultation

Senior Services

- Bathing Assistance
- Fall Prevention Training
- Farmers Market
- Home Delivered Meals/Meals on Wheels
- Legal Assistance
- Long Term Care Ombudsman
- Minor Home Repair
- Senior Meal Sites
- Senior Transportation



**Aging &
LONG TERM Care**
OF EASTERN WASHINGTON



Volunteering at ALTCEW



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Chances are you know someone who has fallen or who is afraid of falling. **A Matter of Balance: Managing Concerns About Falls** is a proven program designed to help people manage concerns about falls and increase physical activity. Aging & Long Term Care of Eastern Washington is looking for volunteers to help provide this program.

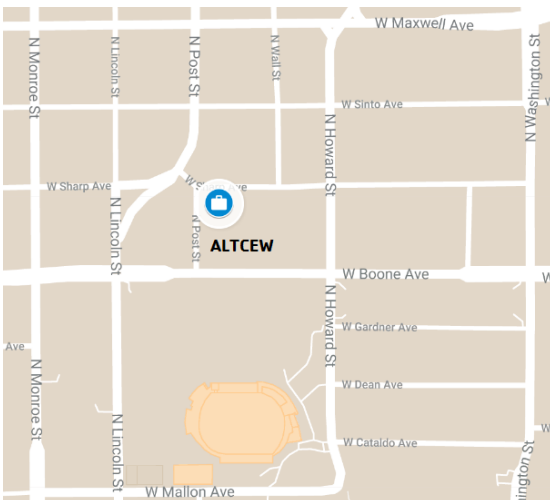
A Matter of Balance coaches need **good communication and interpersonal skills, enthusiasm, dependability** and a willingness to **lead small groups** of older adults. Coaches also need to be able to **lead low- to moderate-level exercise**. Pairs of trained coaches with the support of a master trainer lead A Matter of Balance classes. Coaches receive **8 hours of training** and commit to **two classes**, which will require some **individually-determined preparation time**.

Each A Matter of Balance class is conducted in **8 two-hour sessions** and uses group discussion, problem-solving strategies, videos and gentle physical exercise. Older adults learn positive coping methods to reduce fear of falling and remain active and independent.

Want to Become a Coach?

For more information, including dates and times of upcoming sessions, please contact ALTCEW at action@altcew.org or **(509) 458-2509 ext. 217**

Or visit: www.altcew.org/get-involved/volunteer



Aging & Long Term Care of Eastern Washington

1222 N. Post

Spokane, WA 99201

(509) 458-2509

altcew.org

American Cancer Society Discovery Shop™



American Cancer Society Discovery Shops help support the fight against cancer through the sale of **high quality, gently used, donated merchandise**. For over 50 years, the Society has owned and operated these specialty resale stores, featuring items such as clothing, accessories, jewelry, artwork, collectibles, and small household items.

The Spokane Discovery Shop accepts donations of gently used and new men's and women's clothing and accessories, household décor items, dishes, collectables, books and CDs. Items must be of high quality. Donations are tax-deductible, and all proceeds support the mission of the American Cancer Society by helping to fund cancer research and local programs and services. Please note: the Spokane Discovery Shop cannot accept major appliances, mattresses, or intimate apparel.

Be part of a unique retail experience

Develop your **retail merchandising, customer service and sales skills**—all while making a difference. Volunteers are always needed for a variety of meaningful opportunities like working in the shop, providing customer service, receiving inventory, and other duties.



Time Commitment

Opportunities are during retail hours, six days a week.

Required Training

On-site training is required and provided.

American Cancer Society Discovery Shop

805 W. Garland Ave

Spokane, WA 99205

(509) 328-9373

[facebook.com/
discoveryshopsokane/](https://facebook.com/discoveryshopsokane/)





**American
Red Cross**

American Red Cross

American Red Cross volunteers and staff work to deliver vital services – from providing relief and support to those in crisis, to helping you be prepared to respond in emergencies.

Each day, thousands of people – people just like you – provide compassionate care to those in need. **Our network of generous donors, volunteers and employees share a mission of preventing and relieving suffering, here at home and around the world.**

Become a Red Cross volunteer!

Our volunteers touch lives in the community every day. They are the heart and soul of the Red Cross and are dedicated to bringing help and hope to their neighbors when it is needed most.

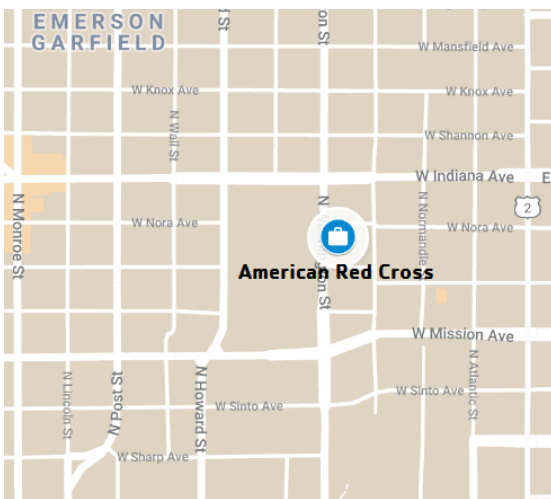
How would you like to help?

- **Disaster response:** responders (in the field) or dispatchers (work from home)
- **Administrative support:** volunteer onboarding, engagement, or database management
- **Biomedical services:** hospitality and registration at blood drives
- **Support military families:** family follow-up via phone or presentations at Fairchild AFB
- **Lead a team:** cultivate your leadership skills and make an impact across our region

Red Cross training is provided to all volunteers at no cost.

Start your Red Cross story today!

www.redcross.org/volunteer or contact **Ari Denson** to discuss opportunities at **(509) 990-0438** or ari.denson3@redcross.org.



American Red Cross

315 W Nora Ave
Spokane, WA 99205
(509) 326-3330
redcross.org/local/washington.html

Audubon Park United Methodist Church

Food Ministry Program

In the basement of **Audubon Park UMC** there are three very special ministries that are near and dear to our hearts! The **Audubon Park Food Bank**, our **Tuesday Morning Breakfast**, and Bare Necessities Ministries. Find out more about each of these ministries below!



Food Bank

Each month **hundreds of pounds of food** are donated and distributed through the Audubon Park Food Bank. The Food Bank works with **Second Harvest** to provide healthy food to those in our service area.

The Audubon Park Food Bank is open on the 2nd and last Tuesday of each month from 9:30 am - 12:30 pm. Zip Codes served: 99026 (Nine Mile Falls, Spokane County only), 99205 (north of Montgomery, west of Division). No appointment is necessary. We serve clients one time per month.

Want to help? There is always a need for volunteers. Keeping this food pantry open and running is a big job! Volunteer opportunities include **stocking and distribution of food** or simply **visiting with the families** while they wait.

Tuesday Morning Breakfast

Our Tuesday Morning Breakfast is available every Tuesday from 8:30-10:00 am.

What began as an offer of a hot cup of coffee and a dry, warm place to wait for the food bank has transformed into a weekly hot breakfast, produce and baked goods program. Each week truckloads of groceries are collected, weighed, sorted and handed out to those in need.

Open to all, the mission of this ministry is to treat everyone with respect and dignity. Volunteers provide a friendly atmosphere where all are welcomed, working diligently to feed guests body and soul.

Volunteers are always needed to **collect and sort food and donations on Mondays, serve food on Tuesdays, or clean up afterwards.**

Bare Necessities

The Bare Necessities is a free store that offers the "Basics" to those who come to utilize our food bank. The mission of the Bare Necessities is to support the Audubon Park Food Bank clients by offering personal hygiene and household cleaning products, because every person has the right to feel clean.

Want to help? If you are friendly and willing to **help people shop** and **answer simple questions about products**, consider volunteering with the Bare Necessities or if you would like to **donate items** contact the church office.

For more information on volunteering, contact Volunteer Supervisor **Jerome Hood** at **(509) 325-4541** or email the church office at **office@audubonparkumc.org**.

Audubon Park UMC
3908 N Driscoll Blvd
Spokane, WA 99205
(509) 325-4541
audubonparkumc.org





Cancer Can't

Mission Statement

Cancer Can't is a nonprofit organization started by a cancer patient. Our mission is to **help people fighting cancer in the Inland Northwest** by improving their daily lives and circumstances.

Ride to Care

Be a **LIGHT** in the fight.

Oncology patients can sometimes struggle to make it to all of their appointments due to lack of transportation resources. Through a network of volunteers, **The Transportation Program** provides anyone in need of **rides to and from oncology appointments**.

Purpose

The Cancer Can't Volunteer Transportation Program mission is to assist oncology patients to and from their medical appointments. We are expanding cancer patient's independence and community access by providing a safe, reliable rides within the Spokane area.

Volunteering with Cancer Can't

We are actively seeking drivers for this program. All training and dispatch of drivers will be facilitated by **Catholic Charities Volunteer Chore Services** of Spokane.

DUTIES/RESPONSIBILITIES

- **Provide rides** for clients to healthcare appointments.
- Coordinate all rides through the Transportation Coordinators.
- Be punctual and dependable in picking patients up at their homes at the scheduled time.
- Communicate with patients and clinic staff to ensure timely pickups at clinics/hospitals.
- Keep the Transportation Coordinators informed regarding your availability.
- Provide Transportation Coordinators with as much notice as possible when cancelling a transport.
- **Maintain confidentiality** regarding client information.
- **Regular vehicle maintenance** to ensure safety of clients. **Seat belts must be available.**
- Provide **annual updates on vehicle insurance policy and registration.**
- Immediately report incidences, accidents or concerns to the Transportation Coordinators.
- **A copy of the volunteer's driver's license and car insurance is required.**
- **Background and reference checks will be done before orientation is set.**

VOLUNTEER DRIVER ASSIGNMENT PROCESS

- Patient medical appointments are typically with **Cancer Care Northwest, MultiCare, Providence, and Summit Cancer Centers**. Cancer Can't/Catholic Charities will reach out to the volunteer to see if he/she is available to transport the patient. If the volunteer is available Cancer Can't/Catholic Charities will give the volunteer the patient's contact information and location of appointment.
- **Volunteers can pick days/times that work for them.** Medical appointments are **M-F, 8am-5pm.**
- Once a volunteer is assigned to a patient, the volunteer will **pick the patient up** from his/her house and **transport the patient** to the designated location.
- The volunteer will **drop the patient off** and either **wait for the patient** or **come back after the appointment** is done. This is up to the volunteer whether they stay or leave. All appointments are different and it is hard to determine the exact pick up time. A **radiation appointment could take 30-60 minutes**, while a chemotherapy appointment could last 4-6 hours.

For more information, contact Director of Outreach **Emily Grankowski** at **(509) 731-3076** or **emily@cancercant.com**.

Catholic Charities House of Charity

House of Charity: A Division of Catholic Charities Eastern Washington, is a **low barrier homeless shelter that provides emergency services** including meals, showers, shelter, clothing, internet access, case management, and various other services to an under-served population of homeless, transient, and poor men and women in the Spokane area while assuring preservation of individual dignity. **The House of Charity accepts anyone in any condition, including the mentally ill and actively substance abusing.**



We offer a variety of services for our clients which include:

- Free Meals: Continental Breakfast (Sun-Sat, 7:30 AM – 8:30 AM), Lunch (Sun-Sat, 10:45am AM – 11:30 AM)
- 125 beds for men and 50 beds for women
- Day-use hours 7:30pm-12pm
- Sleeping Program 7:00pm-6:30am
- Public Showers
- Laundry Facilities
- Case Management
- Mailing Services
- Volunteer Barber (Tuesdays)
- TAY VI-SPDAT assessment for 18-24 year olds (Tuesdays)
- Social Security Disability Attorneys (Thursdays)
- Respite Care (Hospital Referral Only)
- Resident Client Program

Volunteering at House of Charity

There are many different opportunities to lend your time and talents, whether it be individually or in a group. Opportunities include but are not limited to; **food prep and serving, front desk assistance, mail sorting and distribution, food delivery van driving, donation sorting, emergency sleeping program check-in, and organizing a donation drive** for our commonly needed items such as towels or hygiene items.

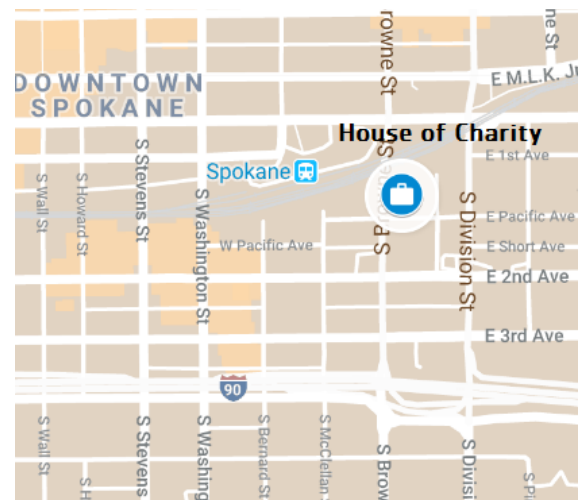
Interested individuals* must fill out a **Volunteer Application on the Catholic Charities website** and submit to a **background check**. The direct link to the application can be found at www.cceasternwa.org/applynow and any questions can be directed to **Volunteer Coordinator Keala Arquero** at (509) 624-7821 ext.104 or keala.arquero@cceasternwa.org.

**Due to the nature of the population we serve, children under 12 are not permitted inside the House of Charity. Children between 12 and 16 must have a chaperone present with them at all times at a 10:1 ratio. Youth between 16-17 must have parental permission slips signed in order to volunteer without supervision.*

You will be asked to consent to a background check, send us a copy of your photo ID, and provide us with your SSN if you have lived outside of Washington State in the past three years. Once all your paperwork has been processed (usually takes about 7-10 days), you will be contacted to set up an orientation and tour on site at the House of Charity.

House of Charity

32 W Pacific Ave
Spokane, WA 99201
(509) 624-7821
cceasternwa.org/house-of-charity



Volunteer Job Descriptions

Food Prep and Serving

Location: Kitchen

Days: 7 days a week

Shift: 7am-9am | 10am-12pm

Assist our staff in serving an average of over 300 patrons Breakfast and Lunch every day of the week. Duties include but not limited to; serving, food prep, pouring drinks, dishwashing, general clean-up, and patron interaction.

Van Driver

Location: Loading Dock

Days: Monday - Friday

Shift: 7:45am-11:45am

Using our delivery van, drive around to partnering grocery stores to collect donated food, produce, and beverages. This job is best completed in teams of two. Must have clean driving record and be comfortable driving utility van. Includes heavy lifting.

Resource Room Assistant

Location: Resource Room

Days: 7 Days a Week

Shift: 8am-10am | 10am-12pm

Help sort and hand out donated toiletry items, towels, and clothing to our patrons, as well as handing out their mail. This is a great role to have direct client interaction with our population. General cleaning and donation sorting as needed.

ESP Assistant

Location: Men's Dorm

Days: 7 Days a Week

Shift: 6:30pm-8:30pm

Male volunteers only assist in towel check-out, pajama check out, and gear storage for our Emergency Sleeping Program during shower and check-in time.

Front Desk Assistance

Location: Donna Hanson Haven

Days: Monday - Friday

Shift: 10am-1pm

Help out at our new DHH Permanent Supportive Housing Residence located at 24 W 2nd Ave (one block south of the House of Charity). Monitor the front desk signing guests in and out, help with coffee and pastry service, and provide a welcoming and social atmosphere for the tenants.

Newsletter Stuffing

Location: Conference Room

Days: Last Wednesday/month

Shift: 12pm-3pm

Help us stuff and address our monthly newsletter! Coffee, snacks, and good conversation provided!

Front Desk Assistant

Location: Front Desk

Days: 7 Days a Week

Shift: 12pm-3pm | 3pm-6pm



Cover phones during closed hours, take messages, communicate with Respite and Resident Clients and man the door for them. Receive incoming donations as needed.

Cheney Outreach Center

Mission Statement

We, as people of God, believing we are called in Christian service to be God's hands and heart to all people, have come together to provide an Information and Assistance Center in Cheney. "You shall love your neighbor as yourself." Matthew 22:39b

Cheney Outreach is a coalition of the following Cheney churches: Cheney Congregational, Church of the Nazarene, St. Paul's Episcopal, Fellowship Baptist, Emmanuel Lutheran, St. Rose of Lima Catholic Church, Cheney United Methodist, Amazing Grace, Cheney Community Church, and Cheney Faith Center. Cheney Outreach is also supported by a Spokane County Community Development Block Grant, the Catholic Foundation of Spokane, the Salvation Army, Washington State Employees Combined Fund Drive, and other corporate, service club, and private donations.

Services Offered

- **Free information and referral**
- **Services** for low-income people and families
- **Direct Emergency Assistance** includes energy assistance, rent assistance, food, household and toiletry items, medical prescriptions, transportation (bus passes and tokens), and children's programs (Christmas, school supplies, park and recreation scholarships)

Volunteering at Cheney Outreach Center

Our volunteers assist in many ways. We are looking for sharp-minded individuals who can commit to at least **three (3) hours per month**. Our greatest need is help on Wednesday mornings.

Volunteers are trained to **meet with clients and follow all paperwork procedures**. Documents must be collected from clients and copied. Volunteers with altruistic hearts and listening ears for clients are crucial.

Office work is needed as well: filing, copying, cleaning, running errands.

To apply, call Cheney Outreach Center at **(509) 235-8900**. We will set up a time for you to come observe what we do and fill out an application to volunteer.

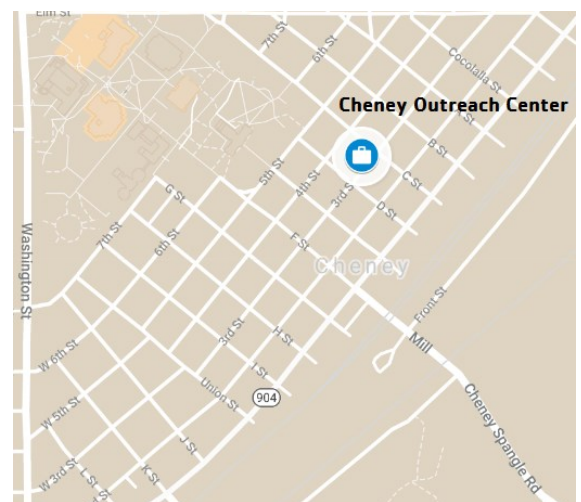


Cheney Outreach Center

616 3rd Street
Cheney, WA 99004
(509) 235-8900

Hours of Operation

Mondays 4:00pm — 7:00pm
Wednesdays 8:30am — 2:30 pm





Corbin Senior Activity Center

Corbin Senior Activity Center is a privately funded non-profit in the Emerson-Garfield Neighborhood.

For over 50 years, Corbin has served as a hub of activity for Spokane's most active seniors. More than a destination, you will find Corbin more like Grand Central Station for seniors coming and going throughout our community while making the world their playground.

We provide **multi-generational programs and services** that enhance the health, happiness and well-being of the community. Corbin personally invites you to come and be part of the action.



Corbin Thrift Boutique

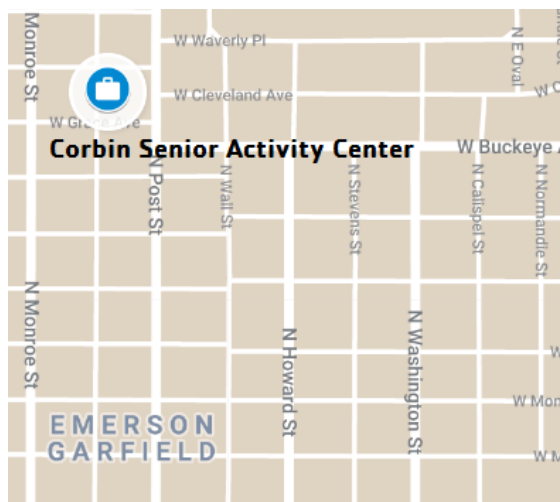
Our volunteer-run thrift boutique is open Monday - Friday from 10:00am - 2:00pm. Thanks to generous donations from the community, shoppers can find amazing deals on everything from women's clothing to household decorations and more.

All proceeds go to support the Corbin Senior Activity Center and its mission to transform the lives of Spokane's senior community.

Volunteering at Corbin

Corbin Senior Activity Center thrives on its volunteers. Whether you are a senior looking to stay active and engaged or a community member with a heart to serve, Corbin and Spokane's seniors need you!

For opportunities to volunteer, contact **Heidi Wehr** at heidawehr@corbinseniorcenter.org or **(509) 327-1584**



Corbin Senior Activity Center

827 W Cleveland

Spokane, WA 99205

(509) 327-1584

corbinseniorcenter.org

The First Tee of the Inland Northwest



The First Tee is a youth development 501(c)(3) non-profit organization **introducing the game of golf and its inherent values to young people.** Through after school and in school programs, we help shape the lives of young people from all walks of life by reinforcing values like integrity, respect and perseverance through the game of golf.

Our mission is to impact the lives of young people by providing educational programs that **build character, instill life-enhancing values and promote healthy choices** through the game of golf.

Classes are offered to young people from ages 7 to 17. The nominal fee for each session includes all instruction and use of the driving range, chipping and putting facilities during classes. Financial aid is available upon request.

The First Tee Life Skills Experience

Young people progress in the program by moving through levels that introduce new and more advanced concepts of golf and life skills.

PLAYer

(required minimum age 7)

Introduces playing golf with special emphasis on learning the basics of golf and The First Tee Code of Conduct, appreciating the rules and etiquette of the game, and The First Tee Nine Core Values.

PAR

(recommended minimum age 9)

Focuses on interpersonal communication and self-management skills.

BIRDIE

(recommended minimum age 11)

Emphasizes goal-setting.

EAGLE

(recommended minimum age 13)

Emphasizes resilience skills, conflict resolution and planning for the future.

ACE

(recommended minimum age 14 or entering 9th grade)

The highest program level of The First Tee—focuses on setting goals for golf, career and education, and giving back to the community.



Volunteering with The First Tee

OUR PHILOSOPHY

Without caring mentors, positive youth development just doesn't happen. At The First Tee, we take coaching seriously. We believe that a meaningful, quality relationship between coach and participant is vital to our program.

ARE YOU UP FOR THE CHALLENGE?

You don't have to be a golf pro or even a good golfer. With **The First Tee Coach Program**, we provide the training you need.

Developed with input from leading experts in the field of positive youth development, our program focuses on empowering participants through decision-making and exploring options. This helps foster positive relationships between coaches and young people, inspiring the golfers of tomorrow to look to the future, set goals, and unlock their potential.

You must complete an application and screening process, which may include an interview about your skills and interests, a criminal background check, and character references. You will also receive training about your volunteering role, behavioral expectations, and child protection.

VOLUNTEER RESPONSIBILITIES AND EXPECTATIONS

Responsibilities:

- Assist with set up of golf and life skills program equipment and supplies
- Assist with delivery of golf and life skills instruction to participants; maintain safety zones
- Assist with supervised Play Days
- Assist with disassembly of golf and life skills program equipment and supplies
- Greet, Engage and Mentor participants
- Encourage fun and learning
- Serve as a positive model to participants
- Become familiar with The First Tee of the Inland Northwest's programs
- Attend volunteer training sessions
- Become familiar with lesson plans and core concepts
- Help others become proficient in delivery of the Life Skills Education
- Develop a high degree of proficiency in all elements of the Life Skills Education
- Assist in teaching other coaches and volunteers

Requirements:

- **Must be able to lift 20 pounds, walk the golf courses, and stand or walk for up to 2 hours**
- Ability to serve as "the model" of mature, responsible behavior to participants
- An interest in the development of youth
- An appreciation for the game of golf and its inherent life lessons
- A ready smile and sense of humor

The First Tee Locations

Phone: (509) 688-9892
Email: info@thefirstteeinlandnw.org

The Creek at Qualchan

301 E. Meadowlane Road
Spokane WA 99224



Esmeralda Golf Course

3933 East Courtland Ave
Spokane WA 99217



The Highlands Golf Course

5600 E. Mullan Ave
Post Falls ID 83854



Deer Park Golf Club

1201 North Country
Club Drive
Deer Park WA 99006



Friends of the Bluff



The Friends of the Bluff was formed as a community group of volunteers in 2010 as stewards of the High Drive Bluff Park in Spokane, WA.

The High Drive Bluff Park

More than **20 miles of trails** wind through **500 acres** of Ponderosa Pine forests and bunchgrass meadows along a steep hillside below High Drive on the western edge of Spokane's South Hill. This is the High Drive Bluff Park. **We call it the Bluff and it's a treasure.**



Our Mission

The mission of the Friends of the Bluff is to steward the High Drive Bluff through **volunteer efforts, community partnerships, and education**. We conserve the area in a natural, sustainable state for multiple users who respect the resource, each other, and wildlife.

Who are We?

The current Bluff users are passionate about the area for the measure of nature, solitude, and proximity it provides. The Friends of the Bluff **work to conserve these positive elements while counteracting the negative impacts of human use on the Bluff.**

We are volunteer organization with no professional staff. We need volunteers to:

- Provide leadership as Board members
- Organize and assist at events
- Remove litter and dog waste
- Plan and execute trail maintenance
- Raise money for activities or to prevent developments that threaten the Bluff
- Set up hikes with naturalists
- Plan and coordinate tree thinning to suppress fires
- Plant trees, and during the summer pack gallons of water to keep them alive

The City of Spokane is the landowner and holds the ultimate responsibility for the park. With limited resources to manage the area, the City has welcomed the partnership and volunteer effort offered by the Friends of the Bluff group.

Volunteering with Friends of the Bluff

Event Planner

About the position:

We would love a **creative, organized, outgoing events person** to join our team to help us with **1-2 big events each year.**

Our primary friend- and fundraising event, **Bluff Talks**, is annually in November. For this event, which is loosely based on TED Talks, **we invite 5-6 community leaders or interesting people to tell a story or share information that is related to the South Hill Bluff in 10 minutes.** Each year has a theme or is focused on relevant current events associated with our open space park. We encourage diversity of subject matter, as long as it in some way relates to the Bluff. Presenters may be naturalists, historians, activists, athletes, artists, etc.

Skills needed:

Some experience is preferred but not necessary. Duties for this and other events include:

- Venue selection
- Venue and vendor relationship management
- Budget management
- Coordination and delegation of projects/tasks to board members and volunteers
- Speaker and entertainment planning/invitation/coordination
- Catering/food plan
- Fundraising project coordination
- Emcee or emcee designation
- Sponsor relations and appreciation
- Public relations and promotion of event
- Decoration
- Managing and overseeing the event on the day of, including: problem-solving, welcoming guests, directing event set-up, communicating with volunteers and speakers, organizing vendors, and managing take-down
- "Thank you's" to speakers, venue, vendors, volunteers.

If you are interested in assisting with the planning of Bluff Talks, we would be happy to have you!



Friends of the Bluff

P.O. Box 30771

Spokane, WA 99223

friendsofthebluff.org

HUB Sports Center

Mission Statement

HUB Sports Center joins the communities of faith, sports, education, business and government to **positively impact our youth and region through events and programs that enhance life skills.**

Purpose Statement

To provide events that have a positive impact on youth and the community.



HUB Sports Center is a 501(c)3 non-profit organization designed to provide the community with an **outstanding sports and multi-purpose facility**. We have operated this facility since the latter part of 2007. The facility is 66,000 sq. ft. and includes 5 basketball courts, 3 dance studios, a lobby/concessions area and office space. The court space is used for basketball, volleyball, soccer, and pickleball, among other things. The studios are used for aerobics, fitness training, dancing, martial arts and meeting rooms.

Our goal is to provide opportunities for youth (and adults/seniors) to learn valuable life lessons through participation. Most of these opportunities at the HUB Sports Center happen through sporting events. We provide these activities and events through a combination of partnerships with other organizations and HUB hosted programs.

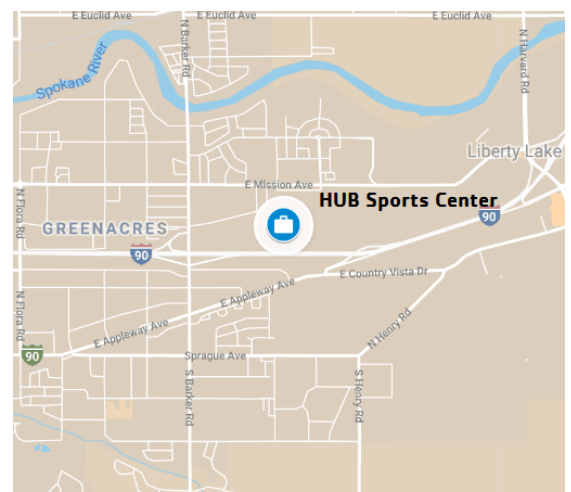
We seek out strategic partnerships with like-minded organizations such as: Spokane AAU/ Hoopfest, Northwest YMCA, Special Olympics Washington, Evergreen Region Volleyball, and local School Districts.

When other needs or opportunities are identified and there isn't a partner available, HUB Sports Center steps in to create, operate, and host that program. Some of these include: HUB 360 afterschool program, Dads & Dudes Night, Futsal League, Homeschool PE, Police Activity League, and others.

HUB Sports Center staff strives to be an outstanding community resource and a good steward of this amazing facility. We believe that we can do more together than we can do on our own.

HUB Sports Center

19619 E Cataldo Ave
Liberty Lake, WA 99016
(509) 927-0602
hubsportscenter.org





Hub 360 Afterschool Program

The **HUB 360** program serves 6–8th graders from 3:00–6:00pm on school days. Staff mentor students with their school work, teach them about healthy living, provide an opportunity to experience a variety of sports – and provide a snack. Community businesses and individuals come

and share their expertise in skills, trades, industries and/or talents with the students. Our goal is to provide a safe place for these students to be part of a community and help build a well-rounded person through enrichment, physical activity and academic study. There is no fee for these students to attend the HUB 360 program.

We currently collaborate with five schools from Central Valley School District, two from West Valley School District, as well as East Valley Middle School. Administrators and Counselors identify students and families that would benefit from this program. Students from local high schools and colleges volunteer to mentor these middle school students.

We are seeking mature volunteers who want to be a positive mentor and role model for these students. These volunteers would assist the Site Director with the lesson plan for the program. This would include helping the students concentrate and focus when it is time for homework and study session, be respectful and courteous when guest speakers present, and have an opportunity to play with the students during the PE time.



More details and videos about HUB 360 are available at: www.hubsportscenter.org/hub360

Hub Police Activity League



The **Police Activity League** is a partnership between HUB Sports Center, Spokane Valley Police Department, Liberty Lake Police Department, Central Valley, West Valley and East Valley School Districts. This event is about **providing opportunities for our youth to interact with local law enforcement** in a positive activity and help establish respect and understanding.

Participating youth need to be pre-registered before attending. The day will consist of group games, lunch, and rotating through various sport stations as well as a STEM (Science, Technology, Engineering, and Mathematics) station.

We are seeking mature volunteers who want to assist the Program Director with the daily lesson plan. This would include splitting the children into age appropriate groups; coordinating the rotations with the groups between the different stations; playing/helping with the activity at the station; and interacting with the children during lunchtime.

Junior Achievement of Washington



Junior Achievement (JA) is the nation's largest organization dedicated to giving young people the knowledge and skills they need to **own their economic success, plan for their future**, and make **smart academic and economic choices**. JA's in-school programs are offered at no cost to the school and community organizations. These life-changing programs help students develop life skills in the areas of **financial literacy, work readiness and entrepreneurship**. JA of Washington is funded by over 3,600 corporate and private contributors and special events.

100 YEARS. 100% READY.™

Junior Achievement of Washington was founded in 1953 and has served over two million students across Washington and Northern Idaho.



Program Reach

In 2017-18 Junior Achievement of Washington reached more than 74,000 students in over 3,700 classrooms and after-school locations. JA programs are taught by volunteers in inner cities, suburbs, and rural areas.

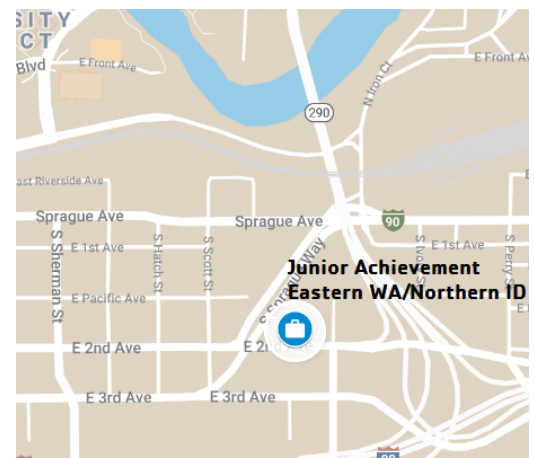
Regionally more than 7,000 students were served across Eastern Washington and Northern Idaho. This year more than 2,600 students from Eastern Washington and Northern Idaho will spend a day at mobile *JA Finance Park®*. The traveling, experiential learning exercise gives middle and high schoolers a trial run at maintaining a household budget within a simulated business community.

Volunteers

Junior Achievement of Washington's 5,000 volunteers come from all walks of life, including business people, college students, parents and retirees. Regionally, more than 500 dedicated community members serve as mentors, job shadow hosts, classroom and mobile *JA Finance Park®* volunteers.

Junior Achievement Eastern Washington/Northern Idaho

901 E 2nd, Suite 202
Spokane, WA 99202
(509) 624-7114
jawashington.org



JA In-School Programs

Volunteers receive training, materials and support!

For more information contact **Janet Banaugh** at janetb@jawashington.org or (509) 624-7114

- K-12 instruction delivered by corporate & community volunteers
- Relevant, hands-on experience for knowledge & skills in Financial Literacy/Work Readiness/Entrepreneurship
- Elementary School Programs (Kindergarten-5th grade) consist of **5-8 activities/lessons** lasting **30-45 minutes each**
- Middle & High School Programs (6th-12th grade) consist of **6-10 activities/lessons** lasting **45 minutes-1 hour each**



VOLUNTEER TIME COMMITMENT

A typical Elementary JA class is taught in five to eight weekly classroom visits lasting 30 to 45 minutes each. Middle & High School programs are taught in five to ten weekly classroom visits lasting 45 minutes to 1 hour each. It all depends on the grade level of the program you choose. You can choose your classroom based on a number of factors. We're flexible!

Volunteers are needed throughout the 2019-2020 school year.

JA Finance Park Program

JA Finance Park allows middle and high school students to build foundations for intelligent, personal financial decision-making skills.

Middle and High School students' experience begins with in-class, teacher-led personal finance instruction covering topics such as: income and earning, investing, financial institutions, credit and credit history, applying for a loan, risk and insurance a multitude of personal finance topics.

The JA Finance Park budgeting simulation at the Shriners Event Center in Spokane is the culmination of the program. When students enter JA Finance Park they assume an adult identity, including a job, salary, and family situation, to use as the basis of their simulation experience. Students put their classroom studies into action as they analyze budgeting options and tackle "adult" financial problems. This eye-opening experience gives students a solid foundation on which to build effective personal financial habits for life.

VOLUNTEER TIME COMMITMENT

All first time volunteers are required to attend a **90-minute training** prior to student arrival. Volunteers are paired with **small groups (5-7 students)** for a **4.5-hour simulation** (including a lunch break). **Total time commitment: 1 visit (6hrs)**

Volunteers are needed for the 2019-2020 JA Finance Park event

Fall Program Event Dates: **December 2-13**

Meals on Wheels— Greater Spokane County

Greater Spokane County (GSC) Meals on Wheels has been fighting senior hunger and isolation since the early 1970s. We deliver lunchtime meals to seniors aged 60 and over across all 1800 square miles of Spokane county. We make approximately **1,000 fresh meals daily** in our commercial kitchen and in 2018, we provided **over 270,000 meals** to vulnerable adults in our area.

We also provide nutritious meals and build community at our **12 Silver Café meal sites** located across the county. GSC Meals on Wheels helps seniors stay in their homes with choice and dignity.



Volunteering with GSC Meals on Wheels

Our wonderful team of volunteers deliver hot meals, **Monday through Friday between 11am-1pm** across Spokane County. We deliver from Liberty Lake to Medical Lake, from Rockford to Deer Park, and everywhere in between. We have **over 40 daily routes** throughout the city of Spokane and Spokane Valley.



GSC Meals on Wheels also has volunteer opportunities at our Silver Cafés. **Volunteer to help serve meals, assist with setup and cleanup of the dining room, and build a sense of community.** Helping seniors remain connected helps them remain healthier longer.

It only takes **1 to 2 hours** to help feed our senior neighbors. **Volunteer once per week, once per month, or on a flexible schedule.** The commitment is small but the rewards are immense!

GSC Meals on Wheels is **so much more than a meal.** We not only provide a friendly visit while serving a nutritious meal to those who are food insecure, but also bring care and compassion, and connect our clients to other critical community services. We are fortunate enough to be witness to all of the good in this world and to experience first-hand on a daily basis the collective impact a group of caring individuals can make in someone's life.

Join us in this circle of care and change lives one meal at a time: theirs and yours. Find out more at gscmealsonwheels.org or call us at **(509) 924-6976**.

Greater Spokane County Meals on Wheels

12101 E Sprague Ave
Spokane Valley, WA 99206
(509) 924-6976
gscmealsonwheels.org





Meals on Wheels— Spokane

Meals on Wheels Spokane has been delivering hot, nutritious meals to elderly, disabled, home bound seniors in Spokane since 1967. We are the only Meals in Wheels program in Washington state to also have a senior center attached to our facility (**Mid-City Concerns**).

With the help of more than 400 volunteers, we serve **over 330 meals daily** and more than **110,000 meals each year**. The objective of Meals on Wheels Spokane is to provide the proper nutrition to those individuals who cannot meet the need on their own. This service is available to people of all income levels, age groups, either on a temporary or permanent basis without regard to race, color, religion, gender, age, national origin, handicap or political affiliation.

Here's How You Can Help

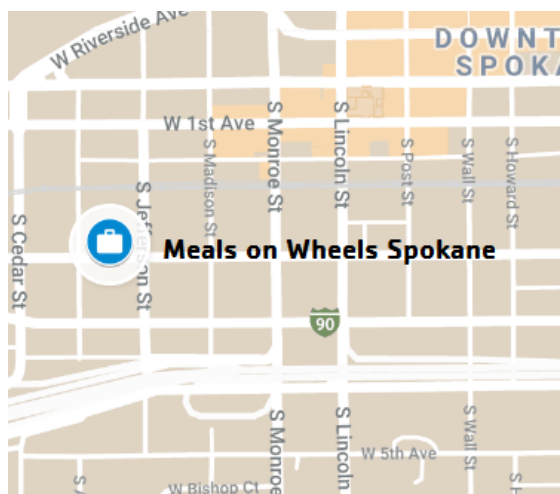
- **Deliver** hot or frozen meals to seniors in your community—Must be available from **10:30am to 1:00pm weekdays (8:30am on Tuesdays for frozen meal delivery)**
- Help in our **Senior Center Kitchen**—Must be available at **11am weekdays**
- Help our seniors in the **Senior Center**—Any availability from **8am to 3pm weekdays**
- Help manage our **pet food supply**—Any availability from **11:30am to 2pm weekdays**
- **Deliver** pet food to the pets of seniors in your community—Must be available the **first and third Saturday of each month from 8:30am to 11am**
- Join our **Friend to Friend** program and socialize with a senior in your community



Requirements for Volunteers

- Must be able to **pass a background check**
- Provide your **own transportation**
- Be available **one and a half hours** each volunteer day
- **Access to GPS** is helpful
- Be able to respect each client's **right to privacy and confidentiality**

For more information, contact **Volunteer Program Manager Patricia Robinson** at **(509) 862-6367** or **patricia.robinson@mowspokane.org**.

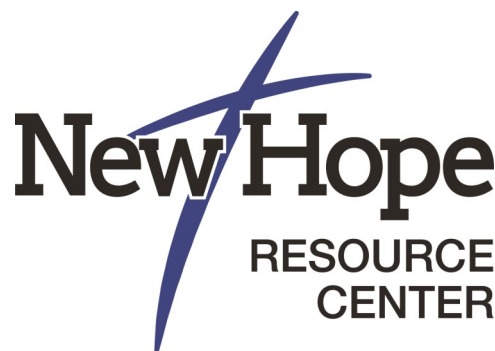


Meals on Wheels Spokane

1222 W 2nd Ave
Spokane, WA 99201
(509) 456-6597
mowspokane.org

New Hope Resource Center

New Hope Resource Center is a faith-based-ecumenical organization sharing the resources of the participating congregations and community to **serve basic human needs in North Spokane County**, including communities of Riverside, Elk, Chattaroy, Colbert and Mead. We covenant to do this without prejudice or discrimination, following Christ's example.



We help low-income families in need of assistance **with financial emergencies** such as utilities or rent, toiletries, and clothing. We also help seniors with **chore services**.

We can help with: transportation (transport to appointments, grocery store, etc.), handyman services (minor home repair), chore services (house cleaning, laundry, yard work, etc.), automotive help/advice, respite caregiver, or computer advice.

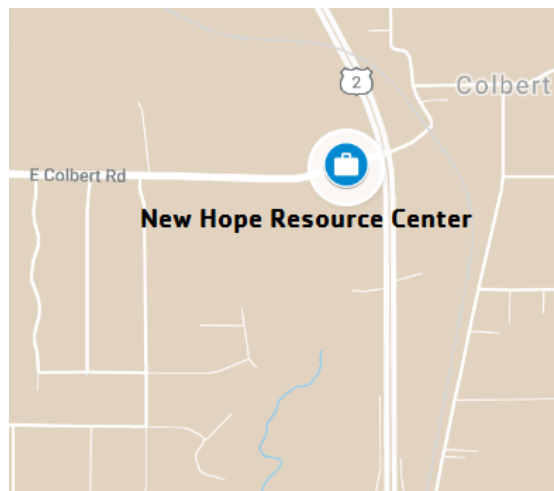
Volunteering at New Hope Resource Center

By volunteering at New Hope there are many ways to help. We can use volunteers in a number of areas and for a period of time that works for you! We have many ways for you to help, from transportation to yard work.

- ⇒ Do you enjoy working and organizing the office or greeting clients? Do you know a second language to serve as an interpreter? **We can use you in our office.**
- ⇒ **Be a volunteer gardener** and grow vegetables in the New Hope garden for donation to our food bank, or donate seeds or plants to the garden.
- ⇒ Do you have a desire to **share your unique skills with your own community?** Can you teach a budgeting, diabetic health, sport, or art class? Please call us regarding any idea you may have. We welcome your involvement.

New Hope Resource Center

4211 E. Colbert Road
Colbert, WA 99005
(509) 467-2900
newhoperesource.org





Northwest Harvest

Northwest Harvest is the only nonprofit food bank distributor operating statewide in Washington with a network of **375 food banks, meal programs and high-need schools**. Through this network, we provide nearly **2 million meals every month**.

The mission of Northwest Harvest is leading the fight for hungry people statewide to have access to nutritious food while respecting their dignity and promoting good health. Our vision is ending hunger in Washington.

Volunteering at Northwest Harvest

Volunteers at Northwest Harvest **sort and package bulk food** into smaller portions so that food banks and their clients can use the food effectively. Volunteer shifts typically run from **12-2pm Monday-Thursday**, with **one 6-8pm shift per week** and **one Saturday shift per month**. However, the schedule does vary from month to month.

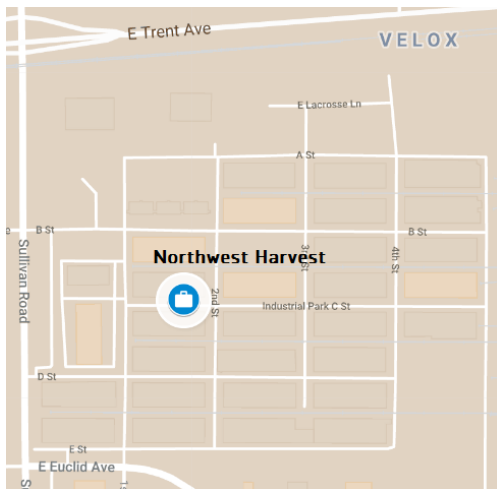
Prospective volunteers can register in our system at: www.northwestharvest.org/sign-upapply-to-volunteer. Once registered, **volunteers receive a monthly calendar** with the open volunteer shifts for the coming month. We are very flexible and can accommodate groups that would like to come in on a certain day or time.

ADDITIONAL IMPORTANT INFO:

- **All spots must be reserved in advance. We do not accept drop in volunteers.**
- Close toed shoes are required.
- Our minimum age for volunteering is 9 years old
- Volunteers under the age of 15 must have an adult guardian with them at all times
- We are happy to sign off on service hours for school or work purposes, but we are unable to provide court-related community service.

DIRECTIONS

1. From 1-90 take the Sullivan Exit and head north.
2. Turn right on B Street
3. Turn right on First Street, which is the first street after the La Quinta.
4. Turn left on C Street, which is after the building with the big "14" on it
5. Northwest Harvest will be on your left.
6. The address is 3808 N Sullivan Rd Building 14J
7. Please note- **Carpooling is recommended. Parking is free, but space is limited.**



For more information, please contact **Matt Ryan** at mattr@northwestharvest.org or **(509) 891-7276**

Northwest Harvest

3808 N Sullivan Rd Bldg 14J
Spokane Valley, WA 99216
(509) 891-7012
northwestharvest.org

RSVP Project Warm-Up

Project Warm-Up provides hats, mittens, blankets and other much-needed items to those who are low-income, no-income and homeless in Spokane County. This program involves volunteers who work individually at home and in groups to create warm items which are **distributed county-wide to curtail the risk of hypothermia.**



Since its beginning in 1991, Project Warm-Up has distributed over **179,000 items** to more than **65 local agencies.**

Anyone young, old or in between can volunteer for Project Warm-Up. However, actual RSVP membership is limited to those over 55 years old.

Supplies

RSVP will supply all yarn, knitting needles, crochet hooks and needed patterns. **All you need to supply is your creative talent, your time and desire to help others.**

What If I'm Already Knitting or Crocheting?

If you are already creating items for a local agency, **we welcome your membership in Project Warm-Up without further obligations.** You may continue to contribute your creations to YOUR chosen agency. We will supply you with yarn. We would like to recognize your contribution, and would like to record your time and items donated. Your involvement helps demonstrate the impact volunteers make locally and nationally.

What If I Have Something Like Yarn or Fabric to Donate?

If you have something you wish to donate, such as yarn, fabric, sewing items, art/craft supplies, books/patterns etc. Project Warm-Up will accept them with pleasure. Our volunteers will put them to good use. You can **deliver your items to any YMCA Facility or to the YMCA Corporate office, attention Project Warm-Up, or contact us to make arrangements for staff to pick-up your donation.**

For more information please contact:

Teri Wallace
 RSVP of Spokane County
 1126 N Monroe
 Spokane, WA 99201
 (509) 344-7787
rsvp@ymcainw.org





Second Harvest

Second Harvest is the leading hunger relief organization in Eastern Washington and North Idaho, feeding **55,000 people every single week**. Many who line up at one of Second Harvest's 250 partner food banks and meal sites just can't quite make ends meet and reach out for food assistance. They include seniors, (an estimated 15% of food bank users), hardworking families with children, and veterans.

Generous food and fund donors allow Second Harvest to provide nutritious food at **no cost to people in need**. Nearly half of all food is fresh produce, and up to 70 percent is fresh and perishable, including foods like dairy and lean meats. It takes thousands of volunteers to sort, repack, and distribute millions of pounds of food each month. With their help Second Harvest is working hard to provide healthy food to every person, every day.

Joyce's Story

Joyce nibbled on the sample of breakfast potatoes distributed by **Second Harvest's Nutrition Education team at the Mobile Market** as she moved through the line to receive her food. She followed behind her grandson's fiancé, who was helping Joyce lift the heavy bags of produce into her wagon. Joyce, a senior, told her grandson's fiancé about the event after reading about it in the newspaper. "She's got four little kids that live with her," said Joyce. She figured it would help them out.

But Joyce wasn't just along for the ride on an early spring day. **She needed the food too**. Like many seniors, she lives on a fixed income, but her expenses are high. Her water and electric bills each month total more than \$300. This makes food, especially, fresh, nutritious food that keeps her healthy, hard to afford. **Joyce uses the Salvation Army's food pantry once a month and the senior box program, along with Mobile Markets, to fill food gaps.**



Joyce has had lots of practice making food last through several meals. A mother to six children, Joyce had to get creative to ensure that all of them were fed. "I used to say to my kids, 'We got 101 ways to fix a hamburger, and I know them all,'" she said. Now, her kids are grown and out of the house, but she's still stretching her budget. She often makes casseroles with the food she receives. "They go a long ways," she said.

Joyce has attended other Mobile Markets in the past, and she always looks forward to the food she'll receive there. **"Second Harvest is very generous with what they have," she said. "I'm just grateful."**

Volunteering at Second Harvest

Second Harvest volunteers are trained to support our efforts in our **Volunteer Center Sort Room**. Our sort room sees many different categories of product, some of which include produce, bulk frozen and dry goods, bread, Bite-2-Go kits, and Senior Boxes (CSFP).



Volunteers will help **repack and/or sort the food and non-food items** into family or agency size portions, which are then distributed through our 250+ food bank network. Volunteers will also **build specialty orders for our senior and youth programs**, as needed.

The items to be sorted are distressed, which makes quality control essential. After watching the 15-minute safety and instructional video, being trained on the project they will be working on, volunteers will be able to **determine good quality vs. bad quality of a product**.

Volunteers will also learn how to **appropriately record, label and tape each box of product** for our food bank agency network. Volunteers may also learn how to **use the hand pallet jack** to move full pallets of food and product through the sort room and warehouse staging areas. Volunteers will learn to **build various cardboard boxes** that are used for storing and shipping the product that is being sorted during sort room shifts.

PHYSICAL ABILITIES

Regularly—stand, reach, grasp

Frequently—lifting up to 20lbs, bending over

Occasionally—stoop/crouch, pull/push, lifting 40+lbs

Reasonable accommodations may be made to enable individuals with disabilities to perform the essential tasks of a volunteer in the Volunteer Center Sort Room.

DAYS AND TIMES OF SORTS ARE AS FOLLOWS:

Monday: 1pm-4pm & 5:30pm-7:30pm

Tuesday: 5:30pm-7:30pm

Wednesday: 1pm-4pm & 5:30pm-7:30pm

Thursday: 5:30pm-7:30pm

Friday: 9am-12pm & 1pm-4pm

Saturday: 9am-12pm & 1pm-4pm

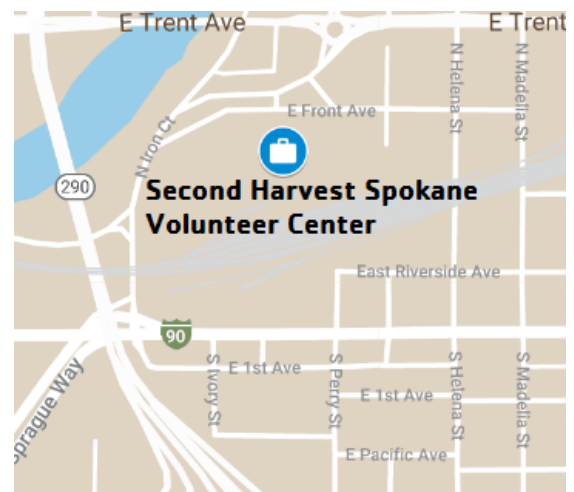
Volunteers must wear closed toe shoes. We also ask that all volunteers sign up on our website before coming in to sort, so that staff is able to prepare accordingly.

Second Harvest Spokane Volunteer Center:

1234 East Front Ave
Spokane, WA 99202

(509) 534-6678

2-harvest.org





Southside Senior & Community Center



Southside Community Center

At **Southside Community Center**, our mission is to enhance the physical and mental well-being of those we serve by providing **recreational, educational and volunteer opportunities for seniors and the community.**

At Southside, we **offer classes, activities, travel and volunteer opportunities and special events for all ages**—everything from arts and crafts, health and wellness, aerobics to mahjong, clogging to Texas Hold 'em, Line Dancing to Zumba. Anyone can take part, but if you become a member, you'll enjoy a

number of special discounts.

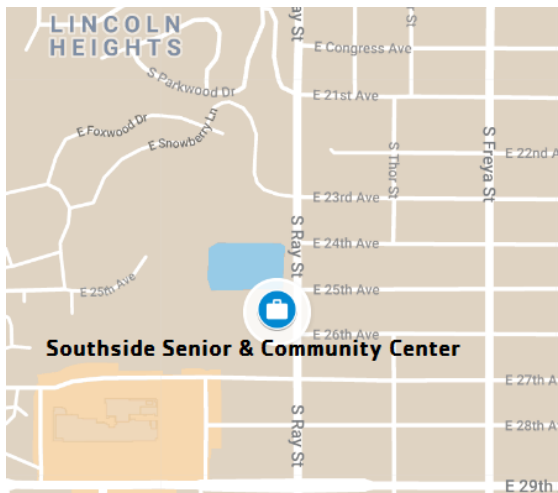
We partner with the Institute for Extended Learning, ACT 2—Spokane Community College Senior Programs and Spokane Parks and Recreation to provide a variety of classes and activities. We also work with our multicultural partners to offer cooking classes, educational events and history tours.

We also coordinate countless day trips, overnight excursions and extended travel opportunities for hundreds of participants.

Volunteering at Southside

Join the Tuesday Lunch Team

Do you have time on the **third Tuesday of any month** in 2019 to be a vital part of the team that **sets up, serves, and cleans up at the luncheons?** If so, if you would like to become a part of the Tuesday Lunch Team, please call **Betty (ext. 100).**



Southside Community Center

3151 East 27th Ave
Spokane, WA 99223
(509) 535-0803
southsidescc.org



Serve as a Kitchen Coordinator

The objectives of this position are to assist in the effective and efficient operations of the Southside Community Center (SCC) by supporting the staff and volunteers by **coordinating the smooth operations of the kitchen for rentals, events, and lunches, ensuring compliance with the Health Department and inventory.**

QUALIFICATIONS, KNOWLEDGE AND EXPERIENCE

- **No formal qualifications are required**
- Ability to work independently and as a team member
- Excellent organizational skills.
- Supervisory/management experience
- Strong interpersonal relations and communications skills
- Ability to walk moderate distances, negotiate steps, bend, stoop, reach above head, and lift 25 lbs.
- Food Handler's card desirable
- Able to drive and use of personal car for incidental duties including banking, picking up, or delivering supplies.

HOURS

As needed for events, rentals and lunches.

KEY RESPONSIBILITIES

- Oversee facilitation of the kitchen for events, lunches and renters.
- Work with the Office Administrator, Activities and Rental Coordinator and Volunteer Coordinator to develop processes for volunteers.
- Ensure supplies needed for rentals and events are available.
- Ensure rental guests have what they need per their contract.
- Facilitate volunteers re kitchen usage.
- Advises Office Administrator of needed supplies for facility
- May assist with SCC's events; e.g. sets up tables and chairs
- Keeps inventory of kitchen supplies, including place settings, pantry items etc.
- Works with the custodians on cleanliness of kitchen
- Assist with washing and folding Center linens as required.
- Help with training of volunteers in kitchen procedures.
- May attend committee meetings representing the interest of the kitchen
- Assist is any duties as needed to serve our customers, center and Executive Director

Other Openings Include:

- | | |
|---------------------------------|------------------|
| • Set Up Team A | • Gardening |
| • Server Team B | • Grounds |
| • Busser/Clean Up Team C | • Board Member |
| • Commercial kitchen dishwasher | • Marketing |
| • Van drivers | • Grant writing |
| • Events | • Bookkeeping |
| • Fundraising | • Administrative |
| • Lunch Program Committee | • Travel |



Spark Central

Spark Central is a 501(c)3 nonprofit that **ignites creativity, innovation, and imagination** necessary for people to forge the best path to their future.

We break down barriers to creativity like cost, confidence, and access by offering transformative programs, access to innovative technology, and welcoming creative community for people of all economic backgrounds.

Everyone deserves the opportunity to forge the future they imagine. **We rely on a community of volunteers** to keep our creative station available to the public, to work with youth and adults in our programs, and more!

Getting Started

All prospective volunteers are asked to attend a volunteer orientation before choosing their role at Spark Central. At the orientation, you'll be asked to fill out some paperwork, chat with our staff about the volunteer positions available and receive a tour of our space. Orientations are scheduled from 5:30pm-7:00pm on the second Thursday of every month.



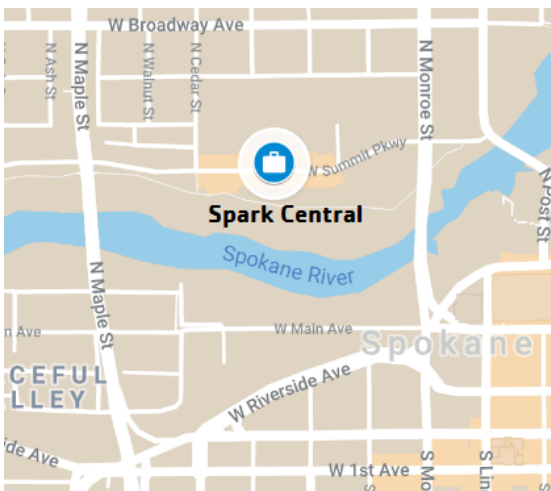
Volunteering in Spark Central's Station

Spark Central relies on volunteers to operate our creative station, which is open to the public from 12pm-7pm on Tuesdays-Saturdays.

Station volunteers: help introduce youth and adults to Spark Central; assist our youth and adult patrons in identifying and learning to use the technical, art and library resources available; and help our staff mentor youth after school and during breaks. **Station volunteers are asked to commit to two hours each week to offer consistency to our patrons.**

Volunteering at Spark Central's Programs

Spark Central **program volunteers** help facilitate or lead community events and youth programming. Program volunteers assist with structured programming around arts, writing, technology, and music! As our program topics are wide-ranging, we need volunteers with wide-ranging skills and interests as well. **The time commitment as a programs volunteer can vary depending on the availability and commitment from the volunteer.**



Spark Central

1214 W Summit Parkway
Spokane, WA 99201

(509) 279-0299

spark-central.org

Spokane County Library District



The **Spokane County Library District** is made up of 11 full-service libraries serving more than 279,000 residents in Spokane County and the affiliated cities and towns of Cheney, Deer Park, Fairfield, Latah, Medical Lake, Millwood, Rockford, Spangle, Spokane Valley, Waverly, and Airway Heights.

The Library District offers **events and programs for all ages** from story-times to Social Security workshops and everything in between. Our staff is well-trained in finding the information you need, whether in our catalog or online. We also provide mobile services to childcare centers and retirement homes.



Reading Buddy Program

You can help a child improve their reading skills & gain confidence as a reader.

A **reading buddy** is a volunteer who loves reading and enjoys spending time with kids. The Reading Buddy Program pairs volunteers, as mentors, with elementary school students. As a reading buddy, you meet with a student **once per week for 8 weeks** to read together one-on-one and foster a love of reading.

PARTICIPATING SCHOOLS

Central Valley School District: Broadway, McDonald, and Progress Elementary Schools

Cheney School District: Salnave Elementary School

East Valley School District: Otis Orchards and Trent Elementary Schools

Mead School District: Brentwood Elementary School

West Valley School District: Pasadena Park Elementary School

REQUIREMENTS FOR THE READING BUDDY PROGRAM

- Apply online at our **Volunteer Application Portal** (sclld.org/volunteer)
- Provide consent to a **background check**
- Attend an **orientation**
- Commit to at least **one 8-week session**

ORIENTATION DATES

For upcoming volunteer orientation dates, please contact our Literacy Program Coordinator, **Melanie Boerner**, at (509) 893-8408 or mboerner@sclld.org. Visit sclld.org/volunteer to sign up online.



Spokane Eastside Reunion Association

The **Spokane Eastside Reunion Association (SERA)** feeds the soul of Spokane through our neighborhood ministry—bringing restoration and

opportunities to the Eastside community.

SERA is committed to providing quality and accessible neighborhood programs and opportunities to our community.

Our Programs

Mentor/Tutor Program: Our Mentor/Tutor program operates from our newly opened Tutoring and Recreation Center, open daily for children 1st grade through 12th grade. Our primary objectives are to build academic skills and resilience.

Summer Youth Basketball Camp: Our Basketball Camp serves disadvantaged youth ages 5 to 16 from all over Spokane. Its primary objective is to inspire kids to live healthy and active lives and build resilience to ensure their success.

Fresh Soul: Fresh Soul is a life skills and job training program that serves youth ages 14-18. Our program runs for 16 weeks and covers topics such as kitchen training, kitchen etiquette, food handling skills, service, budgeting, resume building, job searching, interview skills, mentoring, and pride in and giving service to our community.



Volunteer for the Mentor/Tutor Program

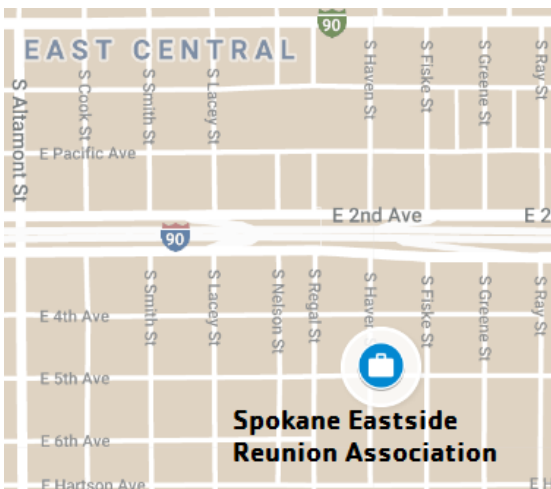
Monday through Wednesday | 3:30pm-5pm

For more info, contact **Karen Sutula @ (509) 768-4989** or karen.sutula@gmail.com or **Michael Brown @ (509) 995-3606**

Our tutoring center is run by a director and team of tutors from the local universities who **work with students one-on-one** to assess where the student wants help with their school work. **A plan is then created and daily goals decided.**

Our tutors focus on the progress and growth of the student in their school work and help them to **develop critical thinking skills, healthy studying habits, creating goals, and other skills** that will help them to be successful and develop a lifelong love of learning.

We stress **attendance, accountability, and responsibility** and are in communication with the student's parents and teachers to create a supportive team. We even provide a **healthy snack** and encourage interest in other areas such as **music, sports, and art.**



Spokane Eastside Reunion Association

3001 E 5th Ave
Spokane, WA 99202

spokaneeastsidereunionassociation.com

Spokane Neighborhood Action Partners



Spokane Neighborhood Action Partners (SNAP) is the local and regional advocate for the most vulnerable people living within our community. With a dedicated board of directors, staff and volunteers, SNAP diligently searches for **long-term solutions to eliminate poverty.**

As the Spokane area's Community Action leader, **SNAP takes the lead in educating and empowering our low-income neighbors.** We've always believed that a hand-up goes a lot further than a hand-out, and have, since our inception, helped people transition from crisis to stability by caring for immediate needs while laying the foundation for future success. **Our mission is to increase the human potential of our community by providing opportunities for people in need.**

Programs and Services Include:

- Affordable Housing Services
- Business Loans
- Credit-Building Expertise
- Down Payment/Closing Cost Assistance Loans
- Energy Assistance
- Energy Conservation Education
- Essential Home Repair
- Foreclosure Prevention Loans
- Home Buyer Education
- Home Loans
- Homeless Street Outreach
- Low-Interest Home Repair Loans
- Long-Term Care Ombudsman
- Money Management Education
- Mortgage Default Counseling
- Pre-Purchase Counseling
- Rapid Rehousing for Single Adults
- Second Chance Banking
- Single Homeless Coordinated Assessment
- Spokane Ride to Health
- Vehicle Emissions Repair
- Weatherization
- Women's Business Center



Volunteering at SNAP

Front Desk/Phone Assistant Volunteers

The role of the Volunteer Phone Assistant would be to **assist with answering phones** in a way that treats every person with dignity and respect, while **answering their questions** to the best of your ability. This position would likely be based at our East office, located in the **East Central Community Center at 500 S Stone**.

Volunteers can benefit from this experience by: earning a positive work reference; enhancement of personal or professional interests; contributing to SNAP's Mission and Vision; and gaining knowledge of community resources.

PRINCIPLE DUTIES AND RESPONSIBILITIES

1. Knows how to **operate multi-line phone** or is willing to learn
2. **Maintains accurate records** of social services and phone numbers for information and referral services, check for updates; training to be provided
3. **Responds to requests for information** by providing general SNAP program information and/or referrals to appropriate agencies
4. **Answers and screens phone calls**, logs type of request
5. Works with coworkers and volunteers to promote a **positive, respectful and productive working environment**. Provides **excellent customer service** at all times, as well as helps to grow the customer service culture within the agency
6. **Protects client confidentiality** and dignity
7. Requested time commitment is approximately **2-6 hours per week** with preferred availability **weekday mornings**

SNAP Ambassador

The SNAP Ambassador program was developed in response to the increased outreach requests from community partners and organizations. The target audiences are varied and range from past, current or potential SNAP clients, attendees at community expo events, corporate partners or contacts, and current or potential donors. The role of the Ambassador is to **facilitate community presentations and program promotion** to groups of various sizes as well as outreach events/expos throughout the year.

Volunteers can benefit from this experience by: earning a positive work reference; enhancement of personal or professional interests, sharing the experience with other like-minded individuals, enjoying community events and providing necessary information to people who can benefit from SNAP services.

PRINCIPLE DUTIES AND RESPONSIBILITIES

1. **Demonstrate key concepts** during community presentations
2. **Communicate effectively** to various audiences in a variety of settings
3. **Foster positive relationships** with general public, SNAP clients, and partners

To find out more about these opportunities, please contact

Mariah McConnaughey at **(509) 319-3012** or **mcconnaughey@snapwa.org**

Vitalant

Vitalant exists to help people realize their life-transforming potential by offering **convenient blood donation opportunities** and sharing our **expertise in transfusion medicine**. Founded in 1943, Vitalant is one of the nation's **oldest and largest nonprofit transfusion medicine organizations**. We comprise a network of nearly a dozen community blood centers, each with its own rich history and legacy. Vitalant is an internationally known and respected leader that continues to push the boundaries to advance the experience, practice and application of transfusion medicine.



Mission Statement

Vitalant exists to make a difference in people's lives by bringing together the best people, inspiring individuals to donate blood, producing a safe and ample blood supply, advancing cutting-edge research and embracing continuous quality improvement.



Vision Statement

Vitalant will be the leading blood banking organization. Respected, innovative and efficiently operated, we will continually excel in blood safety and availability, customer service, quality, centralized testing and research.

Our R-I-T-E Values

Respect - We recognize the contributions and value of each individual

Integrity - We conduct all of our activities honestly and objectively

Teamwork - We achieve our goals by working together

Excellence - We strive to be the best in everything we do

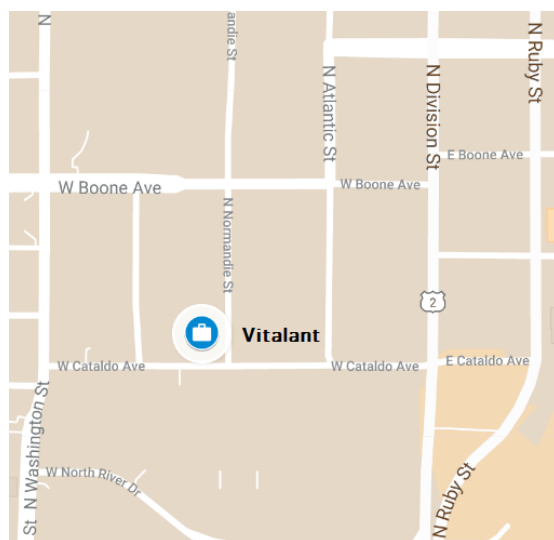
For more information, contact **Octavia Lewis** at **(509) 232-4441** or **olewis@vitalant.org**.

Vitalant Spokane (Downtown) Donation Center

210 W Cataldo
Spokane, WA 99201

(509) 232-4441

vitalant.org



Volunteering at Vitalant

Clerical Volunteers

Clerical volunteers provide **general office assistance and administrative support** to Vitalant staff. Tasks include **generating documents using computer applications; photocopying, faxing, and/or filing; data entry; and answering phones.**

QUALIFICATIONS

1. Volunteer must be willing to commit to **30 hours of service per year**
2. Ability to perform **basic office tasks; basic computer knowledge and ability to use Microsoft Office** desirable
3. Ability to work both **independently and under supervision of others; ability to work positively with others as a member of a team**
4. Excellent **oral communication skills**
5. Ability to provide **excellent customer service to a diverse group of people**

Volunteer Courier

Volunteer couriers **travel through the area to Vitalant mobile blood drives and hospitals.** They **transport blood products** to/from mobile sites, hospitals, fixed sites and transfusion services to/from Vitalant Spokane Center.

QUALIFICATIONS

1. Volunteer must be willing to commit to **30 hours of service per year**
2. **Valid driver's license** and ability to **meet Vitalant's support vehicle driver qualifications** both initially and annually thereafter
3. Ability to work both **independently and under supervision of others; ability to work positively with others as a member of a team**
4. Excellent **oral communication skills**
5. Ability to provide **excellent customer service to a diverse group of people**

Event Volunteer

Event volunteers **assist with Vitalant special events and their preparation.** Events may include Epicurean Delight and Community Wide Blood Drives held annually.

QUALIFICATIONS

1. Ability to work both **independently and under supervision of others; ability to work positively with others as a member of a team**
2. Excellent **oral communication skills**
3. Ability to provide **excellent customer service to a diverse group of people**

Refreshment Volunteer

Refreshment volunteers serve refreshments to donors immediately following their donation. Volunteers help maintain a comfortable atmosphere, talking with donors and answering questions while observing the donors for possible adverse reactions.

QUALIFICATIONS

1. Volunteer must be willing to commit to **30 hours of service per year**
2. Ability to work both **independently and under supervision of others; ability to work positively with others as a member of a team**
3. Excellent **oral communication skills**
4. Ability to provide **excellent customer service to a diverse group of people**

West Central Community Center

Mission

Enriching Lives. Creating Community.

West Central Community Center serves the West Central, Emerson-Garfield and Audubon/Down River neighborhoods providing **childcare, health & nutrition services, a medical clinic, programs for developmentally disabled adults and recreation activities** for youth and adults.



Programs

Youth Development

The Youth Development & Recreation program (WCYD) provides a variety of positive activities for the youth in our community including **camps, clubs, sports and leadership classes**. Our dedicated, connected staff make a lasting impression on the youth who participate in our programs, providing skills and abilities that serve them well into adulthood.

Before and After School Program

Serving children ages 5 to 12, enrichment activities include organized sports, arts and crafts, S.T.E.M., guest speakers, field trips, movies and much more. Free drop-off and pick-up are provided for Holmes, Audubon and Spokane Public Montessori elementary schools.

Summer Day Camp

Children ages 5 to 12 spend their summer exploring the community, swimming, attending special events and numerous other activities ensuring a safe and fun-filled summer vacation.

WIC

The Women, Infants and Children (WIC) program is a vital service available at WCCC, providing important **health and nutrition education, breastfeeding support for new mothers, and access to healthy foods** to help support healthy families. Our WIC office serves four sites, West Central Community Center, Cheney /United Methodist Church, Fairchild Air Force Base, and Airway Heights.

Supportive Services

The **Community Inclusion** and **Learning Skills** programs provide activities and opportunities for adults with developmental disabilities to socialize, connect with others and experience what our community has to offer.

Learning Skills is a structured program providing **recreational activities, skill building and advocacy** for adult clients.

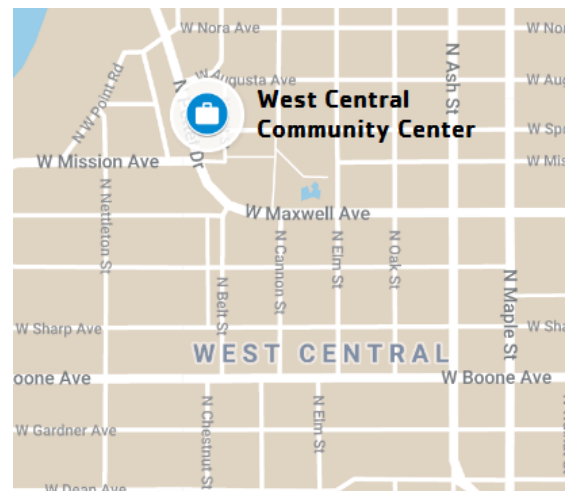
Community Inclusion offers clients **recreation and activities** within the community. One-to-one or group **field trips** include bowling, clubs, classes and many other experiences for fun and friendships.

West Central Community Center

1603 N Belt St
Spokane, WA 99205

(509) 326-9540

westcentralcc.org



Volunteering at West Central Community Center

Learning Skills Center Volunteer

Volunteers assist with community activities in our Learning Skills Center for persons with developmental disabilities by providing support where needed, maintaining accountability and safety of clients, and treating all clients with the utmost respect. The assignment may involve **teaching art, music, or cooking classes** to clients; **chaperoning outings** such as bowling; and **assisting in daily activities** including lunch and interpersonal interactions.

WINNING BEHAVIORS, COMPETENCIES, AND SKILLS

- Establishes and maintains healthy interpersonal relationships with team members
- Desire to make a difference in the lives of developmentally disabled community members
- Flexible, self-starter
- Music, arts & crafts, or cooking experience for instructing clients

Community Events – Volunteer Opportunities



Neighbor Day Festival

This fun summer carnival brings together numerous partnering agencies, organizations and companies. Children and parents enjoy carnival games, bouncy houses, face painting, free food and community booths in a fair-like atmosphere.

Hallowfest

Held the Friday before Halloween, this evening of fall fun serves neighborhood families. Participants can play games, make crafts, and catch a magic show while accessing information on local services and agencies who can offer assistance to those in need.

Winterfest

One of our most loved events, Winterfest treats children and their families to a delicious winter feast, provided by Women and Children's Free Restaurant & Community Kitchen, along with games, crafts and gifts. Santa also makes an appearance for photos and candy canes!

Coats 4 Kids

For many years, the West Central Community Center has partnered with KXLY 4 News serving as one of numerous distribution sites across the county. Hundreds of coats, hats and gloves are distributed to area families to ensure that children will be warm when winter comes.

First Responders Luncheon

First Responders Luncheon honors the brave women and men who serve in the Spokane Police Department, the County Sheriff's Office and the Spokane Fire Department. Those who gone "above and beyond" will be recognized at this inaugural luncheon.

Annual School Supply Giveaway

Partnering with the General Store, West Central Community Center distributes tens of thousands of dollars worth of school supplies to children in the community.



Women & Children's Free Restaurant

Mission

Women & Children's Free Restaurant & Community Kitchen (WCFR) is a vital safety net that **fills nutritional gaps for women and children in need** while fostering dignity and respect, both within our restaurant and in the community.

Who We Serve

All women and children (boys up to age 19) are welcome to our restaurant. Many diners are single mothers who work or go to school. Often, they struggle to put nutritious meals on the table seven days a week. Some diners are senior citizens, disabled or underemployed women who simply cannot make ends meet.

Programs

Restaurant Meals

Tuesdays & Wednesdays from 3:00-6:00 pm (last seating at 5:45 pm) and Fridays from 11:30 am - 1:30 pm (last seating at 1:15 pm).

Our flagship program started in 1988, Restaurant Meals offers **nutritious meals and dignified service for families in need**. Women and children are greeted, seated and served **scratch made, restaurant-style meals** by volunteer servers. Diners sit together to encourage conversation and a sense of community. Volunteers often join diners at the table to eat. Our **diners are not asked to qualify to receive our services**.

Nutrition-to-Go

We broaden our reach by **providing nutritious, scratch-made meals to 28 partner agencies**. Our goal is to complement the services of other social services agencies through a collaborative effort to improve the quality of life of women, children and families through healthy meals. **Nutrition-to-Go provides meals at no cost to our partner organizations**, and our partners agree to **provide the meals to their program participants at no cost**.

Partner agencies include: Anna Ogden Hall (UGM), CAPA, Catholic Charities Counseling, Cup of Cool Water, Crosswalk (VOA), Family Promise of Spokane, Feed Cheney, Hope House (VOA), Jonah Project, Next Generation Zone, North Central High School, Odyssey Youth Movement, Open Doors, Our Place Community Ministries, Partners with Families & Children, Ronald McDonald House Charities, Shadle Park Presbyterian Church, Southwest Spokane Community Center, SPEAR Ministries, Inc., St. Margaret's Shelter, Transitional Living Center, Vanessa Behan Crisis Nursery, West Central Community Center, Women's Hearth, YWCA Women's Opportunity Center, and YWCA Safe House.

Nutrition Essentials

Equipping women and children with **knowledge and resources to improve their overall health and reduce the risk of obesity and diabetes**. Support includes **cooking workshops and goal setting** for women's health, and the health of their families. **New Demonstration Kitchen/Classroom added 2018.**



Volunteering at WCFR

Learn More about Volunteering at WCFR

Please join us on the **first and third Thursday of every month from 4-5 pm** to learn more about our mission and discover if volunteering at WCFR is the place for you. If you're interested in being a volunteer and would like to learn a little more about opportunities, please RSVP to volunteer@wcferspokane.org.

Kitchen Volunteers

Do you know your way around the kitchen and **want to work under the direction of a professional chef**? We have openings for **weekly and on-call food prep cooks, kitchen assistants, dishwashers, and meal platers**. Join our incredible volunteers who assist the staff with meal preparation and support the kitchen during meal service. **Professional skills not required but always appreciated. All kitchen positions require ongoing standing, lifting, good coordination, and vision.**



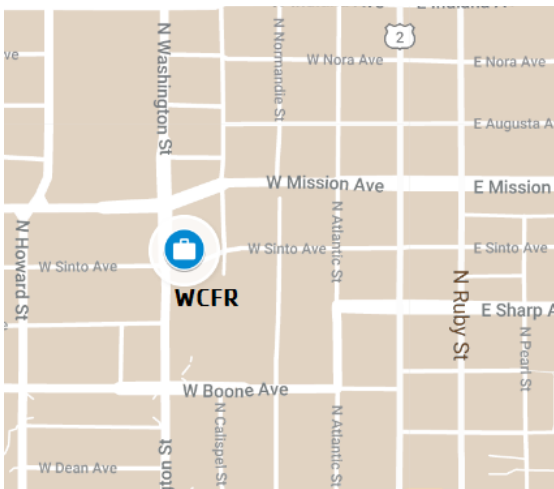
Dining Room Volunteers

WCFR serves dignity with its nutritious meals. **Hostesses, servers, busers and others** make this happen with **friendly smiles and a welcoming attitude**. We have **three incredible "front of the house" teams** on **Tuesdays, Wednesdays and Fridays**. **Regular and on-call shifts available**. Join us and let your **people skills shine** in the dining room!

Pick Up & Delivery Drivers

We have opportunities for drivers to **pick up donated food or deliver nutritious meals** to our partner agencies in the community. If you're ready to **get behind the wheel of the WCFR van** and have **good people skills**, please let us know! **This job requires an excellent driving record and lifting.**

Are you ready for the next step? Go to wcferspokane.org/volunteer-openings or contact our wonderful **Volunteer Services Manager, Jessica Gebhardt** at **(509) 324-1995, ext. 300**.



Women & Children's Free Restaurant

1408 N. Washington
Spokane, WA 99201

(509) 324-1995

wcferspokane.org