

Volunteer Opportunities

Updated February 2019

ANIMAL & ENVIROMENTAL ADVOCACY ~ ARTS AND CULTURE ~ DISABILITIES ~ EDUCATION AND LITERACY ~ ELDERLY AND AGING ~ HEALTH ISSUES ~ HUNGER AND HOMELESSNESS ~ MILITARY SUPPORT ~ SEXUAL ASSAULT/VIOLENCE & EXPLOITATION ~ YOUNG CHILDREN & TEENS ~ SPECIAL EVENTS (SEASONAL).

List of current Volunteer Opportunities (detailed below)

To update or add a listing, please contact:

Kristen Traywick, Civic Engagement Coordinator at ktraywick@capecod.edu or (508) 362-2131 x4418.

ANIMAL & ENVIROMENTAL ADVOCACY

Animal Rescue League of Boston/Cape Cod

- Duties vary

Deb Vogel, Supervisor/Volunteer Coordinator

dvogel@arlboston.org

Dawn Lee-Laub, Supervisor of Brewster location

Phone: (508) 255-1030

3981 Main Street (Route 6A), East Brewster, MA 02631

Go online to www.arlboston.org to apply for volunteer program

Friends of Falmouth Dogs

- Yard maintenance
- Sorting and organizing supplies
- Caring for the dogs
- Donation drive

Kathy Long, Volunteer Contact

Phone: (508) 548-7742

www.friendsoffalmouthdogs.org

MSPCA: Massachusetts Society for the Prevention of Cruelty to Animals.

- Animal Care Giver
- Education/Outreach

Mary Sarah Baker, Director

mbaker@mspca.org

Clare Edmonds, Volunteer Coordinator

cedmonds@mspca.org

Phone: (508) 775-0940

www.mspca.org/cape

1577 Falmouth Road, Centerville, MA

National Marine Life Center rehabilitation and research on marine life; Main Street Buzzards Bay

- In need of marketing Interns
- General office work
- Volunteers to help with education program
- SLR101 project opportunities

Adele Raphael, Volunteer Coordinator

Phone: (508) 743-9888

araphael@nmlc.org

kzagebski@nmlc.org

Three Bays Preservation, Inc.

- Education and outreach
- Herring Count Project
- Bird sanctuary caretaking
- General office work

Judy Heller, Program Manager

jheller@3bays.org

www.3bays.org

The Trustees of Reservations

- Outdoor cleanup on the Islands

Stephen Nicolle, Volunteer Coordinator-Nantucket

Phone: (508) 228- 5646; snicolle@ttor.org

Cell: (508) 962-1840

Diane Lang, Superintendent for SE Mass

Phone: (508) 280-2985

Woods Hole Science Aquarium

Usually 3 to 4 hour shift, once a week.

At least one semester commitment

- Animal Care
- Prepare food
- Clean tank
- Special Projects

Kristy Owen (Aquarist), Volunteer Coordinator

Phone: (508) 495-2098; Kristy.owen@noaa.gov

aquarium.nefsc.noaa.gov

ARTS AND CULTURE

Coast Guard Heritage Museum

May-October

Help with tours, gift shop, front desk

Jack McGrath

cgheritage@comcast.net

Phone: (508)362-8521

Cell: (508)846-1388

DISABILITIES

The Arc of CC: serving people with developmental disabilities.

- Sandpipers Club—Social Activities

Jean Gibbons, Program Coordinator

Phone: (508) 771-6595 x 105

www.arcofcapecod.org

CapeAbilities: serves individuals with disabilities by educating, counseling, and providing residential, therapeutic, social, and employment supports.

- Hearts for Art
- Special Buddies
- Recreational Program
- Working on their farm

Connie Blake, Volunteer Coordinator

Phone: (508) 778-5040 x858

cblake@capeabilities.org

CCCC Project Forward: vocational training skills program for students with significant learning difficulties.

- Best Buddies
- Classroom Assistant
 - Maintenance Exploratory, Basic Retail Exploratory, Office Technology, Basic Food Prep Exploratory, Mass Communications, Retail Info Tech, Basic Food Prep, Animal Care, Child Care Assistant

Heather Bish-Martin, Director

Phone: (508) 362-2131 x4763

hbish@capecod.edu

CHAMP House

Provides transitional housing and a safe haven for physically disabled, in recovery from drug or alcohol abuse, mentally ill, and all those in need. Ages 18-65

- Recycling center
- Kitchen help
- General office help

Heidi Shea, Volunteer Coordinator

Phone: (508) 771-0885

Hiedi@champhouse.org

Community Connections

261 Whites Path, Unit 1

South Yarmouth, MA 02664

David M. Botting, President and CEO

Phone: (508) 774-1122

dbotting@communityconnectionsinc.org

Palaemon

Disability group home specializing in serving adults with autism spectrum disabilities. Residential program.

- Coordinating Social Activities

James O'Connell, Director

Phone: (774) 289-1182

jamesroconnell@hotmail.com

Special Olympics

SO4Cs-Student organization

- Coach
- Unified Partner
- Program Management
- Fundraising
- Event Planning

Kerri Gilroy, Club Advisor SO4Cs

Phone: (508) 362-2131 x4763

kgilroy@capecod.edu

State Office:

Martha Dove, Volunteer Coordinator

Phone: (508) 485-0986 x219

Martha.Dove@SpecialOlympicsMA.org

Cape Coordinator:

Angela Cenzalli, Events Coordinator

Phone: (508) 771-6322

Angela.cenzalli@specialolympicsma.org

www.specialolympicsMA.org

EDUCATION AND LITERACY

Marstons Mills Public Library

- Clerical (shelving, sorting)

Renee Voorhees, Director

Phone: (508) 428-5175

Sturgis Library

- Clerical (shelving, sorting)
- Running the bookshop

Lucy Loomis, Library Director

Karen Horn, Circulation Services/Volunteer Coordinator

Phone: 508-362-6636

sturgislibrary@comcast.net

3090 Main Street (Route 6A), P.O. Box 606,
Barnstable, MA 02630

www.sturgislibrary.org

www.sturgislibrary.org/involved/volunteer

ELDERLY AND AGING

Barnstable Town Senior Center

- Office work
- Special events planning
- Intergenerational programs
- Special projects
- Help with landscaping property
- Potential SLR101 projects

Susan Griffin

Phone: (508) 862-4761

Donna Burns

Phone: (508) 862-4753

185 Falmouth Rd Hyannis, MA 02601

Elder Services of CC&I

Mornings: A couple of hours per week

- Meals on Wheels-pack coolers in morning, meals delivered by 12:30pm
- Nutrition sites in every town-serving meals, helping prepare and serve meals, greet seniors at the door-Senior Dining 11:30am-12:30pm
- Money Management (2-3 hours training)-budgeting for seniors, pay bills for them
- Ombudsman (3-day training)-being a senior advocate for residents in senior and nursing homes-requires an interview

Patricia Hart, Director of Community Services

nancy.wolf@escci.org

Phone: 508-394-4630 x103

Requires a minimum one year commitment

Swift Activity Center

Partnership between Swift Memorial United Methodist Church and the YMCA Cape Cod. Provides youth, adult, and senior programming to the Sagamore community.

PJ Richardson, Volunteer Contact

pjlyndoncenter@aol.com

Phone: (508) 428-9251 x141

82 Old Plymouth Road, Sagamore Beach, MA 02562

EMTU

Cape Cod Community College

Grant funded program – America Reads/America Counts

- Reading and STEM Tutoring in local Elementary Schools
- Free elective - credits (3)

Kristen Traywick

Civic Engagement Coordinator

Phone: 508-362-2131, x4418

Office: North Hall, Room 238

HEALTH ISSUES

AIDS Support Group of Cape Cod

- Lunch delivery Monday-Friday (Provincetown only)
- Lunch delivery 2nd Thursday and Friday of each month (Hyannis)
- Cook for community dinner
- Errands/transportation, answer phones
- Assemble support kits, packets
- Work on special events

Nate Robertson, Volunteer Coordinator - Hyannis

nrobertson@asgcc.org

Phone: (508) 778-1954

Barry Cook, Volunteer Coordinator - Provincetown

bcook@asgcc.org

Phone: (508) 487-9445

www.wasgcc.org/volunteering.html

American Red Cross

(Cape Cod and Islands Chapter)

- Education & Outreach
- Disaster Preparedness
- General Office Support

Paula Sweetman, Chapter Program Manager

paula.sweetman@redcross.org

Phone: (508) 775-1540 x14

Visiting Nurse Association of CC

- Community Health Services
- Hospice
- Friendly Visitor
- Adult Day Health Centers*
- Child Care*
- Clerical Support Services

Kathy Reilly, Volunteer Coordinator

Phone: (508) 957-7709 x7709

HUNGER AND HOMELESSNESS

To find food resources in your community, call the FoodSource Hotline at 1-800-645-8333.

Bourne Friends Food pantry

- Client Escort-Thursdays
- Stock assistant

Karen Ross, Volunteer Administrator

Phone: (508) 759-3351

ffpadm@yahoo.com

Volunteer hours: Thursday 9:00am-12:00pm;

3rd Saturday of month 9:00am-12:00pm;

4th Thursday of the month 5:00pm-7:00pm

20 Commerce Park, Bourne, MA

Community Action Committee of Cape Cod & Islands, Inc.

Federally designated anti-poverty agency for Cape Cod and the Islands

- Turkey baskets
- Match program (clothing items and special gifts needed)

Caron Anne Procaccini, Director of Client Self

Sufficiency

Phone: (508) 771-1727 x236

cap@cacci.cc

115 Enterprise Road, Hyannis MA

www.cacci.cc

Falmouth Service Center

Phone: (508) 548-2794 info@falmouthservicecenter.org

www.falmouthservicecenter.org/

Volunteers must first fill out application then attend training workshop.

Family Pantry

Family Pantry of Cape Cod Community College

On-campus branch of the Family Pantry of Cape Cod

Kristen Traywick, Civic Engagement Coordinator

Phone: (508) 362-2131 x4418

ktraywick@capecod.edu

Family Pantry of Cape Cod

- Duties Vary

Mary Anderson, Volunteer Contact

Phone: (508) 432-6519 x5

manderson@thefamilypantry.com

Fax: (508) 432-7083

133 Queen Anne Road, Harwich

www.thefamilypantry.com

Hours:

Tues. 10:00am-3:30pm; Thurs. 10:00am-12:00pm,

1:30pm-3:30pm, 5:00pm-7:00pm and

Sat. 10:00am-12:00pm

Habitat for Humanity

Volunteer opportunities listed on website.

Dawn Walnut, Volunteer Coordinator

Phone: (508) 362-3559 x16

411 Route 6A, Yarmouth Port, MA 02675

www.dawn@habitatcapecod.org

www.Habitatcapecod.org

Hands of Hope Outreach Center

- Dennisport Food pantry - Help is needed during holiday seasons, packaging special bags.

Catherine Driscoll, Executive Director

Phone: (508) 432-1312

Homeless Not Hopeless

Privately run homeless advocacy group, non-

governmental, operating 4 homes with 50+ residents

- Outreach and Advocacy work
- Strategic fundraising

Bill Bishop, Volunteer Contact

bbishop@homelesnothopeless.org

Horizons for Homeless Children

- Playspace Activities Leader (requires minimum 2 hours/week for months)
- Program Outreach/Marketing (requires semester commitment)
- New volunteer training twice a year

Meghan Schafer, Program Director

Phone: (508) 510-3250 mschafer@horizonschildren.org

www.horizonsforhomelesschildren.org

Housing Assistance Corporation (HAC)

HAC offers housing consumer education, training and assistance; emergency and ongoing shelter for individuals and families; homelessness prevention; weatherization and energy rehab; and affordable housing development.

- Event-based (one-day) projects
- Telethon in December
- Regular weekly projects-childcare, general shelter assistance, main office (clerical work)

Mary Everett Patricklin, Volunteer Coordinator

Phone: (508) 771-5400 ext. 279

volunteer@haconcapecod.org

www.haconcapecod.org/

HUNGER AND HOMELESSNESS Cont'd

Lower Cape Outreach Council

Providing emergency assistance of food clothing and financial support.

- Socks For Santa: Sock drive
- Advocates
- Office work
- Food distribution/pantries
- Special events committees
- Hope Chest

Janice Perkins, Human Services Manager

Phone: (508) 255-4581

Gennie Moran, Human Service Manager

Phone: (508) 255-4581

Larry Marsland, Executive Director

Mary Smith, Volunteer Coordinator

Phone: (508) 240-1490

Main Phone: (508) 240-0694

lcoc@lcoutreach.org

19 Brewster Cross Road, Orleans MA 02653

Project Bread

- Walk for Hunger Volunteers (1st Sunday in May)
- Food Pantries
- Sign painting event

Morgan Bleimeyer, Volunteer Coordinator

Phone: (617) 723-5000

145 Border Street, East Boston, MA 02128

morgan_bleimeyer@projectbread.org

www.projectbread.org/

The Salvation Army Hyannis Corp

- Wrapping Silverware for Miracle Kitchen
- Cleaning large waiting room
- Weeding and Yard work
- Transferring food

Robert Lynch, Volunteer Coordinator

Phone: (508) 775-0364 x14

Shelterbox

Sponsored by the Lower Cape Outreach Council, providing emergency assistance of food clothing and financial support. Worldwide Nonprofit Disaster Relief Program sponsored by The Rotary Club: raise \$1,000 to complete a disaster relief Shelterbox

ShelterBox USA 8374 Market Street #203

Lakewood Ranch, FL 34202

Phone: (941) 907-6036

info@shelterboxusa.org

www.shelterboxusa.org/

MILITARY SUPPORT

Cape Cod Supports our Soldiers (CCSOS) sponsors collection drives to send needed care packages to soldiers stationed in Iraq and Afghanistan

Beth Rogers, Program Coordinator

Phone: (774) 313-0222

Mistoverma@aol.com

P.O. Box 116, W. Barnstable, MA 02668

Operation Military Kids

A partnership of army Child and Youth Services, National 4-H Headquarters/USDA and University of Massachusetts Amherst 4-H Youth development.

- Assembling hero packs
- Clerical work
- Ready, Set, Go Deployment training

www.operationmilitarykids.org

Kerry Bickford, Program Coordinator for Cape Cod

Phone: (508) 375-6695

kbickford@capecodextension.org

Cell Phones for Soldiers

Every Cell phone collected is 1 hour of free talk time

www.cellphonesforsoldiers.com/

- Phone collection drive

This is a national organization and students will be responsible for the overall implementation of a phone drive here at the College.

SEXUAL ASSAULT/VIOLENCE & EXPLOITATION

National Domestic Violence Hotline

1-800-799-SAFE (7233)

Independence House: Services for survivors of sexual assault and domestic violence.

NOTE: working with Independence House entails a training process, see their website for details

- Crisis Hotline
- Office Reception
- Support Groups/Counseling
- Childcare During Groups
- Advocacy Education & Outreach

Chris Morin, Volunteer Coordinator

Phone: (508) 771-6507

chrism@indhouse.net

24-hour hotline: 800-439-6507

www.independencehouse.com

Main office: 160 Bassett Lane, Hyannis, MA 02601

Fax: (508) 778-0143

TTY: (508) 771-6782

Independence House Satellite Locations:

222 Main Street, Falmouth, MA 02601

57 Route 6A, Orleans, MA 02653

2 Mayflower Court, Provincetown, MA 02657

A Safe Place, Inc.

Mission is to eliminate domestic violence and sexual assault.

Main office: (508) 288-0561

24-hour hotline: (508) 228-2111

5B Windy Way, Nantucket, MA 02554

www.asafepacenantucket.org/

Note: There is a required training for most volunteer opportunities at A Safe Place (on Tuesday/Thursday evenings)

YOUNG CHILDREN & TEENS

****NOTE: You may need a CORI/SORI clearance or training for these opportunities**

A Baby Center, Hyannis

- Diaper Drive
- Volunteering at the Center
- Awareness Events

Mary Pat Piersons, Director

Phone: (508) 771-8157, Alt Phone: (508) 775-5073

helpingbabies@verizon.net

FAX: (508) 775-5077

www.ababycenter.org

P.O. Box 758, 81 Willow Avenue, Hyannis, MA 02601

Big Brothers Big Sisters of CC&I

Adult-to-child mentoring program

- Mentoring (**FULL YEAR COMMITMENT**)
- Clothing Drives & Fundraising
- School-based mentoring at Hyannis West Elementary and Mashpee Elementary

Phone: (508) 771-5150

info@bbbscci.org

www.bbbsmb.org

1934 Falmouth Road, Centerville, MA 02632

Holley Luddy – Executive Director

Phone: (508) 771-5150 x101

hluddy@bbbscci.org

Mikaela Toni-Ambassador of Mentoring

Phone: (508) 771-5150 x104

mtoni@bbbscci.org

Birthday Wishes

Sponsoring birthday parties for homeless children

- Throw a Birthday Party
- Organize a Party Supply Drive
- Become a Party Coordinator
- Volunteer Services (at a party)

Courtney Vernadakis, Volunteer Coordinator

Courtney@birthdaywishes.org

Boys & Girls Club of CC&I (Mashpee)

- Homework Club, Arts & Crafts
- Lawn care and landscaping

Requires 2 hours a week for 6 months commitment

JR Mell or Ruth Provost, Coordinators

Phone: (508) 477-8845

info@boysgirlsclubcapecod.org

Fax: 508-477-1991

www.boysgirlsclubcapecod.org/

YOUNG CHILDREN & TEENS Cont'd

Boys & Girls Club of Wareham

- Homework Club (PowerHour), Tutoring
- Arts and Crafts
- General sports activities
- Computer Programs

Kenny Fonts, Unit Director or

Jim Cannon, Academic Programs

Phone: (508) 291-3565 x33

Children's College @ Cape Cod Community College

Preschool at CCCC

- educational programs

Tonya Sarkinen, Director

Phone: (508) 375-4164

s_tonya@hotmail.com

childcarecenter@capecod.edu

www.thechildrenscollge.org

Justice Resource Institute

An agency dedicated to addressing the most confounding challenges of both the human services and educational systems and the persons and families these systems were created to serve. JRI pursues the social justice inherent in opening doors to opportunity and independence. JRI's approach is uniformly characterized by compassionate support, innovation, and community leadership. JRI works in partnership with individuals, families, communities and government to address their shared challenges in a comprehensive, coordinated, systematic, and effective manner.

Programs Under JRI:

Total Achievement Program-program for elementary school children with severe emotional problems.

- afterschool team activities.

Locations in Plymouth and Sandwich

Southeast Alternative Schools-Services middles school and high school students who are mentally stable but challenged by learning and emotional disabilities.

- Mentoring
- Class activities
- Tutoring

Locations in Middleboro and Sandwich

Community Service Agency for the Cape and the

Islands-CSA uses wraparound care to put the family at the center of the planning process and build a team around the family's vision for their child's future.

Intensive Care Coordination and Family support are two of the services that make up wraparound care.

- Office work needed

Location in Hyannis

Marisa Zucarelli, Plymouth

Phone: (508) 747-0402 x118

Long Pond Road, Suite 102, Plymouth, MA 02360

Heather DePalma, Director of Volunteer Services

Phone: (508) 821-7777 x451

hdepalma@jri.org

Southeast Alternative Schools-Sandwich

Phone: (508) 420-6640

117 Stowe Road Sandwich, MA 02563

sas.capecod@jri.org

Southeast Alternative Schools-Middleboro

Phone: (508) 947-0131

49 Plymouth Street Middleboro, MA 02346

sas.middleboro@jri.org

www.communitycareservices.org/

Community Service Agency

64 Perseverance Way, 2nd Floor, Hyannis

Nauset Youth Alliance

Serving Children K-5 (to age 14)

- Homework Help
- Mentoring & Anti-Bullying Program
- Creative Play, Puppets, Theater, Art
- Literacy Projects: Readers
- Fund Raising Activities
- Enrichment and sports programs

Mike Gradone, Executive Director

Nauset Youth Alliance

P. O. Box 541

Brewster, MA 02631

Phone: (508) 896-7900

mgradone@nausetyouthalliance.org

SPECIAL EVENTS (SEASONAL)

Barnstable County Fairgrounds

Seasonal opportunities

- Cleanup & preparations for events

Wendy Brown, General Manager

Phone: (508) 563-3200 x11

wendy@barnstablecountyfair.org

MARCH

APRIL

Cape Cod Canal Clean-up, (Americorps Cape Cod)

Held on the first weekend after Earth Day, usually a Saturday, 9:00am to 1:00pm. Volunteers can pre-register or register the day of the event.

Phone: (508) 375 1040

<http://www.canalcleanup.com/>

Maker Faire

Cape Cod Community College

- Assist with running the event; provide support services.
- Assist with publicity and promotion of event

Mary Sullivan; msulli01@capecod.edu

Palmer's Island Cleanup

Many Volunteers are needed to clean up trash and debris from this iconic island

Lynn Coish; coish@savebuzzardsbay.org

Spring Clean Up at Luke's Love Boundless Playground;

Luke Vincent Powers Foundation

Date: TBD

- Help clean up Luke's Love for the season

Route 149, Meeting House Way, West Barnstable
(Behind the Community Building)

Suzanne Powers, Co-Founder

Phone: (508) 375-0777; www.lukeslove.org

MAY

Project Bread www.projectbread.org/

- **Walk for Hunger**

The oldest continual pledge walk in the country, Project Bread provides millions of dollars each year in privately donated funds to more than 400 emergency food programs in 128 communities statewide

MAY Cont'd

Capeabilities 5K

Beginning and ending at Hyannis on the Green

- T-Shirt sales
- Help with registration of walkers and runners
- Day of duties

Connie Blake, Volunteer Coordinator

Phone: (508) 778-5040; cblake@capeabilities.org

Multicultural Festival

Held the first Saturday in May from 10:00am to 4:00pm. Volunteers needed for setup the day before and the day of the event.

SUMMER AND ONGOING

Woods Hole Discovery Center Educational Docents

Are you passionate about Buzzards Bay and want to share your knowledge with others? We are looking for enthusiastic, dependable members of the community to be part of our volunteer docent team at our learning centers in **New Bedford** and **Woods Hole**.

Training and enrichment programs provided.

2 volunteers needed per day – Open 7 days per week

Ongoing Trail Monitoring Stewards

We are seeking dedicated volunteers who would like to help monitor and steward trails that are open to the public. Responsibilities would entail hiking the trails a few times per month and reporting issues and conditions to Coalition staff. Properties include the Mattapoisett Bogs in Mattapoisett, the LaPalme Farm in Acushnet and the Weweantic River Reserve in Wareham.

For details, contact Ethan Rubenstein

Phone: (508) 999-6363 x217

Rubenstein@savebuzzardsbay.org

For other ideas:

<http://www.compact.org/opportunities/volunteer>

<http://www.pallotticenter.org/ConnectionsDirectory/ConnectionsOnline.asp>

SEPTEMBER

Yarmouth Big Fix

Date: TBD

Assist veterans, seniors and disabled homeowners with clean-up, landscaping and small home repair projects.

Mary Everett Patricklin, Volunteer Coordinator

Phone: (508) 771-5400 x279

volunteer@HAConCapeCod.org

www.HAConCapeCod.org/Big-Fix