



# **Local Volunteer Opportunities**

If these past two years have taught us anything, it's that we are all in this together. There is so much we can do to help make a difference in our world and in the lives of our neighbors. We all come from different backgrounds and have many different skills and interests. When we Unite Together and support our local nonprofits with our time and our donations, we create a community where all people thrive regardless of income, race, or place.

Here's a list of current volunteer opportunities. Choose one that's right for you.

# **Benedictine Living Community**

Several volunteer projects available:

- One-on-one visits with residents sit, talk, play cards, etc.
- Share your gifts of singing, playing musical instruments and storytelling
- Help in our Memory Care Garden and Care Center Patio Garden
- Exterior painting projects
- Lead simple exercises and/or yoga
- Plan birthday celebrations and happy hours with food, drinks, and music
- Lead craft groups crocheting, knitting, pottery, and more
- Serve as the caller for Bingo games.
- Deliver Meals-on-Wheels to Red Wing area residents.

Contact: Ashley Jeranek, Ashely.Jeranek@benedictineliving.org

### **CARE Clinic**

Several volunteer projects available:

- Helping build social media following
- Tallying Family Fare receipts given to CARE Clinic
- Dental volunteers any time (Monday-Thursday)
- Interpreters (Spanish speaking) for clinic days

Contact: Julie Malyon, julie@careclinicrw.com, 651-388-1022

# **Disability Support International**

DSI is a Red Wing-based nonprofit that began in 2016. Our programming works to build a more equitable and inclusive world for people living with disabilities, especially in countries where this is most lacking, with our primary work in Cambodia at this time. We are seeking local volunteers to get involved! Current opportunities include joining our board and assisting with our Triathlon & 4k event. Learn more at <a href="https://ds-international.org/volunteer">https://ds-international.org/volunteer</a>.

Contact: Jennie Wendland, info@ds-international.org

#### Faith in Action Red Wing

Looking for volunteer drivers for people who need help getting to their local appointments that they would otherwise miss if not for having a ride. Please call FIA Office for more details.

Contact: Marcia Hislop, fiastaff@redwing.net, 651-327-2400

# **Goodhue County Habitat for Humanity**

Volunteers needed in Red Wing and Pine Island. Signup today by visiting https://www.signupgenius.com/tabs/53175DE05A3CEEFC71-2022county.

Contact: Anna Kohrs, <a href="mailto:annakohrs@gchabitat.org">annakohrs@gchabitat.org</a>, 651-267-2195

### **Hiawatha Valley Adult Education**

Looking for volunteers to work one-to-one with an adult learning English. Fluency in additional languages is not required, English speakers of all levels are welcome and encouraged. Online training is provided and time commitment is approximately 2-3 hours a week. Sessions may be online or in-person and volunteer must be at least 18 years old.

Contact: abeteacher@rwps.org

### **Hispanic Outreach**

Several volunteer projects available:

• Volunteers needed for Youth and Family Program. This may include mentorship, activities, tutoring in math, science, and language arts.

Contact: Michelle Bangasser, michelle@hispanicoutreach.org, 651-301-2184

#### **Hope and Harbor**

Hope and Harbor is a seasonal emergency shelter operating out of area local churches in Red Wing, MN. Volunteers are needed to help with registration, socializing, and providing dinner from between 5:45 – 10pm daily (November – March). Getting to know our guests is very rewarding. Thank you!

Contact: <a href="https://www.facebook.com/HopeAndHarborRW/">https://www.facebook.com/HopeAndHarborRW/</a>, (651) 764-4294

#### **Meals on Wheels**

Deliver meals to senior citizens and people with disabilities. Make a huge impact in a short amount of time by bringing nutrition and independence to your neighbors.

Volunteer opportunities are available for Cannon Falls, Goodhue, Kenyon, Mazeppa, Pine Island, Wabasha, Wanamingo and Zumbrota communities.

Contact: Dana Bergner, 507-421-6067, dbergner@threeriverscap.org

#### **Red Wing Area Seniors**

Help at the donation door at Annadee's Closet. Flexible schedule. Will be moving around and doing some lifting.

Contact: Kim Wojcik, <a href="mailto:rwasdirector@gmail.com">rwasdirector@gmail.com</a>, 651-327-2255

# **Three Rivers Community Action**

If you're interested in helping others in your community by transporting individuals for medical, dental or leisure, we would love to have you join our team! We transport individuals who reside in Goodhue, Rice and Wabasha Counties. In continued response to COVID-19, we limit the number of individuals per transport, and all non-vaccinated drivers and riders must wear a face covering/mask. We also conduct multiple COVID screenings to help ensure driver and rider safety. Sanitation/cleaning supplies provided.

Contact: Dianne Ford, <a href="mailto:dford@threeriverscap.org">dford@threeriverscap.org</a>, 507-216-9126

### United Way of Goodhue, Wabasha & Pierce Counties

- Greet guests, direct traffic, and help load orders into customer vehicles at our monthly Fare for All event – one Tuesday per month from 3 – 5pm
- Office volunteer: Sort and label children's book donations; affix address labels on envelopes

Contact: Stacy Coyle, scoyle@unitedwaygwp.org, 651-388-6309

# **YMCA Camp Pepin**

Volunteers for Camp Pepin to support special events and on-site projects. Indoor and outdoor opportunities available.

Contact: Martha Harris, <a href="mailto:mharris@redwingymca.org">mharris@redwingymca.org</a>, 651-800-9316