HandsOn TWIN CITIES
Be the Change. Volunteer.

Volunteer Guide
Spring & Summer 2016

How will YOU be the change?
Welcome to the Spring and Summer Edition of our 2016 Volunteer Guide

This edition is filled with nearly 200 opportunities to share your gifts and support causes that are meaningful to you in your community. Be sure to check the Special Opportunities section for a wide range of opportunities.

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HandsOn bubbles indicate opportunities suitable for groups

Lenny, (short for Lend-a-Hand) indicates opportunities suitable for children
About HandsOn Twin Cities

Hands On Twin Cities is the Twin Cities only full service volunteer center that both promotes and facilitates volunteerism while improving the community’s ability to create more impact with the time generously given by volunteers. We work with all types of volunteers, companies and nonprofit affiliates to ensure that every hour spent in the community is valuable.

For people who want to volunteer we promote local, organized and relevant volunteer opportunities at nonprofits that know how to work with volunteers.

For nonprofits we work as an extension of your staff, increasing your ability to provide meaningful volunteer experiences that are good for the volunteers and add to your impact. We provide training, tools and resources to help you serve your clients better and fulfill your mission. We promote your volunteer opportunities that support your mission.

For companies we ease the burden of busy foundation and corporate relations staff, empowering you and your volunteers to serve the community better. We expertly manage individual and group projects from start to finish and help you pick projects and partners that align with your employee interests and corporate goals. In short, we make it easy for you.

Building on 96 years of experience as the Nation’s first Volunteer Center, HandsOn Twin Cities and our 300 plus affiliates give communities the opportunity to Be The Change.

Core Values

Community: We believe that effective volunteer action is a path to civic involvement and that engaged citizens are the cornerstone of a vibrant democracy.

Empowerment: We believe that everyone has the power to make a difference in the world.

Performance: We work with volunteers and sponsors to create excellent experiences with meaningful outcomes for communities.

Innovation and Leadership: We demonstrate innovation and leadership in the field of volunteerism through the quality of our work and in responding to the changing needs of communities and our constituents.

Diversity: We address the needs of diverse communities and we seek diversity in our staff, board of directors and volunteers.

Collaboration: We work with our clients and partners on the basis of trust and mutual respect.

Stewardship: We use the assets available to us as efficiently and effectively as possible.
2016 Book It!
5K Walk/Run
Ramsey County Library
Saturday, May 21, 2016, 7:30am-10:00am

Volunteer your time as a Course Ambassador on our beautiful 5K course that starts at the library and circumnavigates Central Park in Roseville, returning to the Roseville library. Cheer on participants with your enthusiasm and give them a burst of energy! We also need volunteers to help at the finish line or at the food stations following the race. Training, donuts/coffee, t-shirts and maps will be given at the volunteer check-in area. This 5K supports the summer reading program throughout all Ramsey County libraries. Contact by May 15th, email preferred.

Contact: Heidi Holland, 651-724-6023
hholland@rclreads.org
Location: Roseville
Ages: 10+ with adult supervision
Great for small groups
www.rclreads.org

Tree Distribution
Tree Trust
May 7-9, 2016

Assist excited residents with their new tree! Help load their new tree into their car and distribute information about planting and caring for their tree. Tree Distribution will be at the St. Louis Park Municipal Service Center.

Contact: Tate Vaughan, tate.vaughan@treetrust.org
Location: St. Louis Park Municipal Service Center
7305 Oxford Street,, St. Louis Park, MN
Times: May 7 and May 8, 8:00am-12:00pm
May 9, 5:00pm-7:00pm
Ages: 16+
Great for small groups and individuals
www.treetrust.org

Tree Distribution
Tree Trust
May 21-23, 2016

Assist excited residents with their new tree! Help load their new tree into their car and distribute information about planting and caring for their tree. Tree Distribution will be at the Minneapolis Impound Lot.

Contact: Tate Vaughan, tate.vaughan@treetrust.org
Location: Minneapolis Impound Lot
51 Colfax Ave N, Minneapolis, MN
Times: May 7 and May 8, 8:00am-12:00pm
May 9, 5:00pm-7:00pm
Ages: 16+
Great for small groups and individuals
www.treetrust.org

5K Volunteer
Girls on the Run Twin Cities
Saturday, June 4, 2016 6:30am–11:00am

This event is truly inspirational as girls cross the finish line of their first 5K with huge smiles on their faces and a tremendous sense of accomplishment. We need 5k day volunteers to help with course monitoring, race registration and other needs.

Contact: Kathleen Cannon
Kathleen.cannon@girlsontheruntc.org
www.gotrtwincities.org
Friendship Forest Planting
Park Connection
Saturday, June 4, 2016

All ages are welcome to join the tree planting party on the banks of the Mississippi River. When you arrive you get assigned a new friend and tree. Together you will plant, name and adopt your tree.

Contact: Mary Hammes, 651-291-9119 mhames@parkconnection.org
Location: Lower Landing Park, St. Paul
Ages: All ages
www.parkconnection.org

Prairie Restoration
Great River Greening
Saturday, June 4, 2016, 8:30am-12:30pm

Volunteers at this event will get a chance to enjoy lunch prairie and the breeze off rolling hills as they plant wildflowers and shrubs in this restored section of the South Washington Conservation Corridor. This 80-acre parcel is part of a larger greenway in the watershed that provides critical native habitat, flood storage and, soon, regional trails.

Contact: Katie McCann, 651-272-3989 kmccann@greatrivergreening.org
Location: South Washington Conservation Corridor
Ages: All ages, children under 12 with supervision
Great for groups of 35 and less
www.greatrivergreening.org

Summer Reading Program Kickoff
Ramsey County Library
Saturday, June 11, 2016, 8:30am-12:30pm

Help host the Summer Reading Program Kickoff. Expect a high energy day as children come to the library and receive materials to track their summer reading.

Contact Heidi by June 6, 2016, email preferred.

Contact: Heidi Holland hholland@rclreads.org
Location: Roseville
Ages: 13+
www.rclreads.org

Northern Spark Festival
Northern Lights
June 11-12, 9:00pm-5:00am

Northern Spark is a free, annual, dusk-to-dawn, multidisciplinary arts festival that takes place on the second Saturday of June and draws tens of thousands of Minnesotans each year. For the 2016 and 2017 festivals, the theme Climate Chaos | Climate Rising will explore the interconnected, evolving, long-term consequences from climate change, giving local and national artists a platform to help turn a sense of overwhelmment into concrete actions anchored in a realistic and hopeful map for the future.

Contact: Elle Thoni volunteers@northernlights.mn
Location: Minneapolis
Ages: 16+
www.2016.northernspark.org
Oak Rescue along The Minnesota River
Great River Greening
Saturday, June 11, 2016, 8:30am-12:30pm

Be a part of the effort to restore a historic gem along the Minnesota River corridor. The Pond Dakota Mission was among the earliest to work with and among the Dakota people. The surrounding land is host to Dakota village sites, old growth oaks and outstanding views of the Minnesota River Valley. For this event, volunteers will hike down into the wooded river valley to clear the buckthorn threatening the ancient oaks.

Contact: Katie McCann, 651-272-3989
kmccann@greatrivergreening.org
Location: Pond Dakota Mission, 401 E 104th Street
Bloomington, MN
Ages: All ages, children under 12 with supervision
Great for groups of 35 and less
www.greatrivergreening.org

Fridley 49er Days BINGO
Tamarisk
June 17-18, 2016, 5:00-9:00pm

Volunteers support this fundraising event for Tamarisk by serving as hosts, runners (sell cards for each game), help with set up and take down and work our Bingo number display board. Will take place at Commons Park in Fridley.

Contact: Jeanne Haus, 763-572-1950
mail@tamarisk.org
Location: Commons Park, Fridley, MN
Ages: 18+
Groups up to 6 people
www.tamarisk.org

Invasive Species Management at Grey Cloud Dunes
Park Connection
Tuesday, June 28, 2016

Grey Cloud Dunes encompasses two sandy terraces along the Mississippi River. The first, 40 to 60 feet above the river, is remarkable for its crescents and blowouts sculpted by southwesterly winds. The second, 110 feet above the river, has a dramatic cut-face. These river terraces mark the height of the river at various periods following the melting and retreat of the continental glaciers. Join us to help restore these beautiful, unique ecosystems by managing invasive species.

Contact: Mary Hammes, 651-291-9119
mhames@parkconnection.org
Location: Lower Landing Park, St. Paul
Ages: All ages
www.parkconnection.org

TC Pride Festival and Parade
Twin Cities Pride
June 25-26, 2016

Parade Marshals walk with parade units to ensure safety and pace. Volunteers are needed at the festival in both stationary and mobile information booths.

Contact: Rebecca Lewis
rebecca.lewis@tcpride.org
Location: Minneapolis
Ages: 18+
www.tcpride.org
American Council of the Blind’s 55th Annual National Conference and Convention

American Council of the Blind
June 30-July 10, 2016

ACB is looking for volunteers to assist during their 55th Annual National Convention and Conference. The attendees are made up of about 1,100 blind and visually impaired people from across the US and several foreign countries. Opportunities include welcoming attendees to Minneapolis at the airport, acting as an usher in general sessions, assisting with fundraising walk, assisting with the auction, help attendees locate booths in the exhibit hall and acting as guides on tours between meeting rooms.

Contact: Sally Benjamin, 866-846-7380
volunteer@acb.org
Location: MSP Airport and Hyatt Regency Minneapolis
Ages: 13+ with an adult
www.acbconvention.org

Camp Odayin

Camp Odayin Summer Camp– Residential Camp
July 11-15, 2016
July 18-22, 2016
July 25-29, 2016
August 1-5, 2016

Camp Odayin is the only camp in the Midwest specifically for children with heart disease. The cost to a camper is just $25, in part, thanks to generous nurses, physicians and counselors who volunteer their time.

Contact: Alison Boerner, 651-455-5111
Alison@campodayin.org
Location: Crosslake, MN
Ages: 21+
www.campodayin.org

Red Ribbon Ride

The Aliveness Project
July 21-24, 2016

The Red Ribbon Ride is a four day, 300 mile fully supported bike ride that travels through southeast Minnesota along the Mississippi. Join Team Aliveness or volunteer to be part of the crew to support the riders.

Contact: Laura Henry, 612-822-7946 x221
laura@aliveness.org
Location: Various locations
Ages: 18+
Great for groups or individuals
www.redribbonride.org

Rein in Sarcoma 2016

Party in the Park
Rein in Sarcoma
Monday, July 25, 2016 3:00pm-10:00pm

Party in the Park is Rein in Sarcoma's annual summer fundraiser which brings together those affected by sarcoma cancers with the general public. The aim of Party in the Park is to raise funds for Patient Support, Education and Research.

Contact: Laura Gossett, gossettlaura@gmail.com or Nancy Hendrickson nancyhris@gmail.com, 651-487-3031
Location: Como Park and Conservatory, St. Paul
Ages: 15+
Great for groups or individuals
www.reininsarcoma.org
Breast Cancer Ride
Charity Events of Minnesota
Saturday, August 13, 2016

Join the 9th Annual Breast Cancer Ride on Saturday, August 13, 2016 at the Eagan Community Center. The Breast Cancer Ride raises funds and awareness for breast cancer. We have volunteer opportunities for adults, families and groups (some volunteer opportunities require participants to be 18+ but we have many suitable for families).

Contact: Kari Mitchell, 651-571-2873
BreastCancerRide@charityeventsofminnesota.org
Location: Eagan, MN
www.BreastCancerRide.org

AttaBoy Ride
Charity Events of Minnesota
Saturday, August 13, 2016

Join the 4th Annual AttaBoy Ride on Saturday, August 13, 2016 at the Eagan Community Center. The AttaBoy Ride raises funds and awareness for men’s cancers. We have volunteer opportunities for adults, families and groups (some volunteer opportunities require participants to be 18+ but we have many suitable for families).

Contact: Kari Mitchell, 651-571-2873
BreastCancerRide@charityeventsofminnesota.org
Location: Eagan, MN
www.BreastCancerRide.org

National Night Out
Project for Pride in Living
Tuesday, August 2, 2016

Work with staff to set up the event, greet families, serve food, play games with kids and clean up.

Contact: Elle Janss, 612-455-5214, elle.janss@ppl-inc.org
Location: Minneapolis
www.ppl-inc.org

Lupus Walk for Hope & 5K Run—Twin Cities
Lupus Foundation of Minnesota
Saturday, September 17, 2016 6:00 am-12:30pm

Assist day-of with registration tasks, silent auction, event set-up, race timing, food and beverage distribution. Help for the whole morning or a portion of it.

Contact: Sara Otto, 952-746-5151 x112
sotto@lupusmn.org
www.lupusmn.org
Everyone Loves a Parade
Neighbors, Inc.

Volunteers are needed to carry banners and pass out candy and prizes to kids along the parade route.

West St. Paul Days, Sat, May 21, 12:00-2:00pm
Kaposia (South St. Paul Days) Fri, June 24, 5:30-8:00pm
Mendota Days, Sat, July 9, 11am-1:00pm
Inver Grove Heights Days, Sat., Sept 10, 11am-1:30pm

Contact: David Miller, 651-306-2145
volunteer@neighborsmn.org
Location: West St. Paul, South St. Paul, Mendota, Inver Grove Heights
Ages: 5+ with supervision
www.neighborsmn.org

Summer Performance Series
Caponi Art Park

Volunteer to help at the Caponi Art Park Summer. Help set up or host the event. All volunteers get free admission to the performance.

June 12, 2016, 5:00—9:00pm
June 26, 2016, 5:00—9:00pm
July 10, 2016, 5:00—9:00pm
July 24, 2016, 5:00—9:00pm
August 7, 2016, 5:00—9:00pm
August 21, 2016, 5:00—9:00pm

Contact: Brighton McCormick, 651-454-9412
brighton@caponiartpark.org
Location: Eagan, MN
Ages: 13+
www.caponiartpark.org

Travel with Camp Noah
Camp Noah Lutheran Social Service of MN

Serve children in a community impacted by disaster/trauma. Housing is provided.

June 12-17, Flat Gap, KY
June 19-24, 2016 San Marcos, TX
July 10-15, Ogalala, SD
July 16-21, St. Cloud, MN
July 17-22, Delmont, SD
July 24-29, St. Louis, MO
July 24-29, Dewitt, NE
August 7-12, St. Paul, MN

Contact: Rebecca Lewis, 800-987-0061
Rebecca.lewis@lssmn.org
www.camphoah.org

Tapemark Charity Pro-Am Event
The Arc Greater Twin Cities
June 10-12, 2016

Benefiting several non-profits in the Twin Cities supporting individuals with disabilities, volunteers are needed to assist with registration, hole-in-one watching, score board, score card and guest relations among other tasks. Tapemark is held at Southview Country Club located at 239 Mendota Road in West St. Paul.

Contact: Michelle Theisen, 952-915-3670
michelle@tapemarkgolf.org
Location: West St. Paul
Ages: 16+
**Run Coach**  
**Girls on the Run Twin Cities**

Coaches are not required to be runners; they simply must be passionate about the mission of Girls on the Run and committed to working with a group of girls throughout the season. Each coach possesses infectious enthusiasm, strong character, and the joyful spirit necessary to educate and motivate girls.

Contact: Kathleen Cannon  
kathleen.cannon@girlsontherun.org  
Locations: Various Twin Cities Locations  
Commitment: 1-2X/week 90 minute sessions for 10 weeks  
[www.gotrtwincities.org](http://www.gotrtwincities.org)

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**Mentor**  
**Big Brothers Big Sisters Greater Twin Cities**

You can make a big difference in the life of a child by doing things you already love. Enjoy basketball, rock climbing, or board games? So do lots of kids, ages 8-12, and they’re waiting for someone just like you! You’ll be matched with someone in your own community.

Contact: Justin Fogel, 651-789-2422  
jfogel@bigtwincities.org

Locations: Twin Cities Metro Area  
Commitment: 2-4 times each month  
Ages: 19+  
[www.bigtwincities.org](http://www.bigtwincities.org)

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**Mentor a Child**  
**Kids ‘n Kinship**

Kids ‘n Kinship matches volunteer mentor families, couples and individuals with youth ages 5-6 in need of additional positive role models for fun and enriching weekly activities.

Contact: Rita Younger, rykinship@aol.com  
651-686-0990  
Location: Dakota County Area  
Commitment: 1-4 hours/week (weekends, evenings or after school) for 1 year.  
Ages: 21+  
Mentors are families, couples or individuals  
[www.kidsnkinship.org](http://www.kidsnkinship.org)

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**Foster Grandparent Program**  
**Lutheran Social Service of MN**

Foster Grandparents work with children and youth in school and preschool settings.

Contact: Ann Terlizzi, 651-310-9440 seniorcorps@lssmn.org  
Locations: Twin Cities Metro Area  
Commitment: weekly commitment  
Ages: 55+  
[www.lssmn.org](http://www.lssmn.org)
**Children**

**Children's Activities Assistants**
Resource, Inc.

Volunteers needed in mornings and afternoons to assist staff in our Childhood Development Room. Volunteers interact one on one or in small groups with children ages infant through school-aged.

Contact: Samantha Sleeman, 612-752-8030
ssleeman@resourcemn.org
Location: Minneapolis
Commitment: Weekly commitment June—August
Ages: 16+
www.resourcemn.org

**Childcare for Community Meetings**
Twin Cities Habitat for Humanity

Watch over, play and engage with youth (potty trained and older) during community meetings and events supported through our Neighborhood Revitalization (NR) Program. Through NR, TC Habitat builds partnerships, responds to community aspirations and supports community-led initiatives that enhance the overall quality of life in a neighborhood.

Contact: Anne Meyers-Welsch
volunteer@tchabitat.org, 612-305-7114
Locations: Frogtown, St. Paul or Jordan, North Mpls
Commitment: 6 months, 1 evening/month
Ages: 16-17 with an adult over 21. 18+ independently
www.tchabitat.org

**Museum Volunteer Target Free Third Saturday**
Minnesota Children's Museum

Free 3rd Sunday, sponsored by Target, is a day that anyone can visit the Museum free of charge. These days are very popular and busy. We need extra help to manage the crowds and make sure everyone has a positive experience.

Contact: Andrea Laedtke, 651-225-6046
alaedtke@mcm.org
On-going, every 3rd Saturday of the Month
Locations: St. Paul
Ages: 18+ or younger with chaperone
www.mcm.org

**Kinship of Greater Minneapolis**
Multiple Opportunities

Individuals, couples and families from the metro volunteer 1 hour per week for a minimum of one year.

**Mentor a child**
**Befriend a child**

Contact: Penny Kallas, pkallas@gmcc.org, 763-862-6755
Locations: Various Twin Cities Communities
Commitment: 1 hour each week for 1 year
Ages: 19+ without family
www.kinship.org
**Reading Tutor**
East Side Learning Center

Summer Sessions 2016:
June 20 - July 15th and/or July 18th - Aug 5th
Mornings Monday through Friday

Work with a child in need one-on-one, using easy-to-implement lesson plans and story books designed for that child’s personal ability and interests, to help her or him gain the skills and confidence to be reading at grade level by 3rd grade.

Contact: Lauren Johnsen, 651-793-7364
Lauren.johnsen@spps.org
Location: East St. Paul
Commitment: one hour a week during the session
Ages: 16+
www.eastsidelearningcenter.org

**Mentor**
Goodwill Easter Seals Minnesota

Mentors assist adult participants in our programs that include: Automotive and Construction Training, Re-entry and MFIP (Minnesota Family Investment Program)

Contact: John Gibson, 651-379-5979
jgibson@goodwilleasterseals.org
Location: St. Paul
Commitment: email for specifics
Ages: 18+
www.goodwilleasterseals.org

**GED Tutor**
Goodwill Easter Seals

Volunteer will work individually with program participants to help them prepare to take the Graduate Equivalency Diploma (GED) exam. The goal of the program is to help participants pass each of the parts of the GED exam so that they can receive their diploma.

Contact: Sara Triplet, 651-379-5924
stripett@goodwilleasterseals.org
Location: Minneapolis
Ages: 18+
www.goodwilleasterseals.org
**English Learning Center**
Once-a-Week Opportunities

- English Teacher
- ESL Math Teacher
- Reading Circle Teacher
- Computer Lab Assistant
- Literacy Tutor

Contact: Michelle Short, 612-874-9963 x3
michelle@englishlc.org
Location: Minneapolis
www.oscs-mn.org

**Minnesota Literacy Council**
Multiple Opportunities

- GED Teacher/Tutor
- Adult ESL Teacher or Tutor

Contact: Ellie Purdy, 651-251-9061
epurdy@mnliteracy.org
Location: Various Twin Cities Locations
Ages: 16+ with parent or guardian
www.mnliteracy.org

**Explorers Tutor/Mentor**
Project for Pride in Living

Help students in grades K-6th build confidence, develop their social skills and increase their love of learning. Explore books, nature and our community.

Contact: Caitlin Dougherty, 612-455-5108,
Caitlin.dougherty@ppl-inc.org
Location: St. Paul, Minneapolis, New Hope
Commitment: June 20-Aug 11
Ages: 16+
Great for groups of 5
www.ppl-inc.org
Food Packers
Feed My Starving Children

Christian non-profit Feed My Starving Children (FMSC) has tackled world hunger since 1987 by sending volunteer-packed, nutritious meals to 70 countries. With the help of volunteers, dry ingredients are poured into bags, the bags are weighed and sealed, then boxed and put onto pallets. Your packing session includes a brief orientation and video followed by packing instructions. Registration required at www.fmsc.org/volunteer.

Contact: Jan Kuball, registration@fmsc.org, 763-504-2919
Date: Ongoing
Locations: Chanhassen, Coon Rapids, Eagan
Ages: 5+
www.fmsc.org/volunteer

Kitchen Help
The Aliveness Project

Assist staff with food prep, dining room set-up, cafeteria-style serving, dishwashing and clean up.

Contact: Laura Henry, 612-822-7946 x221
laura@aliveness.org,
Location: Minneapolis
Ages: 18+
www.aliveness.org

Meal Service
People Serving People

Serve breakfast, lunch or dinner to guests staying at People Serving People and assist with clean-up as necessary.
Breakfast: 7:30-9:00am (6 volunteers)
Lunch: 11:30am-1:00pm (6-8 volunteers weekdays 8-10 volunteers weekends)
Dinner: 4:15-5:45pm (8-10 volunteers)

Contact: Mallory Haugen, 612-277-0256
mhaugen@peopleservingpeople.org
Location: Minneapolis
Ages: Ages 12-15 must be accompanied by an adult
www.peopleservingpeople.org
**Keystone Community Services**

Multiple Opportunities

- Produce Distribution
- Food Mobile
- Meals on Wheels
- Volunteer Driver for Seniors

Contact: Jamie Cooper, 651-797-7725
Locations: Several in St. Paul and Ramsey County
Ages: 18+ Produce distribution great for groups of supervised high school student
Drivers 21+ with valid driver’s license and insurance
www.keystoneservices.org

**Fresh Produce Distribution**

Second Harvest Heartland

Volunteers sort food, set up food stations, provide friendly service and put food directly into the hands of our hungry neighbors.

Contact: volunteer@2harvest.org, 651-282-0901
Location: Various Twin Cities Locations
Commitment: 3 hour shift
Ages: 13+ with chaperone
www.2harvest.org

**Community Emergency Services**

Multiple Opportunities

- Bonus Friday
- Food Sort
- Home Delivery

Contact: Melanie LaPointe, 612-870-1125 x 128
mlapointe@cesmn.org,
Location: Minneapolis
Various shifts available
Ages: 16+
www.cesmn.org

**Meals on Wheels**

Volunteers deliver meals once a week, every other week or once a month, alone or with a partner. It takes about an hour to deliver meals to 10 clients per volunteer shift.

Contact: Denise Wickiser, 651-266-4107
denise@mealsonwheels-rc.org
Location: St. Paul and suburbs
Lunch time
Ages: 16+
Must have a car, valid drivers license and current auto insurance.
www.mealsonwheels-rc.org
Feed Kids this Summer
Neighbors, Inc.

Children need proper nutrition to learn and stay active. Neighbors serves nutritious breakfasts and lunches to students during summer school. Individuals and groups of all ages are needed to help set up food lines, serve meals, and develop positive community relationships with students. Your support will provide students a healthy meal to get them through their day.

Contact: David Miller, 651-306-2145
volunteer@neighborsmn.org,
Location: Northern Dakota County School Area
Ages: 5+ with supervision
www.neighborsmn.org

Meal Delivery Volunteer
Metro Meals on Wheels

Make a difference in just an hour by delivering nutritious meals and a social connection to 8-10 Meals on Wheels clients in your area.

Contact: Tara Kumar, 612-623-3363
tara@meals-on-wheels.com
Location: Various Twin Cities Locations
Ages: 18+ or any age with supervision
Must have a car, valid drivers license and current auto insurance.
www.meals-on-wheels.com

Food Shelf Volunteer
PRISM

Make a real impact in our community by helping with sorting donations, stocking marketplace, assisting shoppers and more!

Contact: Eleanor Trenary, 763-432-4210
etrenary@prismmpls.org
Location: Golden Valley
Commitment: 4 hour shift
Ages: 18+
www.prismmpls.org

Hunger
**Volunteer with Seniors**

**Dayton Bluff Seniors**

Opportunities include grocery delivery, providing rides, helping at social events, nursing and nursing assistance.

Contact: Kala Hotakainen, 651-683-2413
volunteer@DaytonsBluffSeniors.org
Locations: St. Paul
Ages: 18+
www.daytonsbluffseniors.org

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**Senior Companion Program**

**Lutheran Social Service of MN**

Senior Companions share time and compassion to help older adults remain independent by visiting once a week.

Contact: Ann Terlizzi, 651-310-9440
Seniorcorps@lssmn.org
Locations: Twin Cities Metro Area
Commitment: weekly commitment
Ages: 55+
www.lssmn.org

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**Driver for ITNTwinCities**

**— Transportation for Seniors**

**ITNTwin Cities**

Use your own vehicle to drive seniors and adults with visual impairment to medical appointments, shopping, to visit friends and more! Help community members remain active, involved and independent.

Contact: Susie Johnson, 612-260-5949 x2
susie.johnson@itntwincities.org
Location: Opportunities in west and central metro area
Must have a car, valid drivers license and current auto insurance.
www.itntwincities.org

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**Volunteer with Seniors**

**Cerenity Senior Care**

Volunteers escort seniors on outings throughout the spring and summer such as: Ball Games, Como Zoo, Concerts in the Park, Outdoor BBQs and Parties.

Contact: Jackie Bruns, 651-793-2116
Jackie.bruns@bhshealth.org
Locations: St. Paul
Ages: 12+
www.cerenityseniorcare.org

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**Order Taker**

**Store to Door**

Help older adults remain at home by providing a vital link for groceries and household essentials. Call clients, take their orders and use our online ordering system to place the orders.

Contact: Carolyn Swenson, 651-209-1856,
Carolyn@storetodor.org
Ages: 16+
www.storetodor.org
Ebenezer Care Center
Multiple Opportunities

Ebenezer offers a variety of programs and services to meet the needs of older adults. Volunteers of all ages play a vital role in helping us fulfill our important mission. Come join our team of volunteers and make a difference in the lives of Ebenezer residents.

- Truth Point Volunteers
- Food Shelf Volunteer
- Bingo Callers/Companions
- Green Thumb Group
- Ebenezer Garden Club
- Dining Assistant Memory Care Residents
- One-to-one Visitor
- Pianist
- Hair Braiders
- Manicurists
- Dining Escorts
- Open Dining Escorts
- Arts and Crafts
- Art or Music Classes
- Chapel Services Escort
- Day Program Activities
- Beauty Shop Escort
- Meal Service
- Shopping Escorts
- Birthday Party Volunteer
- Fine Dining Volunteer

Contact: Laura Arne, 612-872-8515
larne1@fairview.org
Location: Minneapolis
Commitment: Varies
Ages: 18+
www.fairviewebenezer.org

Optage
Multiple Opportunities

Meal Delivery Driver
Deliver a meal and a smile to seniors and adults with disabilities who are nutritionally at risk in your community.

Optage Hospice Visiting Companion
Share your time and talents to provide compassionate care for individuals seeking to fully live the final stages of life.

Contact: Sarah Guzman, 651-631-6362
sguzman@preshomes.org
Locations: Twin Cities Metro Area
Ages: 18+
www.optage.org

Ecumen Hospice Volunteers
Ecumen Hospice

Volunteers provide companionship, emotional and spiritual support and practical help in a patient’s residence. Companion Volunteers support the patient and family, Vigil Volunteers keep vigil with patients in their final hours and Certified Pet Therapy Teams come for patient visits.

Contact: info@ecumenhospice.org, 651-571-0200
Locations: Twin Cities Metro Area
Ages: 18+
www.EcumenHospice.org
Love animals?

**Foster Home Volunteer Trainer**
Helping Paws

Turn an adorable puppy into a well-trained service dog for an individual with a physical disability or a veteran with PTSD. No experience necessary, great for the family.

Contact: Judy Michurski, 952-998-9359 x65
jmichurski@helpingpaws.org
Locations: Various Twin Cities Locations
Ages: 18+ for primary trainer
www.helpingpaws.org

**Animal Care Crew**
Wildlife Rehabilitation Center

Nursery volunteers feed and care for orphaned and abandoned baby squirrels, waterfowl or birds. Animal care crew volunteers feed and care for more than 180 species of adult animals that are admitted to the Center for treatment.

Contact: Liz Cross, 651-486-9410 x102
liz@wrcmn.org
Location: Roseville
Ages: 14+ with parent/guardian in waterfowl nursery
www.wrcmn.org

**Horses and Riders**
We Can Ride

Volunteer to help riders with disabilities and special needs in our classes, at events, in the office or taking care of the horses.

Contact: Laura Potter, 952-937-0057
volunteers@wecanride.org
Locations: Minnetonka
Commitment: Ongoing commitment to one senior
Ages: 14+
www.wecanride.org

**Side Walker or Horse Leader**
River Valley Riders

Volunteering with children and adults with special needs as they experience horse therapy in an outdoor environment.

Contact: Joan Berg, 651-439-2558
riberg@centrytel.net
Locations: Afton, MN
Commitment: Ongoing commitment through October 15
Ages: 13+
www.rivervalleyriders.org

**Majestic Hills Ranch Therapeutic Horseback Riding**
Help People Ride Horses

Volunteers need to be comfortable around horses and be able to walk for an hour at a time on uneven surfaces. Horse experience is not required, though those that do will help lead our horses in class. Weekly commitment.

Contact: Krist Zieska, 952-426-5688, KZieska@MajesticHillsRanch.com to work with children, must be 14+
Contact: Larry Johnson, 612-669-8846, LJohson@MajesticHillsRanch.com to work with veterans, must be 18+
Location: Majestic Hills Ranch, Lakeville
www.MajesticHillsRanch.org
**Landscaping**

**Farm to Head Start Planting**
Community Action

Build a number of raised planter beds and then plant fruits and/or vegetables with the Head Start Children.

Contact: volunteers@caprw.org, 651-603-5979
Location: St. Paul
Commitment: Build day mid-late May
Ages: 18+

www.caprw.org

**Planting/Landscaping**
Project for Pride in Living

Add landscaping features, plant flowers or spread mulch or topsoil to keep housing community grounds looking great.

Contact: Elle Janss, elle.janss@ppl-inc.org, 612-455-5214
Location: Minneapolis or St. Paul
Commitment: half day, flexible date and time
Ages: 16+

www.ppl-inc.org

**Adopt a Yard Improvement**
Alliance Housing, Inc.

A U of MN Landscape Architecture student prepared maps and recommendations to improve the gardens and landscaping at our 21 scattered site properties in north and south Minneapolis. We’re looking for groups who can provide their own tools and plant materials.

Contact: Barbara Jeanetta, 612-879-7633
bjeanetta@alliancehousinginc.org
Location: Minneapolis
Ages: 16+

www.alliancehousinginc.org

**Lawn Mowing**
Darts

Help seniors during the lawn mowing season to mow their lawn. Volunteers are needed in the Dakota County area. Lawn mower provided.

Contact: Barb Tiggemann, 651-234-2254
barb.tiggemann@darts1.org
Locations: Dakota County Area
Commitment: Ongoing commitment to one senior
Ages: All ages with a family

www.darts1.org

**Garden Guru**
Multiple Opportunities

Adopt-a-property and spend one to two hours per week throughout the summer months helping to maintain pots of flowers and flower beds. Three month commitment required.

Contact: Tashia Weisenburger Pomroy, tweisenburger@aeonmn.org, 612-746-0524
Location: Twin Cities Metro

www.aeonmn.org
Skills-based volunteering (SBV) is an innovative approach to amplify the impact of volunteering. Skills-based volunteerism utilizes the skills, experience, talents and education of volunteers and matches them with the needs of nonprofits. By leveraging all types of knowledge and expertise, SBV helps build and sustain nonprofits’ capacity to achieve their missions successfully. Put your skills to good use!

**Prepare + Prosper**

Multiple Opportunities

- **Tax Preparer**
- **Financial Advocate**
- **Financial Coach**

Training is May 21 and June 4. Sign up today!

Contact: Cori Ballew, 651-262-2163
volunteer@prepareandprosper.org
Location: St. Paul
Commitment: 10 shifts between June-October
www.prepareandprosper.org

**Direct Outreach Volunteer**

Twin Cities Habitat for Humanity

Volunteers will work alongside Twin Cities Habitat’s Resource Development Team and engage with the community in volunteer outreach and recruitment events. A great way to have fun by representing Habitat for Humanity and getting to know new people.

Contact: Anne Meyers-Welsch, 612-305-7114
volunteer@tchabitat.org
Commitment: 4 events annually
Ages: 16+
www.tchabitat.org

**Community Advisory Board Member**

CommonBond Communities

Provide financial oversight to US Department of Housing and Urban Development (HUD) housing communities in CommonBond’s portfolio. 5-15 members meet annually (typically May) to review the financial packet they’ve received prior to the meeting.

Contact: Kristina Kithinji, 651-290-6226
volunteerservices@commonbond.org
Commitment: Board meeting annually
Ages: 18+
www.commonbond.org

**Ramsey County Citizens Advisory Council (CAC)**

Ramsey County Citizens Advisory Council

Established in 1979, the Citizens Advisory Council (CAC) advises the Community Human Services Department and the Ramsey County Board of Commissioners on policy decisions related to services delivered by the department. Current committees include: Adult Services, Children’s Mental Health, Children’s Services, Intellectual and Developmental Disabilities, Adult Mental Health and Low Income.

Contact: Kristen Jackelen, 651-266-4423
Kristen.jackelen@co.ramsey.mn.us
Location: Various locations in Ramsey County
Commitment: Monthly on the same date each month
Ages: 18+ and must live and/or work in Ramsey County
www.ramseycounty.us
Building Teams

Love building things with a team? We’ve got just the right project for you!

**House Month Volunteer**
Twin Cities Habitat for Humanity

Develop an understanding of the homebuilding construction and group facilitation process while leading small teams of volunteers under the site supervisor’s guidance.

Contact: Anne Meyers-Welsch, 612-305-7114
volunteer@tchabitat.org
Locations: Various Twin Cities Locations
Commitment: 3+ days/week for 3+ weeks 8:30am-4:00 pm
Ages: 16-17 with an adult over 21, 18+ independently
www.tchabitat.org

**Team Volunteering in a Bridging Warehouse**
Bridging

Are you looking for a teambuilding project for your group of friends or coworkers? Help us load/unload trucks, sort through donated goods, inspect linens and restock shelves for clients. You’ll be giving back to the community and getting a workout in at the same time!

Contact: Wendy Erickson, wendy.erickson@bridging.org or Sara King, sara.king@bridging.org (Bloomington)
Locations: Roseville or Bloomington
Ages: 14+
www.bridging.org

Look for the opportunities with our bubbles to find the perfect option for your team!

- Foster teamwork and camaraderie
- Promote goodwill with employees, customers, vendors and the community
- Identify employees who are leaders and team players
Special Opportunities

**Breakthrough Twin Cities**
Multiple Opportunities

**Academic Tutor**
Weekly commitment in reading, writing, math or science
Contact Sammy Muldoon, 651-748-5564
smuldoon@breakthroughtwincities.org

**Translator/Interpreter**
Services would range from translating applications and forms to attending events and meetings. *Amharic, Burmese, Chinese, Hmong, Igbo, Karen, Oromo, Spanish, Vietnamese.*

Contact Daniel Bernal , 651-748-5564
dbernal@breakthroughtwincities.org

**Youth for Understanding**
Multiple Opportunities

**Host a YFU High School Exchange Student**
Families provide a loving environment, room and board and three meals a day. YFU students bring their own spending money and insurance.
Contact Anna Peters, apeters@yfu.org, 651-646-8173

**Mentor a YFU Exchange Student**
YFU area reps/mentors support exchange students and their families during the school year. Background check, training and certification provided and required.

Contact: Molly Forrest, forrest@yfu.org
866-493-8872, x7224
Commitment: length of school year, August-June
www.yfuusa.org

**Our Saviour’s Housing**
Multiple Opportunities

**Shelter Aide**
Shelter Aides work closely with evening shelter staff to provide a welcoming, comfortable stay for our 40 adult residents. This role encompasses a wide variety of tasks and opportunities, including set up and evening check-in, basic housekeeping tasks, clerical tasks, dinner services and spending time with the residents.

**Shelter Dinner Server**
Cook and serve a dinner for 40 adults at Our Saviour’s Housing Emergency Shelter. We do ask that each dinner group provides the food and serves the meal. We do have a kitchen at our shelter that you are welcome to cook in. We have many dates open—weekday and weekend. Dinner is served at 7:00pm.

Contact: Rachel Kennedy, 612-872-4193 x2
volunteer@oshousing.org
Location: Minneapolis
Commitment: Weekly or bi-weekly from 5:30-8:30pm
Ages: 18+ for Shelter Aide, 4+ Dinner Service
www.oscsmn.org/oursaviourshousing

**Resource, Inc**
Multiple Opportunities

**Rejuvenation Projects**

**Caring Cooks**

Contact: Samantha Sleeman, 612-752-8030
ssleeman@resource-mn.org
Location: Minneapolis
Commitment: yes, email for details
Ages: 14+ with an adult
www.resource-mn.org
People Serving People
Multiple Opportunities

Make an immediate impact on the lives of families in crisis and acquire firsthand experience supporting those experiencing homelessness.

- Meal Service
- Building Beautification
- Children’s Education & Enrichment—Family Fun Nights

Contact: Mallory Haugen, 612-277-0256
mhaugen@peopleservingpeople.org
Locations: Minneapolis
Commitment: Several shifts available
Ages: Vary with each assignment
www.peopleservingpeople.org

Volunteers of America
Multiple Opportunities

RSVP Volunteer Programs: Senior Corps
RSVP Volunteer Program matches people 55+ with enriching volunteer opportunities and provides free benefits (we’re part of Senior Corps).

- Tutor children or adults
- Assist older adults (drive, shopping, exercise...)
- Interview and job skills assistance
- Housing searches, home repair and building
- Assist veterans and families of deployed military
- Prepare taxes and teaching financial literacy

AARP Experience Corps Literacy Tutors
Volunteer as an in-classroom literacy tutor for the 2016-2017 school year. Volunteers age 50+ help close the achievement gap by providing literacy support to elementary students.

Contact: East Metro: jkoschak@voamn.org, 612-704-6114
West Metro: mary.quirk@voamn.org, 612-704-6114
Location: Various Twin Cities locations
Ages: 55+ and 50+ respectively
www.voamn.org
www.aarp.org

Dakota City Heritage Village, Inc.
Multiple Opportunities

Help show what life was like for rural Dakota County citizens in 1900 by leading a group, demonstrating a trade or being the one-room school teacher for educational programs at Dakota City. Training and costumes are provided.

- Historical interpreter
- Demonstrator
- School teacher for Education Programs
- Historical Interpreter during the county fair
- Food service during the county fair

Contact: Alisa Peterson, 651-460-8050 x3
education@dakotacity.org
Location: Farmington, on the Dakota County Fairgrounds
Ages: 18+ (16+ during the fair)
www.dakotacity.org
Arc Value Village
Multiple Opportunities

Arc’s Value Village would love to have your help with unpacking, sorting and tagging donations! Students in high school can volunteer alone, youth 8-13 years must volunteer with an adult.

Memorial Day Sale May 27-31
Summer Youth Volunteers

Contact: Molly Lindblad, 952-915-3652
volunteernow@arcgreatertwincities.org
Location: Various Twin Cities Metro Locations
Ages: 14+, 8-13 with an adult
www.arcsvaluevillage.org

Junior Achievement of the Upper Midwest
Multiple Opportunities

Work with a partner to deliver JA lessons. Select the grade level you want to work with. JA provides the interactive lessons, support and needed materials.

Otter Lake Elementary, White Bear Lake
Afton-Lakeland Elementary, Lakeland
New Millennium Academy, Minneapolis
Pine Lake Education Center, New Brighton
Lily Lake Elementary, Stillwater
Rum River Elementary, Andover
One time and weekly opportunities

Contact: Karyn Thompson, 651-255-0050
karyn@jaum.org
Location: Schools all over the 9 county metro area
Commitment: varies
www.jaum.org

Ronald McDonald House Charities
Multiple Opportunities

Help our House feel like a home to over 4,000 families each year. You will be the bright spot in the day of a family staying with us.

Room Refresher
Shopper/Driver
Cooks for Kids

Contact: Marlee Landsburg, 612-238-8437
mlandsburg@rmhtwincities.org
Locations: Various Twin Cities Locations
Ages: 18+ (Cooks for Kids 14+)
Meal Service (Cooks for Kids) great for groups
www.rmhtwincities.org

Gilda’s Club Twin Cities
Multiple Opportunities

The Gilda’s Club Twin Cities volunteers are the best on the face of the earth. No kidding. Nowhere is the warm, welcoming, funny spirit of Gilda Radner more evident than in this dedicated team—working with a sense of joy, of being together, of giving to others.

Clubhouse Crew
Ambassadors and Outreach Team
Data Entry Assistant
Noogieland Supervisor
Clinic Ambassador

Contact: Anne Josten, 952-767-7623
Anne.Josten@GildasClubTwinCities.org
Location: Minnetonka
Ages: 16+ for some opportunities
www.GildasClubTwinCities.org
Hennepin County Medical Center

Multiple Opportunities

Volunteers are needed in a variety of areas around the hospital.

- Transportation
- Food Shelf
- Welcome Desk
- Literacy Program

Contact: Katie Baker, 612-873-2512
volunteerservices@hcmed.org
Location: Downtown Minneapolis
www.hcmc.org

Reach for Resources

Multiple Opportunities

Volunteers play a crucial role in our ability to serve children and adults with disabilities and REACH has many opportunities available on weekends, evenings, or during the day.

- Art Abilities Volunteer
- Softball Coach
- Teen Volunteering

Contact: Kirsten Oster, 952-292-5866
koster@reachforresources.org
Commitment required, email for more info
Locations: Various Twin Cities Locations
Ages: 18+ and teens for teen group
www.reachforresources.org

Arts & Crafts Aide

Northeast Contemporary Services, Inc. (NCSI)

Support artists and crafters who have intellectual and developmental disabilities as they create their works as well as prepare for and conduct sales of their works.

Contact: Jennifer Freeburg, 651-636-3343 x101
Jennifer.Freeberg@northeastcontemporaryservices.org
Location: Roseville
Ages: 18+
www.northeastcontemporaryservices.org

CoSA Program Circle

Minnesota Circles of Support & Accountability

Work with offenders from various prison populations, including military veterans, who are being released from prison. Meet weekly with 4-6 volunteers, an offender and a staff member to work on goal setting, addressing issues and providing community support and accountability.

Contact: Katherine Michaels, 651-361-7326
Katherine.Michaels@state.mn.us
Location: Hennepin and Ramsey Counties
Commitment: 1 year
Ages: 18+
www.state.mn.us
**Volunteer at Your Location**

**American Cancer Society — Hope Lodge**

Grab and Go Bags
Pack a grab and go bag for our Hope Lodge guests with healthy treats to take to treatment to help them get through the day.

Supply Drive
Host a supply drive and help make the Hope Lodge run each and every day.
Get a donation box and fill the box with the Hope Lodge wish list items. See the website for more information.

Tie Blanket Making
Donate tie-blankets to those undergoing cancer treatments to make their stay a bit warmer. Volunteer groups must provide budget for items.
Find a tutorial on how to craft a tie-blanket here: www.wikihow.com/Make-a-Fleece-Tie-Blanket

Welcome Kits
When guests check into the Hope Lodge, they are greeted with a Welcome Kit. Volunteer groups must provide budget for items. Volunteer groups will compile items into welcome kits.

Contact: Keely Schaust, 651-255-8122
Keely.schaust@cancer.org
http://www.cancer.org/

**Cheerful Givers**

Birthday Gift Bags for Less Fortunate Children
Any size group or individuals can assemble toy-filled birthday gift bags for children. Group must provide gift bags and new toys.
Contact: robin@cheerfulgivers.org
www.cheerfulgivers.org

**Our Saviour’s Housing**

Lunch-Making Brigade
Make as many lunches as you are able up to 200. Lunches can be made at your own location and dropped off at our shelter or we can schedule a time to make lunches at our shelter.

Shelter Hygiene Kits
Help us meet our residents’ needs by making hygiene kits for us to hand out to new residents. Kits contain a toothbrush, razor, and travel size soap, shampoo, lotion, deodorant and toothpaste.

Contact: Rachel Kennedy, 612-872-4193 x2
volunteer@oshousing.org
www.oscsmn.org/oursaviourshousing

**People Serving People**

Snack Packs
Provide the children at our shelter with snacks during programs by assembling the following items: juice box, package of crackers or chips and applesauce or fruit cup. Please include a plastic spoon.

Contact: Mallory Haugen, 612-277-0256
mhaugen@peopleservingpeople.org
www.peopleservingpeople.org

“One day every person will discover their power to make a difference creating healthy communities in vibrant democracies around the world.”
-Michelle Nunn, CEO Points of Light and Cofounder of HandsOn Network
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<th>Affiliate Index</th>
<th>Organization</th>
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<td>Aeon</td>
<td>Tashia Weisenburger Pomroy</td>
<td><a href="mailto:tweisenburger@aeonmn.org">tweisenburger@aeonmn.org</a></td>
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<td>Alliance Housing</td>
<td>Barbara Jeanetta</td>
<td><a href="mailto:bjeaentta@alliancehousinginc.org">bjeaentta@alliancehousinginc.org</a></td>
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<td>American Cancer Society—Hope Lodge</td>
<td>Keely Schaut</td>
<td><a href="mailto:keely.schaust@cancer.org">keely.schaust@cancer.org</a></td>
<td>651-255-8122</td>
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<td>American Council of the Blind</td>
<td>Sally Benjamin</td>
<td><a href="mailto:volunteer@acb.org">volunteer@acb.org</a></td>
<td>866-846-7380</td>
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<td>Big Brothers Big Sisters of the Greater Twin Cities</td>
<td>Justin Fogel</td>
<td><a href="mailto:jfogel@bigstwincities.org">jfogel@bigstwincities.org</a></td>
<td>651-789-2422</td>
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<td>Sammy Muldoon</td>
<td><a href="mailto:smuldoon@breakthroughtwincities.org">smuldoon@breakthroughtwincities.org</a></td>
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<td>Wendy Erickson</td>
<td><a href="mailto:wendy.erickson@bridging.org">wendy.erickson@bridging.org</a></td>
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<td>Sara King</td>
<td><a href="mailto:sara.king@bridging.org">sara.king@bridging.org</a></td>
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<td>Camp Noah at Lutheran Social Services of Minnesota</td>
<td>Rebecca Lewis</td>
<td><a href="mailto:rebecca.lewis@lssmn.org">rebecca.lewis@lssmn.org</a></td>
<td>800-987-0061</td>
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<td>Camp Odayin</td>
<td>Alison Boerner</td>
<td><a href="mailto:alison@campodayin.org">alison@campodayin.org</a></td>
<td>651-351-9185</td>
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<td>Caponi Art Park</td>
<td>Brighton McCormick</td>
<td><a href="mailto:brighton@caponiartpark.org">brighton@caponiartpark.org</a></td>
<td>651-454-9412</td>
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<td>Cerenity Senior Care</td>
<td>Jackie Bruns</td>
<td><a href="mailto:jackie.bruns@bhshealth.org">jackie.bruns@bhshealth.org</a></td>
<td>651-793-2116</td>
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<td>Charity Events of Minnesota</td>
<td>Kari Mitchell</td>
<td>651-571-2873</td>
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<td>Robin</td>
<td><a href="mailto:robin@cheerfulgivers.org">robin@cheerfulgivers.org</a></td>
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<td>Common Bond Communities</td>
<td>Kristina Kithinji</td>
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<td>Community Action</td>
<td>Volunteer Program Office</td>
<td><a href="mailto:volunteers@caprw.org">volunteers@caprw.org</a></td>
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<td>Community Emergency Services</td>
<td>Melanie LaPointe</td>
<td><a href="mailto:mlapointe@cesmn.org">mlapointe@cesmn.org</a></td>
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<td>Dakota City Heritage Village</td>
<td>Alisa Peterson</td>
<td><a href="mailto:education@dakotacity.org">education@dakotacity.org</a></td>
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<td>DARTS</td>
<td>Barb Tiggemann</td>
<td><a href="mailto:barb.tiggemann@darts1.org">barb.tiggemann@darts1.org</a></td>
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<td>Dayton Bluff Seniors</td>
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<td><a href="mailto:Volunteer@DaytonsBluffSeniors.org">Volunteer@DaytonsBluffSeniors.org</a></td>
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<td>East Side Learning Center</td>
<td>Lauren Johnsen</td>
<td><a href="mailto:lauren.johnsen@spps.org">lauren.johnsen@spps.org</a></td>
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<td>Ebenezer Care Center</td>
<td>Laura Arne</td>
<td><a href="mailto:larne1@fairview.org">larne1@fairview.org</a></td>
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<td><a href="mailto:info@ecumenhospice.org">info@ecumenhospice.org</a></td>
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<td>English Learning Center</td>
<td>Michelle Short</td>
<td><a href="mailto:michelle@englishlc.org">michelle@englishlc.org</a></td>
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<td>Feed My Starving Children</td>
<td>Jan Kuball</td>
<td><a href="mailto:registration@fmsc.org">registration@fmsc.org</a></td>
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<td>Gilda’s Club Twin Cities</td>
<td>Anne Josten</td>
<td><a href="mailto:Anne.Josten@gildasClubTwinCities.org">Anne.Josten@gildasClubTwinCities.org</a></td>
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<td>Kathleen Cannon</td>
<td><a href="mailto:kathleen.cannon@girlsontherun.org">kathleen.cannon@girlsontherun.org</a></td>
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<td>Goodwill Easter Seals Minnesota</td>
<td>John Gibson, Melissa Brandel</td>
<td><a href="mailto:jgibson@goodwilleasterseals.org">jgibson@goodwilleasterseals.org</a>, <a href="mailto:mbrandel@goodwilleasterseals.org">mbrandel@goodwilleasterseals.org</a></td>
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<td>Katie McCann</td>
<td><a href="mailto:kmccann@greatrivergreening.org">kmccann@greatrivergreening.org</a></td>
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<td>Helping Paws</td>
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<td><a href="mailto:jmichurski@helpingpaws.org">jmichurski@helpingpaws.org</a></td>
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<td>Hennepin County Medical Center</td>
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<td>ITNTwin Cities</td>
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<td><a href="mailto:susie.johnson@itntwincities.org">susie.johnson@itntwincities.org</a></td>
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<td>Junior Achievement of the Upper Midwest</td>
<td>Karyn Thompson</td>
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<td>Keystone Community Services</td>
<td>Jamie Cooper</td>
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<td>Kids 'n Kinship</td>
<td>Rita Younger</td>
<td><a href="mailto:rykinship@aol.com">rykinship@aol.com</a></td>
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<td>Kinship of Greater Minneapolis</td>
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<td>Lupus Foundation of Minnesota</td>
<td>Sara Otto</td>
<td><a href="mailto:sotto@lupusmn.org">sotto@lupusmn.org</a></td>
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<td>Lutheran Social Service of Minnesota</td>
<td>Ann Terlizzi</td>
<td><a href="mailto:seniorcorps@lssmn.org">seniorcorps@lssmn.org</a></td>
<td>651-310-9440</td>
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<td>Majestic Hills Ranch Therapeutic Horseback Riding</td>
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<td>Meals on Wheels of Ramsey County</td>
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<td>Metro Meals on Wheels</td>
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<td><a href="mailto:tara@meals-on-wheels.com">tara@meals-on-wheels.com</a></td>
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<td>Minnesota Children’s Museum</td>
<td>Andrea Laedtke</td>
<td><a href="mailto:alaedtke@mcm.org">alaedtke@mcm.org</a></td>
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<td>Katherine Michaels</td>
<td><a href="mailto:Katherine.Michaels@state.mn.us">Katherine.Michaels@state.mn.us</a></td>
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<td>Ellie Purdy</td>
<td><a href="mailto:volunteer@mnliteracy.org">volunteer@mnliteracy.org</a></td>
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<td>Neighbors, Inc</td>
<td>David Miller</td>
<td><a href="mailto:volunteer@neighborsmn.org">volunteer@neighborsmn.org</a></td>
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<td>Northern Lights</td>
<td>Elle Thoni</td>
<td><a href="mailto:volunteers@northern.lights.mn">volunteers@northern.lights.mn</a></td>
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<td>Northeast Contemporary Services, Inc. (NCSI)</td>
<td>Jennifer Freeburg</td>
<td><a href="mailto:Jennifer.Freeburg@northeastcontemporaryservices.org">Jennifer.Freeburg@northeastcontemporaryservices.org</a></td>
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<td>Optage Hospice and Senior Housing</td>
<td>Sarah Guzman</td>
<td><a href="mailto:sguzman@preshomes.org">sguzman@preshomes.org</a></td>
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<td>Our Saviour’s Housing</td>
<td>Rachel Kennedy</td>
<td><a href="mailto:volunteer@oshousing.org">volunteer@oshousing.org</a></td>
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<td>Mary Hammes</td>
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<td><a href="mailto:volunteer@prepareandprosper.org">volunteer@prepareandprosper.org</a></td>
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<td>Elle Janss</td>
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<td>Ramsey County Citizens Advisory Council</td>
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<td>Heidi Holland</td>
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<td>Reach for Resources, Inc.</td>
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<td>River Valley Riders</td>
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<td>Ronald McDonald House Charities, Upper Midwest</td>
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<td>The Aliveness Project</td>
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<td>The Arc Greater Twin Cities</td>
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<td>Twin Cities Habitat for Humanity</td>
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<td>Twin Cities Pride</td>
<td>Rebecca Lewis</td>
<td><a href="mailto:rebecca.lewis@tcpride.org">rebecca.lewis@tcpride.org</a></td>
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<td>Volunteers of America - Minnesota</td>
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<td>Mary Quirk</td>
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Be sure to look for our Fall Volunteer Guide in September

HandsOn TWIN CITIES
Be the Change. Volunteer.
The corporate community represents a powerful force for change. When you invest volunteers, expertise and financial resources, your corporations can strengthen communities and impact social change. HandsOn Twin Cities partners with companies of all sizes to engage their employees in volunteer community service based upon their areas of focus, needs and goals. We are expert planners, managers and leaders of corporate social responsibility volunteer projects that promote employee teamwork.

Our programs introduce employees to community service and provide critical support to our nonprofit affiliate partners, while generating revenue that enables the staff and volunteers of HandsOn Twin Cities to improve our communities throughout the year.

For more information, please contact:

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