



**HOW TO
LIVE UNITED**
JOIN HANDS.
OPEN YOUR HEART.
LEND YOUR MUSCLE.
FIND YOUR VOICE.
GIVE 10% GIVE 100%
GIVE 110%.
GIVE AN HOUR.
GIVE A DAY.

GIVE. ADVOCATE. VOLUNTEER.
LIVE UNITED®



LIVE UNITED™



**United Way
of Greater Cincinnati**

Dear Community Volunteer:

Thank you for your interest in helping to make lasting change in our community by seeking volunteer opportunities in our region. This is just one way that you, your family or your group can show that you LIVE UNITED by helping to advance the common good by creating opportunities for a good life for others.

You will also build teamwork and morale as you see first-hand how your United Way dollars are helping ensure that children are prepared for school and life and that families and individuals are safe, healthy and financially stable.

We are proud to bring you these many ideas to help you get involved and make a difference. This guide can help you determine areas where you can best use your time and talents to make an impact in the areas of education, income and health.

Whether volunteering just one time or on a regular basis, you can reap enormous benefits. You can learn new skills, face new challenges, and, most importantly, make a difference in the lives of others.

Thank you for your commitment to improving the quality of life in our region.

A handwritten signature in black ink, appearing to read "Rob Reifsnyder".

Robert C. Reifsnyder
President and CEO,
United Way of Greater Cincinnati

About United Way of Greater Cincinnati

There are basic things we all need for a good life – a quality education that leads to a stable job, income that supports a family, and good health. United Way works each and every day to strengthen these building blocks for a good quality of life for all.

EDUCATION

- Home visitation and parent support
- Quality early care and education
- Family engagement
- Exposure to year-round learning
- Mentoring/support from a caring adult

INCOME

- Market-driven job training with a career pathway
- Access to family/work supports
- Job readiness, training and employment
- Financial literacy education
- Access to Affordable Housing and Foreclosure Prevention

HEALTH

- Healthy starts for children
- Substance abuse and violence prevention
- Healthy lifestyles and maximum independence

We recruit people and organizations from all across the community to unite and be part of the change.

You can give, you can advocate, you can volunteer.

That's what it means to Live United. Find out how you can at wecanliveunited.org.

Featured United Way Opportunities

Prepare Taxes to Help Hardworking Families

Provide free tax preparation to low-income families through the Regional Earned Income Tax Credit Collaborative. Ensure families claim all available credits while saving them from paying tax preparation fees and refund anticipation-loan interest rates.

- **No previous experience necessary** - returns are prepared with the assistance of easy-to-use computer software.
- **Learn a valuable skill** - volunteers receive IRS tax preparation training and certification.
- **Make a high impact** - you can help a family receive up to \$5,666 in Earned Income Credit while helping them avoid high preparation or filing fees.
- **Flexible enough for any schedule** - Volunteer days, nights or weekends at one of our 30+ tax prep sites in Southwestern Ohio, Northern Kentucky and Eastern Indiana.

The Earned Income Tax Credit is the nation's largest anti-poverty program and benefits hard working individuals who don't make very much money to support themselves or their families. Last year, volunteers filed over 15,758 tax returns, resulting in more than 18.6 million in refund dollars – all of which goes back to our community.

Not interested in preparing taxes? Volunteers can also serve as a greeter/screeners or translators at one of our tax sites.

Sign up at www.makeworkpay.com/volunteer

Become a Tutor and Help Youth Succeed in School and Life

Did you know? Students who lag behind in reading by 4th grade are more likely than their peers to drop out of high school, more likely to be unemployed or underemployed and to end up on welfare or in prison. Today, only 1 in 3 fourth graders in the U.S. are proficient in reading.

What can you do? We've identified one local school, South Avondale Elementary, to test a brand new tutoring program and see if we can help struggling students get back on track to become successful adults. South Avondale Elementary School is one of seven Cincinnati Public Schools classified as "academic emergency", the lowest rating a school can receive.

If you can dedicate 30-45 minutes, each week until May, you can help save a third or fourth grader from becoming another statistic. All training is provided, volunteers will be given subject material for the student they will be matched with. Tutoring can take place anytime from 8:00 a.m. to 3:30 p.m. and can easily be scheduled before the work day or during a lunch hour. Volunteers with busy schedules are welcome to pair up with a "buddy" and take turns tutoring each week.

Sign up at www.uwgc.org/tutor

Other Ways to Get Involved

Give an hour. Give a Saturday. Give a Wednesday afternoon. Stay local. Or experience a new part of town. No matter when or where you participate, volunteering is one of the best ways to connect heads, hearts and hands around United Way's work to advance the common good.

United Way of Greater Cincinnati's The Volunteer Connection recruits people and organizations with the passion, expertise and resources to get things done. With a focus on education, income and health – the building blocks for a good quality of life – we invite you to be part of the change to create a better life for all.

GET CONNECTED:

The Volunteer Connection Web site – the best way to connect to volunteer opportunities in your community. Search our extensive collection of local volunteer opportunities to find issues you care about or ways you'd like to help. www.VolunteerUWGC.org

The Volunteer Connection Quarterly eNewsletter – A quick and easy way to learn about new and different ways to help your community. Sign up to keep up. www.uwgc.org/VolunteerNewsletter

Board Orientation and Leadership Development (BOLD) – The region's most comprehensive board training program can give individuals the tools and knowledge they need to serve on a non-profit board. Program graduates will be matched to a local non-profit board or committee through the BoardBank program. www.uwgc.org/BOLD

Community Care Days – Companies of all sizes can advance the common good by completing group volunteer projects. A unique opportunity to promote teamwork, leadership and have fun all while making your community better. Projects can be completed any day of the year. www.uwgc.org/CommunityCareDays

Experience Matters – Volunteer opportunities and support for those retirees and near-retirees. Promotes continued contribution to the community through use of skills, abilities and experience through volunteer service. www.uwgc.org/ExperienceMatters

Volunteer 1000 – An opportunity for 20-somethings to help shape the community through a brand new volunteer effort. Participate in volunteer projects or become a leader in the Volunteer 1000 movement and serve on one of our committees. www.uwgc.org/Volunteer1000

Youth Engaged in Service (YES) – Connects high school students throughout the region in the spirit of volunteerism. Members receive hands-on experience by participating in monthly service projects and gain invaluable leadership skills while fulfilling service requirements. www.uwgc.org/YES

Discover how rewarding volunteering can be – whether you're 18 or 80, a high school student or a retiree, part of a community service group or a corporate president. Then share your experience and the joy of volunteering the united way – become a United Way of Greater Cincinnati Facebook fan and share photos, videos and stories from your volunteer activities.

Visit www.uwgc.org/volunteer to learn more or download an electronic copy of the latest *Volunteer & Go Guide*. For questions call United Way 211 (dial 2-1-1) or e-mail volunteer@uwgc.org.

Special Events

A Child's Hope International Kids Against Hunger

Date: February 25 - February 28

Contact Name: Milady Eliassen, Phone: , E-mail: milady@fuse.net

Location: A Child's Hope International Kids Against Hunger, 848 Molly Lane, Milford, OH 45150

- *Haiti Million Meal Marathon*

One year ago a devastating earthquake rocked Haiti and the world. Much has happened since then - but the suffering continues, especially for the children of Haiti. Thousands remain in squalid tent cities, in condemned buildings, on the street, in abandoned cars, in numerous orphanages and refugee camps. With just 2 hours of your time, you can produce enough life saving, high protein food to feed 1 child for 1 year. There are 12 sessions over the course of 4 days in which 1,000,000 meals will be produced. An equally important goal is to raise \$250,000 to purchase the ingredients that will be used. For more information or to register, visit www.achildshopeintl.org/MillionMeals.

Size: Individual or Group

North Avondale Montessori School

Date: February 1 - April 30

Contact Name: Jamie Donaldson, Phone: 513-363-3934, E-mail: donalja@cps-k12.org

Location: North Avondale Montessori School , North Avondale Montessori, 876 Glenwood Avenue, Cincinnati, OH 45229

- *Super Saturday Tutors*

Super Saturdays is a program to help 3rd - 6th graders who have not tested as proficient by state standards. Our goal is to help prepare the kids for the Ohio Achievement Test which takes place immediately after the Super Saturdays program.

Help with one or all! Just let us know which Saturdays you can do.

Size: Individual or Group

Minimum Age: 14

Pro Seniors, Inc.

Date: February 1 - July 29

Contact Name: Diane Kleinfelter, Phone: 513-458-5525, E-mail: dkleinfelter@proseniors.org

Location: Pro Seniors, Inc. , 7162 Reading Road, Suite 1150, Cincinnati, OH 45237

- *Rocking Chair Transporters Needed*

For Pro Seniors' 2nd Annual "Rock On for Seniors" fundraiser, we need able bodied and dependable volunteers with a van, SUV or pick-up truck who can pick up handpainted rocking chairs from local artists and transport them to a Northside auto body shop for a clearcoat finish, then deliver the finished chair to our holding area in the Blue Ash area before our August 13, 2011 event.

Size: Individual

Minimum Age: 21

Talbert House

Date: January 6 - March 17

Contact Name: Marian Perkowski, Phone: , E-mail: marian.perkowski@centerpointhealth.org

Location: Talbert House , 2602 Victory Parkway, Cincinnati, OH 45206

- *Decorate Opening Day Parade Float!*

Centerpoint Health, a Cincinnati based non profit serving the mental health needs of children, adults and families in Hamilton County, is searching for a school group to raise funds for, design and decorate a float for the Reds Opening Day Parade, March 31, 2011. Students and faculty are invited to participate in the parade as well. This is an ideal Spring project for an art class and an opportunity to be creative, while supporting a great cause.

Size: Individual or Group

Minimum Age: 12

Sign up for any of these opportunities online by going to www.VolunteerUWGC.org

Additional Opportunities

A Child's Hope International Kids Against Hunger

Date: Year round

Contact Name: Milady Eliassen, Phone: , E-mail: milady@fuse.net

Location: A Child's Hope International Kids Against Hunger, 848 Molly Lane, Milford, OH 45150

- *Feeding Starving Children Worldwide*

Do you know that HUNGER hurts? It is hard for any of us to comprehend that over 30,000 children die daily from the effects of hunger and malnutrition. Working together, we can change that sad statistic. With our program each volunteer is encouraged to work a 2 hour shift at the Kids Against Hunger Factory in Blue Ash, OH. Each volunteer will pack enough food to feed one child for one year. Each volunteer is encouraged to raise the funds needed to buy the ingredients needed for the food.

Size: Individual or Group

Minimum Age: 8

Cincinnati Youth Collaborative

Date: Year round

Contact Name: Kimberly Heestand, Phone: 513-475-4148, E-mail: kheestand@cycyouth.org

Location: Cincinnati Youth Collaborative , 301 Oak Street, Cincinnati, OH 45219

- *Mentor (One-on-One)*

Provide encouragement, guidance, and help with schoolwork to a young person in Cincinnati Public Schools. As a one-to-one mentor, you'll choose activities you both want to do based on mutual interests (such as sports or cooking), and introduce your student to new experiences. One-on-one mentors can spend time together at school or out in the community. Mentoring is FLEXIBLE and can be incorporated right into your regular life schedule. Please consider joining us today! Who mentored you?

Size: Individual

Minimum Age: 18

Cincinnati Youth Collaborative

Date: Year round

Contact Name: Kimberly Heestand, Phone: 513-475-4148, E-mail: kheestand@cycyouth.org

Location: Cincinnati Youth Collaborative , 301 Oak Street, Cincinnati, OH 45219

- *Tutor*

Adult tutors meet with a Cincinnati Public School student once a week to help students improve academically in one or more subject areas. No experience necessary.

Size: Individual

Minimum Age: 18

Inter Parish Ministry

Date: Year round

Contact Name: Gail Koford, Phone: 513-561-3932, E-mail: gail@interparish.org

Location: Inter Parish Ministry , 277 North Street, Batavia, OH 45103

- *Help Clients Shop for Food at IPM's Choice Pantry*

Inter Parish Ministry operates two Choice Pantries where clients in need get to choose free food. Our need is to have volunteers assist clients at our Batavia Pantry, "shop" from our shelves during our Saturday business hours. We have two 2-hour shifts (10 a.m. to 12 p.m. and 12 p.m. to 2 p.m.). Additionally, volunteers will assist with re-stocking shelves, checking food expiration dates and restocking the shelves (if necessary). The Batavia Pantry is located in The First Presbyterian Church's basement at 277 North Street, Batavia, Ohio

Size: Individual

Minimum Age: 13

Sign up for any of these opportunities online by going to www.VolunteerUWGC.org

Mercy Franciscan at St. John

Date: January 3 - May 2

Contact Name: Stephanie Brown, Phone: 513-981-5816, E-mail: scbrown@health-partners.org

Location: Mercy Franciscan at St. John , 1800 Logan Street, Cincinnati, OH 45202

- *Be the person Who Helps our Students Get a Job*

Coach students in our computer classes. Help them acquire the skills to get a decent job. The students in our free computer training classes are low income adults who are trying to improve their job skills and become self-sufficient. This is a "hands on, make a difference" kind of opportunity. Classes are Monday, Tuesday, Wednesday, and Thursday. Schedules are flexible as to AM, PM. Or evenings and classes are offered in twelve week sessions.

Size: Individual

Minimum Age: 20

Mt. Airy School

Date: January 1 - May 31

Contact Name: Portia Clay, Phone: 513-363-3745, E-mail: claypor@cpsboe.k12.oh.us

Location: Mt. Airy School , 5730 Colerain Ave., Cincinnati, OH 45239

- *Tutors*

Mt. Airy School is in need of tutors for grades 3-8. Tutors will work with students during school hours (7:45 a.m.-2:15 p.m.). Tutors are critical to student's academic and social development. Individuals, church groups, civic organizations, large and small business groups, fraternities and sororities are all encouraged to participate to help enrich Mt. Airy students' learning progress and success in school. We hope that your organization will consider Mt. Airy as a partner in education to help bridge the gap between the community and school.

Size: Individual

Minimum Age: 18

Our Daily Bread

Date: Year round

Contact Name: Kathy Ray, Phone: 513-621-6364, E-mail: kathy@ourdailybread.us

Location: Our Daily Bread , 1730 Race Street, Cincinnati, OH 45202

- *Meal preparation and serving*

Our Daily Bread serves more than 500 meals per day. Volunteers will assist with meal preparation and serving. Volunteers are needed Monday - Friday, 8:30 a.m. - 12:30 p.m. We are looking for volunteers who can make a weekly or monthly commitment.

Size: Individual

Minimum Age: 16

Our Daily Bread

Date: January 1 - December 31

Contact Name: Andrew Brunsman, Phone: 513-621-6364, E-mail: andrew@ourdailybread.us

Location: Our Daily Bread , 1730 Race Street, Cincinnati, OH 45202

- *Sandwich Artistry*

We serve our daily meal from 9:45 to 11:45 a.m. for our guests. Our guests welcome sandwiches in bags to help them through the day. Volunteers are needed to make bologna and cheese or PB&J sandwiches for our guests. Minimum amount 200+, no maximum amount. Our Daily Bread is an Over-the-Rhine ministry of hospitality, comprised of paid staff and volunteers, providing a warm meal in a comfortable, safe place for all who come, a place where all are invited to be part of a community that is caring supportive, respectful and welcoming.

Size: Individual or Group

Minimum Age: 18

Sign up for any of these opportunities online by going to www.VolunteerUWGC.org

People Working Cooperatively, Inc.

Date: Year round

Contact Name: Sara Bourgeois, Phone: 513-351-7921, E-mail: sarab@pwchomerepairs.org

Location: People Working Cooperatively, Inc. , 4612 Paddock Road, Cincinnati, OH 45229

- *Home Improvement Saturday*

Every third Saturday of the month, provide simple home maintenance and yard work for low-income, elderly homeowners in Greater Cincinnati. Projects range from cleaning gutters and cleaning up yards, to installing handrails and repairing leaky faucets. Volunteers meet at the People Working Cooperatively location on Paddock Road at 8:30 a.m. and work until 12:30. Please let us know one week ahead of time if you plan to attend. Knowledge of plumbing or carpentry is useful but not required.

Size: Individual or Group

Minimum Age: 18

Redwood

Date: Year round

Contact Name: Bridgette Hightower, Phone: 859-331-0880 x 215, E-mail: bhightower@redwoodnky.org

Location: Redwood , 71 Orphanage Road, Fort Mitchell, KY 41017

- *Help out at a Friday Dance*

Every Friday, 1- 2 p.m., Redwood holds a dance for up to 150 adults with disabilities. Join us and dance, mingle and have a good time!

Size: Individual

Minimum Age: 18

Ronald McDonald House Charities of Greater Cincinnati

Date: Year round

Contact Name: Lisa Davis, Phone: 513-636-2760, E-mail: ldavis@rmhouse.org

Location: Ronald McDonald House Charities of Greater Cincinnati, 350 Erkenbrecher Avenue, Cincinnati, OH 45229

- *Cooking for a Crowd*

Prepare a meal here in our kitchen for families of seriously ill children staying at Ronald McDonald House. Guest families supporting their sick children often don't have the time, funds, or energy to prepare a healthy, home-cooked meal. Your gift of a breakfast, lunch or dinner can help a parent make it through the day.

Size: Individual or Group

Minimum Age: 15

Shoulder To Shoulder Inc

Date: Year round

Contact Name: Susan Tobergte, Phone: 859-391-1503, E-mail: s.tobergte@insightbb.com

Location: Shoulder To Shoulder Inc , 51 Cavalier Boulevard, Florence, KY 41042

- *Isaiah Project*

Bring relief to the destructive pressures of living in poverty for as many of its Northern Kentucky victims as possible through short-term aid and long-term impactful relationships. Volunteers will distribute hot lunch, groceries, diapers, and clothing to low income families. Load supplies stored at church facility into cars, trucks and vans. Drive to 7th and Patterson in Newport and distribute the items from the Marguerite Robinson Community Center parking lot. This is an outdoor event; volunteers should dress for weather conditions.

Size: Individual or Group

Minimum Age: 14

St. Francis-St. Joseph Worker House

Date: Year round

Contact Name: Karl Fields, Phone: 513-381-4941, E-mail: franciscinti@juno.com

Location: St. Francis-St. Joseph Worker House, 1437 Walnut Street, Cincinnati, OH 45210

- *Soup Kitchen Ministry*

Help prepare meals to the hungry in Over-the-Rhine. Volunteers will serve food, wash and dry dishes, pour drinks, clean up, and help to organize the food pantry. Soup kitchen hours are Tuesdays, Thursdays and Saturdays, 11 a.m. - 1 p.m.

Size: Individual or Group

Minimum Age: 16

Stepping Stones Center

Date: January 15 - May 1

Contact Name: Sarah Woeber, Phone: 513-831-4660 x 26, E-mail: sarah.bosley@steppingstonescenter.org

Location: Stepping Stones Center , 1414 Lake Allyn Road, Batavia, OH 45103

- *Respite Camp Weekends*

From October - April, Respite Camp Weekends are opportunities for disabled campers to spend time at Camp Allyn in Batavia. Volunteers provide support and assistance where necessary, and enjoy the overnight camp experience from Friday night to Sunday afternoon. Regular camp events like campfires, sing-alongs, games, hikes, and outdoor projects are part of the fun. Students can earn 30 hours community service credit per respite weekend.

Size: Individual

Minimum Age: 15

Stepping Stones Center

Date: January 22 - May 7

Contact Name: Sarah Woeber, Phone: 513-831-4660 x 26, E-mail: sarah.bosley@steppingstonescenter.org

Location: Stepping Stones Center , 5650 Given Road, Cincinnati, OH 45243

- *Saturday Kids Club*

Volunteers are given the opportunity to participate twice monthly with participants 6 - 16 years old at our Indian Hill campus. Volunteers work "hands on" with participants and participate in swimming, sports, games, hiking, and art & crafts. Kids Club is held from 9 a.m. to 3 p.m. and volunteers are encouraged to pack a lunch. All volunteers must complete an application, provide references, attend training, and meet other requirements as mandated by agency policies and procedures.

Size: Individual or Group

Minimum Age: 16

The Salvation Army of Greater Cincinnati

Date: Year round

Contact Name: Darryl Fudge, Phone: 513-762-5684, E-mail: darryl.fudge@use.salvationarmy.org

Location: The Salvation Army of Greater Cincinnati , 120 E. Central Pkwy., Cincinnati, OH 45202

- *Sunday Feeding Program*

Each Sunday, the Salvation Army serves a meal to nearly 200 homeless individuals in the area. Volunteers will help prepare the meal, set up the room, serve the meal, and help with clean up.

Size: Individual or Group

Minimum Age: 13

YMCA of Greater Cincinnati**Date:** Year round**Contact Name:** Jennifer Pugh, Phone: 513-246-3208, E-mail: jpugh@myy.org**Location:** YMCA of Greater Cincinnati , 2840 Melrose Avenue, Cincinnati, OH 45206

- *YMCA Mentoring - Build a Future, Change a Community*

An hour a week is a small commitment to make a big difference! YMCA mentors spend one-on-one time with youth, ages 6 - 18, that focus on improving academic performance, relationships, and behavior. Mentors and youth meet one-on-one after school, in the evening, or weekends at a YMCA or school to "hang out" once a week for at least an hour for 12 months. Mentors and youth give back to their neighborhood through community service projects, explore the world of work, and have fun!

Size: Individual**Minimum Age:** 23**YMCA of Greater Cincinnati****Date:** January 13 - May 31**Contact Name:** Tiffany Boyd, Phone: 513-389-8725, E-mail: tboyd@cincinnatiymca.org**Location:** YMCA of Greater Cincinnati , 5730 Colerain Avenue, Cincinnati, OH 45239

- *Mt. Airy Cincy After School*

We are a learning enrichment program which gives the students and their families a variety of activities that include tutoring & mentoring, career & college exploration, 21st century skills, service learning, arts education, leadership development, health & wellness, global learning, and parent & family engagement.

Size: Individual**Minimum Age:** 18

United Way • AIRS



Get Connected. Get Answers.

United Way of Greater Cincinnati

Calls are free and confidential.

United Way 211 connects you to information, services and volunteer opportunities. Dial 2-1-1 to speak with a trained specialist available to assist you 24 hours a day, seven days a week.

Not yet available on all cellular phones. Call 513-721-7900

TTY-513-762-7250