



**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®





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". The signature is fluid and cursive.

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

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This guide is a listing of one-time volunteer opportunities, special events or a series of events. Please visit our Web site at www.VolunteerUWGC.org to view our full selection of volunteer opportunities.

For more information or questions e-mail volunteer@uwgc.org or call United Way 211 (dial 2-1-1).

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.

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.

July 2010

Little Brothers - Friends of the Elderly

Date: July 15

Contact Name: Karen D'Alessandro, Phone: 513-542-7555, E-mail: kdalessandro.cin@littlebrothers.org

Location: Cincinnati, OH 45239

Provides services designed to relieve isolation and loneliness among the elderly.

- *Third Thursday Program Drivers Needed*

On the Third Thursday of each month we invite residents of area nursing homes to our facility for lunch and entertainment. Home cooked meals are provided along with a wide variety of entertainment including singers, therapy dogs, naturalists from the park, etc. Volunteers will pick these folks up from their nursing home, bring them to our facility, assist them if needed and basically enjoy the program with them. The volunteers will then drive the folks back to their residence.

Size: Individual

Minimum Age: 16

Twin Lakes

Date: July 15

Contact Name: Carla McCormally, Phone: 513-247-1362, E-mail: carla.mccormally@lec.org

Location: Cincinnati, OH 45242

An integrated family of lifestyle communities, committed to whole-person well-being.

- *Transport Residents to and from Summer Outdoor Concert*

Transport or assist Twin Lakes residents to an outdoor summer concert outside our building.

Size: Individual

Minimum Age: 14

Inter Parish Ministry

Date: July 17, 24

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

Location: Batavia, OH 45103

Provides food, clothing and other communal support to those in need and to empower clients with information, support and services to improve their lives.

- *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: 18

Granny's Garden School

Date: July 17-18, 24-25

Contact Name: Roberta Paolo, Phone: 513-324-2873, E-mail: schoolgarden@fuse.net

Location: Loveland, OH 45140

A non-profit school garden and environmental education program located on the grounds of Loveland Primary and Elementary Schools.

- *Sunrise Gardeners*

As the saying goes, "The early bird gets the worm." In Granny's Garden's it's the early gardeners that get the produce. Granny's Sunrise Gardeners are in the gardens 7 - 11 a.m., Saturday and Sunday.

Volunteers help to maintain the gardens and receive a share of whatever's being harvested that week.

Size: Individual or Group

Minimum Age: 14

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

Cincinnati Nature Center

Date: July 17

Contact Name: Sarah Holland, Phone: 513-831-1711 x 128, E-mail: sholland@cincynature.org

Location: Milford, OH 45150

Inspires passion for nature and promotes environmentally responsible choices through experience, education, and stewardship to ensure a sustainable future.

- *Adopt-A-Highway*

Help keep Cincinnati Nature Center's road beautiful by assisting our adopt-a-highway team in picking up litter along Tealtown Road. The team meets at the Rowe Woods visitor center every third Saturday of the month at 8:45 and works until 11 a.m.

Size: Individual or Group

Minimum Age: 16

People Working Cooperatively, Inc.

Date: July 17

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

Location: Cincinnati, OH 45229

Provides repair and maintenance services to low-income homeowners and to homeowners with disabilities.

- *Home Improvement Saturday*

Every third Saturday of the month, provide simple home maintenance and yard work for very low-income homeowners in Greater Cincinnati. Volunteers meet at the People Working Cooperatively location on Paddock Road at 8:30 a.m. to get their assignments. Please let us know if you plan to attend 2 weeks ahead of time. Knowledge of plumbing or carpentry is useful but not required.

Size: Individual or Group

Minimum Age: 18

Brighton Center, Inc.

Date: July 17, 24, 31

Contact Name: Mary Hodge, Phone: 859-491-8303 x 2331, E-mail: bhodge@brightoncenter.com

Location: Newport, KY 41071

Creates opportunities for individuals and families to reach self-sufficiency through family support services, education and training, and community-wide leadership in Northern Kentucky.

- *Clothing Closet Donation Assistance*

Volunteers will assist in the Clothing Closet Store with receiving and sorting donations on Saturdays, 10 a.m. - 1 p.m. The Brighton Center Clothing Closet is a welcoming atmosphere for the community. The one-room Clothing Closet receives clothing and household donations daily and utilizes volunteers to sort donations and restock the store in order to provide new merchandise to our shoppers. Community members shop for themselves, their friends and or family members. Individuals and families not able to pay the cost for clothing may receive a voucher, which enables them to receive free clothing for all household members.

Size: Individual or Group

Minimum Age: 16

Imago, Inc.

Date: July 17, 24, 31

Contact Name: Chris Clements, Phone: 513-921-5124, E-mail: cclements@imagoearth.org

Location: Cincinnati, OH 45205

A grassroots community-based, urban ecological education organization committed to living in harmony with the Earth and its people.

- *Saturday Helping Hands*

Saturdays are the perfect day to spend some time in the great outdoors. Come out to Imago, 9 a.m. - noon, and volunteer while you enjoy the woods and some fresh air.

Size: Individual or Group

Minimum Age: 14

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Size: Individual

Minimum Age: 18

The Salvation Army of Greater Cincinnati

Date: July 18, 25

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

Location: Cincinnati, OH 45202

Provides family counseling, services to transients, emergency assistance, temporary lodging for families, camp programs, adult and child daycare, emergency disaster services and youth programs.

- *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

Learning Through Art Inc.

Date: July 21

Contact Name: Karlyn Richardson, Phone: 513-242-6028 x 3, E-mail: karlyn@lartinc.com

Location: Cincinnati, OH 45220

Dedicated to providing quality performing arts programs in support of arts education and community development, encouraging multi-cultural awareness and understanding.

- *Kids, Cultures, Critters and Crafts Festival*

Learning Through Art presents the 2010 Macy's Kids, Cultures, Critters and Crafts Festival, which provides \$1.00 admission plus parking to a day long event for kids of all ages at the Cincinnati Zoo & Botanical Garden. Celebrating more than 15-years, the event - in its fifth year at the Cincinnati Zoo - features an eclectic line-up of performers, arts and crafts dispersed throughout the park for your enjoyment.

Volunteer shifts are two hour increments from 7 a.m. to 6 p.m. Volunteer opportunities including being stationed at the Kid's Crafts Corner, Face Painting, The Vine Street Plaza stage or Roaming, which consists of being placed at the pre-determined locations through the park to answer questions or help the artists. There will be a mandatory volunteer meeting on Wednesday, July 21st at 6 p.m.

Size: Individual or Group

Minimum Age: 16

Cincinnati Recreation Commission

Date: July 25

Contact Name: Wayne Lurix, Phone: 513-352-1616, E-mail: wayne.lurix@cincinnati-oh.gov

Location: Cincinnati, OH 45202

anything in there

- *Golf for a Cause (Cincinnati Recreation Foundation Day)*

The Cincinnati Recreation Foundation is hosting an awareness and fundraising event at the Cincinnati Recreation Commission's 7 golf courses on Sunday, July 25th.

Volunteers are needed to greet golfers and encourage them into participate in the games and raffles being offered that day. It is a plus to have volunteers who are able to perform simple math calculations for the sale of raffle tickets. Note, this is an outdoor event and volunteers must be able to be outside for a minimum of 4 hours or more.

Shifts are available 7 a.m. - noon and noon - 5 p.m.

To sign up, email your shift preference to Mr. Lurix. Note: some courses may require an earlier start time.

Golf Course Locations:

Avon 4081 Reading Road 45229

California 5924 Kellogg Avenue 45228

Dunham 1951 Dunham Way 45238

Glenview 10965 Springfield Pike 45246

Neumann 7215 Bridgetown Road 45248

Reeves 4757 Playfield Lane 45226

Woodlawn 5820 Muddy Creek Road 45233

Size: Individual or Group

Minimum Age: 18

August 2010

FreestoreFoodbank

Date: August 1 - September 5, 2010

Contact Name: Margaret Walker, Phone: 513-482-4520, E-mail: volunteerservices@freestorefoodbank.org

Location: Cincinnati, OH 45229

Provides food, products and services to help people overcome barriers to their basic survival needs and further their self-reliance.

- *Duck Central*

The Rubber Duck Regatta benefits the FreeStore/FoodBank, the largest provider of emergency food in the community. On September 5, 2010, up to 100,000 adopted rubber ducks will race the Ohio River.

Volunteers will receive incoming Duck sponsorship calls. Shift available: 8:30 a.m. - 12:30 p.m. and 12:30 - 4:30 p.m. at 1141 Central Parkway.

Size: Individual

Minimum Age: 18

Welcome House of Northern Kentucky, Inc.

Date: August 6 - 8

Contact Name: Ashley Walker, Phone: 859-431-8717, E-mail: awalker@welcomehouseky.org

Location: Newport, KY 41075

Collaborates with the community to provide a continuum of quality services for individuals who are homeless or at risk of becoming homeless.

- *GoettaFest Booth Volunteers*

Volunteers are needed to help run our "Dive for Duck" Booth at GoettaFest. This includes helping children with the game, collecting money for the game, and handing out prizes. Two volunteers are needed for each shift (shifts run 2-3 hours).

Size: Individual or Group

Minimum Age: 14

Dress for Success Cincinnati

Date: August 7

Contact Name: Kelly Collison, Phone: 513-651-3372, E-mail: clientservice@dfscincy.org

Location: Cincinnati, OH 45202

Provides appropriate business attire to women with low income who are seeking employment. Helps women build a career and a future.

- *Suit Drive Saturdays Donation Assistants*

Help the agency get donated clothing ready for sale. Assist with arranging, sorting and sizing donated items received in the last clothing drive. Orientation and training are provided.

Size: Individual

Granny's Garden School

Date: August 7-8, 14-5, 21-22, 28-29

Contact Name: Roberta Paolo, Phone: 513-324-2873, E-mail: schoolgarden@fuse.net

Location: Loveland, OH 45140

A non-profit school garden and environmental education program located on the grounds of Loveland Primary and Elementary Schools.

- *Sunrise Gardeners*

As the saying goes, "The early bird gets the worm." In Granny's Garden's it's the early gardeners that get the produce. Granny's Sunrise Gardeners are in the gardens 7 - 11 a.m., Saturday and Sunday.

Volunteers help to maintain the gardens and receive a share of whatever's being harvested that week.

Size: Individual or Group

Minimum Age: 14

Brighton Center, Inc.**Date:** August 7, 14, 21, 28**Contact Name:** Mary Hodge, Phone: 859-491-8303 x 2331, E-mail: bhodge@brightoncenter.com**Location:** Newport, KY 41071

Creates opportunities for individuals and families to reach self-sufficiency through family support services, education and training, and community-wide leadership in Northern Kentucky.

- *Clothing Closet Donation Assistance*

Volunteers will assist in the Clothing Closet Store with receiving and sorting donations on Saturdays, 10 a.m. - 1 p.m. The Brighton Center Clothing Closet is a welcoming atmosphere for the community. The one-room Clothing Closet receives clothing and household donations daily and utilizes volunteers to sort donations and restock the store in order to provide new merchandise to our shoppers. Community members shop for themselves, their friends and or family members. Individuals and families not able to pay the cost for clothing may receive a voucher, which enables them to receive free clothing for all household members.

Size: Individual or Group**Minimum Age:** 16**Imago, Inc.****Date:** August 7, 14, 21, 28**Contact Name:** Chris Clements, Phone: 513-921-5124, E-mail: cclements@imagoearth.org**Location:** Cincinnati, OH 45205

A grassroots community-based, urban ecological education organization committed to living in harmony with the Earth and its people.

- *Saturday Helping Hands*

Saturdays are the perfect day to spend some time in the great outdoors. Come out to Imago, 9 a.m. - noon, and volunteer while you enjoy the woods and some fresh air.

Size: Individual or Group**Minimum Age:** 14**Inter Parish Ministry****Date:** August 7, 14, 21, 28**Contact Name:** Gail Koford, Phone: 513-561-3932, E-mail: gail@interparish.org**Location:** Batavia, OH 45103

Provides food, clothing and other communal support to those in need and to empower clients with information, support and services to improve their lives.

- *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:** 18**The Salvation Army of Greater Cincinnati****Date:** August 8, 15, 22, 29**Contact Name:** Darryl Fudge, Phone: 513-762-5684, E-mail: darryl.fudge@use.salvationarmy.org**Location:** Cincinnati, OH 45202

Provides family counseling, services to transients, emergency assistance, temporary lodging for families, camp programs, adult and child daycare, emergency disaster services and youth programs.

- *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

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

Minimum Age: 13

Shoulder To Shoulder Inc

Date: August 10

Contact Name: Melissa Eames, Phone: 859-371-0444, E-mail: melissa@shouldertosoulderinc.org

Location: Florence, KY 41042

Provides assistance to the poor and needy including food, clothing, shelter, medical, vocational, educational, counseling and related services.

- *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, clothing and furniture 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

Pro Seniors, Inc.

Date: August 14 - 15

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

Location: Cincinnati, OH 45237

A non-profit organization that provides free legal and long-term care help to Ohio residents age 60 and older.

- *Special Event Volunteers for Pro Seniors*

In 2010 Pro Seniors is celebrating its 35th year of bringing peace of mind to vulnerable Ohio senior citizens who need help with serious legal and long-term care issues. We're recruiting volunteers to support our 8/14/10 "Rock On for Seniors" dinner/dancing event at JCC Mayerson Center. Along with our silent auction, a highlight of the event will be a live auction of sponsored/themed-out rocking chairs designed by celebrity artists and other great artists and designers.

Size: Individual or Group

Minimum Age: 21

Twin Lakes

Date: August 19

Contact Name: Carla McCormally, Phone: 513-247-1362, E-mail: carla.mccormally@lec.org

Location: Cincinnati, OH 45242

An integrated family of lifestyle communities, committed to whole-person well-being.

- *Transport Residents to and from Summer Outdoor Concert*

Transport or assist Twin Lakes residents to an outdoor summer concert outside our building.

Size: Individual

Minimum Age: 14

United Cerebral Palsy of Greater Cincinnati, Inc.**Date:** August 19**Contact Name:** Betsy Baugh, Phone: 513-221-4606, E-mail: bbaugh@ucp-cincinnati.org**Location:** Cincinnati, OH 45229

Serves children, teens and adults with cerebral palsy and other developmental disabilities to advance their independence through therapeutic, educational, recreational, social, and employment-related programs.

- *Fox and Hound 5K - Parking / Traffic Monitors*
Direct traffic in the appropriate direction. Monitor parking so to efficiently utilize the available parking.
- *Fox and Hound 5K - Set Up*
Assist with set up of the course and at start/finish area. Includes some lifting and handling of heavy items.
- *Fox and Hound 5K - Course Monitors*
Monitor and secure the course in a designated location (will be assigned day of event). Guide all runners in the appropriate direction and cheer all participants to finish line.
- *The Fox and Hound 5K - Cheer Zone*
Encourage and cheer along the route. There are 3 designated spots along the course that are designated as cheer zones where there will be a variety of people stationed to cheer our runners and walkers to the finish line.
- *Fox and Hound 5K - Aid Station Attendants*
Distribute water to the participants along the course. Cheer on everyone to the finish!

Size: Individual or Group**Minimum Age:** 21**Cincinnati Nature Center****Date:** August 21**Contact Name:** Sarah Holland, Phone: 513-831-1711 x 128, E-mail: sholland@cincynature.org**Location:** Milford, OH 45150

Inspires passion for nature and promotes environmentally responsible choices through experience, education, and stewardship to ensure a sustainable future.

- *Adopt-A-Highway*
Help keep Cincinnati Nature Center's road beautiful by assisting our adopt-a-highway team in picking up litter along Tealtown Road. The team meets at the Rowe Woods visitor center every third Saturday of the month at 8:45 and works until 11 a.m.

Size: Individual or Group**Minimum Age:** 16**People Working Cooperatively, Inc.****Date:** August 21**Contact Name:** Sara Bourgeois, Phone: 513-351-7921, E-mail: sarab@pwchomerepairs.org**Location:** Cincinnati, OH 45229

Provides repair and maintenance services to low-income homeowners and to homeowners with disabilities.

- *Home Improvement Saturday*
Every third Saturday of the month, provide simple home maintenance and yard work for very low-income homeowners in Greater Cincinnati. Volunteers meet at the People Working Cooperatively location on Paddock Road at 8:30 a.m. to get their assignments. Please let us know if you plan to attend 2 weeks ahead of time. Knowledge of plumbing or carpentry is useful but not required.

Size: Individual or Group**Minimum Age:** 18

National Multiple Sclerosis Society, Ohio Valley Chapter

Date: August 27 - 29

Contact Name: Zoe Seuberling, Phone: 513-769-4400 x 105, E-mail: zoe.seuberling@ohg.nmss.org

Location: Cincinnati, OH 45242

Works to end the devastating effects of multiple sclerosis, a chronic, often disabling disease of the central nervous system.

- *Bike MS: Venture the Valley 2010*

The Ohio Valley Chapter of the National Multiple Sclerosis Society is committed to building a movement by and for people with MS that will move us closer to a world free of this disease. Join the movement by volunteering for Bike MS: Venture the Valley 2010.

Opportunities for volunteers include registration, finish line, booths, rest stops, etc. Volunteers will be needed on Friday, August 27, Saturday, August 28 and Sunday, August 29 at Camp Kern, 5291 State Route 350, Oregonia, Ohio.

Size: Individual or Group

Minimum Age: 14

American Cancer Society

Date: August 31

Contact Name: Karen Mahaney, Phone: 888-227-6446 x 4213, E-mail: karen.mahaney@cancer.org

Location: Cincinnati, OH 45243

Dedicated to eliminating cancer by preventing cancer and diminishing suffering from cancer through research, education, advocacy and service.

- *Corporate Golf Tournament*

American Cancer Society golf tournaments provide players of all skill levels an outstanding golf experience and the opportunity to support cancer research, education, advocacy, and patient service programs in local communities. Additionally, corporate tournaments offer a unique, high-end, amenity-rich, premier business networking, client entertainment event that also raises significant dollars in the fight against cancer. Enjoy a great day on the links and make a difference in the lives of those touched by cancer. We have tournaments for both men and women, from scratch golfers to purely recreational players.

Size: Individual or Group

Minimum Age: 18

September 2010

Dress for Success Cincinnati

Date: September 4

Contact Name: Kelly Collison, Phone: 513-651-3372, E-mail: clientservice@dfscincy.org

Location: Cincinnati, OH 45202

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Help the agency get donated clothing ready for sale. Assist with arranging, sorting and sizing donated items received in the last clothing drive. Orientation and training are provided.

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- *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:** 18**FreestoreFoodbank****Date:** September 5 - 6**Contact Name:** Margaret Walker, Phone: 513-482-4520, E-mail: volunteerservices@freestorefoodbank.org**Location:** Cincinnati, OH 45229

Provides food, products and services to help people overcome barriers to their basic survival needs and further their self-reliance.

- *Rubber Duck Regatta Race*

The Rubber Duck Regatta benefits the FreeStore/FoodBank, the largest provider of emergency food in the community. On September 5, 2010, up to 100,000 adopted rubber ducks will race the Ohio River. Volunteers will help with set up (8 a.m. - noon), duck sales (noon - 3 p.m.), duck retrieval (3 - 5 p.m.), and breakdown (3:30 - 5 p.m.) On September 6, volunteers will spray, wash and package ducks from 9 a.m. to 1 p.m.

Size: Individual**Minimum Age:** 18**The Salvation Army of Greater Cincinnati****Date:** September 5, 12, 19, 26**Contact Name:** Darryl Fudge, Phone: 513-762-5684, E-mail: darryl.fudge@use.salvationarmy.org**Location:** Cincinnati, OH 45202

Provides family counseling, services to transients, emergency assistance, temporary lodging for families, camp programs, adult and child daycare, emergency disaster services and youth programs.

- *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

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

Down Syndrome Association of Greater Cincinnati

Date: September 10 - 11

Contact Name: Janet Gora, Phone: 513-761-5400, E-mail: janet@dsagc.com

Location: Cincinnati, OH 45203

A non-profit organization providing information, support and resources to individuals with Down syndrome, their families and their communities.

- *The Down Syndrome Association's Annual Buddy Walk*

On Saturday, 9 a.m. - 1:00 p.m., friendly volunteers will work in the Kid's Zone (climbing wall, tumble bus, art table, games), body guard for a mascot (like Rosie Red, X Blob, etc), help walkers follow the route, and serve food to families.

Friday, 1 -4 p.m., volunteers will help set up tables and chairs, hang up signs, help decorate tents and set up for the walk the next morning.

Size: Individual or Group

Minimum Age: 16

Alzheimer's Association of Greater Cincinnati

Date: September 11

Contact Name: Paula Alexander, Phone: 513-721-4284 x 117, E-mail: paula.alexander@alz.org

Location: West Chester, OH 45069

Provides support and education for Alzheimer's patients and their families.

- *Butler and Warren Counties Memory Walk*

Memory Walk is the Alzheimer's Association's largest fundraising event to increase awareness and funds for Alzheimer care, support, local programs and services, as well as research for the estimated 44,000 individuals who have Alzheimer's disease or related disorder in the Greater Cincinnati territory.

The Butler & Warren Counties Memory Walk joins over 500 friends, family and co-workers as they walk to end Alzheimer's. The event takes place at the Wetherington Golf and Country Club in West Chester.

Over 100 volunteers are needed to make this event a success! Volunteers will help with the following: Morning set-up, registration, food distribution, or clean up

Size: Individual or Group

Minimum Age: 18

Shoulder To Shoulder Inc

Date: September 14

Contact Name: Melissa Eames, Phone: 859-371-0444, E-mail: melissa@shouldertoshoulderinc.org

Location: Florence, KY 41042

Provides assistance to the poor and needy including food, clothing, shelter, medical, vocational, educational, counseling and related services.

- *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, clothing and furniture 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

Little Brothers - Friends of the Elderly**Date:** September 16**Contact Name:** Karen D'Alessandro, Phone: 513-542-7555, E-mail: kdalessandro.cin@littlebrothers.org**Location:** Cincinnati, OH 45239

Provides services designed to relieve isolation and loneliness among the elderly.

- *Third Thursday Program Drivers Needed*

On the Third Thursday of each month we invite residents of area nursing homes to our facility for lunch and entertainment. Home cooked meals are provided along with a wide variety of entertainment including singers, therapy dogs, naturalists from the park, etc. Volunteers will pick these folks up from their nursing home, bring them to our facility, assist them if needed and basically enjoy the program with them. The volunteers will then drive the folks back to their residence.

Size: Individual**Minimum Age:** 16**Cincinnati Nature Center****Date:** September 18**Contact Name:** Sarah Holland, Phone: 513-831-1711 x 128, E-mail: sholland@cincynature.org**Location:** Milford, OH 45150

Inspires passion for nature and promotes environmentally responsible choices through experience, education, and stewardship to ensure a sustainable future.

- *Adopt-A-Highway*

Help keep Cincinnati Nature Center's road beautiful by assisting our adopt-a-highway team in picking up litter along Tealtown Road. The team meets at the Rowe Woods visitor center every third Saturday of the month at 8:45 and works until 11 a.m.

Size: Individual or Group**Minimum Age:** 16**People Working Cooperatively, Inc.****Date:** September 18**Contact Name:** Sara Bourgeois, Phone: 513-351-7921, E-mail: sarab@pwchomerepairs.org**Location:** Cincinnati, OH 45229

Provides repair and maintenance services to low-income homeowners and to homeowners with disabilities.

- *Home Improvement Saturday*

Every third Saturday of the month, provide simple home maintenance and yard work for very low-income homeowners in Greater Cincinnati. Volunteers meet at the People Working Cooperatively location on Paddock Road at 8:30 a.m. to get their assignments. Please let us know if you plan to attend 2 weeks ahead of time. Knowledge of plumbing or carpentry is useful but not required.

Size: Individual or Group**Minimum Age:** 18

The Leukemia & Lymphoma Society Southern Ohio

Date: September 23

Contact Name: Beth Zanola, Phone: 513-361-2100 x 131, E-mail: beth.zanola@lls.org

Location: Cincinnati, OH 45202

The world's largest voluntary health organization dedicated to funding blood cancer research, education and patient services.

- *Light the Night - Sawyer Point*

Join us for an evening of fun as we celebrate and commemorate the lives of those touched by cancer. A parade of flickering red and white balloons will wind through the community as patients, families and friends walk a 2 mile route. Volunteers will assist with registration, distribute incentives, operate the food booth, monitor the route, distribute water at water stops, and assist with clean up. Registration begins at 5:30 p.m.

Size: Individual or Group

Minimum Age: 18

Susan G. Komen for the Cure Greater Cincinnati Affiliate

Date: September 25

Contact Name: Amy Ritzie, Phone: 513-671-9100, E-mail: amyritzie@komencincinnati.org

Location: Cincinnati, OH 45202

The world's largest grassroots network of breast cancer survivors and activists fighting to save lives, empower people, ensure quality care for all, and energize science to find the cures.

- *Race for the Cure*

Events include the competitive 5K race, the 5K Walk/Run (untimed), a Family Fun Run/Walk, and a Kids Fun Run on the field at Great American Ball Park. There are many race day volunteer opportunities including registration, assisting with the racecourse and distributing food and water. To volunteer, go to www.komencincinnati.org and sign up.

Size: Individual or Group

Minimum Age: 16

STOP AIDS

Date: September 25 - 26

Contact Name: David White, Phone: 513-421-2437 x 119, E-mail: dwhite@stopaidscincy.org

Location: Cincinnati, OH 45202

Provides support services for individuals with HIV/AIDS, their families, friends, and loved ones and HIV/AIDS prevention and education programs in the Greater Cincinnati area through volunteers and professional staff.

- *2010 Walk to STOP AIDS*

Please join STOP AIDS for their largest fundraiser of the year! We need over 250 volunteers to make this event a success. Help with everything from setup to food booths to drink booths to walk route marshalling. We have two days of opportunities - Saturday, September 25th for setup and Sunday, September 26th for the event. The event is held in Sawyer Point, Downtown Cincinnati.

Size: Individual or Group

Minimum Age: 16

Additional Opportunities

Cincinnati Youth Collaborative

Date: Year round

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

Location: Cincinnati, OH 45219

Provides a nationally-recognized mentoring program and the College Access program for Cincinnati Public Schools students. The goal is to ensure that youth graduate from high school with the knowledge, skills, attitudes, and behaviors necessary to participate fully and responsibly in society.

- *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

- *Mentoring (Group)*

This program offers exceptional flexibility. A team of mentors share the responsibility of meeting with a group of boys or girls after school on a regular basis. Perfect for anyone whose schedule can be a little unpredictable! Join an existing group or let us help your organization get started with your own club.

Size: Individual or Group

Minimum Age: 18

- *Mentoring (Girls Club Group)*

This program offers exceptional flexibility. A team of mentors shares the responsibility of meeting with a group of 4th/5th grade girls after school on a regular basis. Perfect for anyone whose schedule can be a little unpredictable! Volunteers are needed in the following Cincinnati Public Schools: South Avondale, Hoffman, Pleasant Ridge, Silverton, and Winton Hills Academy. Clubs meet immediately after school 2:15-4:30 and provide social and behavior enrichment activities.

Size: Individual or Group

Minimum Age: 18

- *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

Covington Partners in Prevention, Inc.

Date: September 2010 - June 2011

Contact Name: Amy Weber, Phone: 859-392-3166, E-mail: amy.weber@covington.kyschools.us

Location: Covington, KY 41014

Promotes positive youth development through prevention and early intervention strategies in collaboration with the schools of Covington.

- *Mentor a Covington youth (Community-Based Program)*
Reach out and become a mentor to a Covington youth. The Community-based mentoring program is offered at Holmes Middle School. Adult volunteers are matched with a middle school student (6th-8th grade). Adults meet with a student once a week after school, in the evening, or on the weekends for an hour. Mentors listen, support, befriend, and encourage local youth. One-on-one training is provided with a program coordinator before volunteers start to meet with students. On-site program coordinators are available for on going support.
Size: Individual
Minimum Age: 21
- *Mentor a Covington youth (School-Based Program)*
Reach out and become a mentor to a Covington youth. School-based mentoring programs are offered at Holmes Middle School and High School. Adults meet with a student once a week during the school day (8 a.m. - 3 p.m.) for an hour. Mentors listen, support, befriend, and encourage local youth. One-on-one training is provided with a program coordinator before volunteers start to meet with students. On-site program coordinators are available for on going support.
Size: Individual or Group
Minimum Age: 21
- *Mentor a Covington Elementary Student (Lunch Buddy Program)*
Reach out and become a mentor to a Covington youth. School-based mentoring programs are offered at elementary schools in Covington. Adults meet with a student once a week during the school day for an average of 30-45 minutes, usually during the students' lunch period. Mentors listen, support, befriend, and encourage local youth.
Size: Individual or Group
Minimum Age: 18
- *Goodwill GoodGuides Mentoring in Covington*
Mentors work with local youth in a career based mentoring program. Mentors help youth build career plans and work skills by providing a structured and supportive relationship.
Size: Individual or Group
Minimum Age: 21
- *Volunteer teachers for after school programs*
Volunteer teachers are needed for after school programs in Covington. Teach your favorite hobby to a group of youth or run a sports club with youth. Let us know what your interests are and we can design a class together. Holmes High School, Holmes Middle School, John G Carlisle, and 9th District Elementary will all be homes to Community Learning Centers this fall. Community Learning Centers will be open to the Covington public, Monday - Thursday, 3 - 7 p.m.
Size: Individual or Group
Minimum Age: 21

FamiliesFORWARD

Date: September 2010 - June 2011

Contact Name: Deborah Allsop, Phone: 513-721-3307, E-mail: deborah.allsop@familiesforward.net

Location: Cincinnati, OH 45202

Provides services to help children develop the attitudes and behaviors necessary to become productive, independent and responsible citizens through a school-based, family-centered program.

- ***AFTERSCHOOL MEALS FOR ENRICHMENT PROGRAMS***

-Volunteers are needed on an ongoing basis throughout the academic year to assist with gathering and organizing items for afterschool meals.

-Together with Kids Cafe, FamiliesFORWARD provides hot meals to students participating in afterschool enrichment programs. Volunteers for FamiliesFORWARD will help gather and organize the paper products, plastic cutlery, bottled water, and juice boxes needed for these meals.

-The meal program operates Mondays through Fridays during the school year. Volunteering can be on a regular or one-time basis depending on the interests and scheduling needs of the individual volunteer.

Schools served:

- * Bond Hill Academy
- * Carson Elementary
- * Hays-Porter
- * Hoffman-Parham
- * Withrow University

We have a great team of volunteers supported by dedicated, professional staff. Please contact us for more information and to join us in making a difference!

Size: Individual or Group

Minimum Age: 18

Freestore Foodbank

Date: Year round

Contact Name: Margaret Walker, Phone: 513-482-7543, E-mail: volunteerservices@freestorefoodbank.org

Location: Cincinnati, OH 45202

Provides food, products and services to help people overcome barriers to their basic survival needs and further their self-reliance.

- ***Back On Track Clothing Room***

Back on Track Clothing provides emergency and work-related clothing for individuals and families.

Volunteers will sort through clothes, place them on hangers and racks, and assist clients on Tuesdays and Thursdays, 9 a.m. - 3 p.m.

Size: Individual

Minimum Age: 18

Great Oaks Institute of Technology and Career Development

Date: Year round

Contact Name: Debra Meyer, Phone: 513-612-5830, E-mail: meyerdl@greatoaks.com

Location: Cincinnati, OH 45241

Great Oaks, one of the largest career and technical education districts in the United States, provides career development, workforce development and economic development services to individuals, business, industry, labor, communities, and other organizations in southwest Ohio.

- *Help foreign-born citizens improve their English*

Assist a teacher with foreign born students who are improving their conversational English, learning survival skills and assimilating our culture. Orient and evaluate new students. Work one-on-one with individuals with books, games and conversation. Lesson plans are developed by the teacher for the tutor's use. The tutors may supplement with their own materials. The students are grouped according to ability levels.

Size: Individual

Minimum Age: 16

Hughes Center

Date: September 2010 - June 2011

Contact Name: Kent Buckingham, Phone: 513-891-8041, E-mail: hughes.science.tutors@gmail.com

Location: Cincinnati, OH 45219

A learning community that supports, challenges and empowers students to become college ready, engaged citizens and life-long learners.

- *Science Tutoring for High School Students*

Volunteers will be trained to be Science Tutors, and will help the science teachers at Hughes High School to increase their students' science content knowledge and learn more about careers in STEM (science, technology, engineering and math) fields. The Science Tutors will join a unique program that connects volunteer scientists, professionals, engineers, etc., with high school students in order to help the students excel in the sciences and feel motivated to pursue college degrees in STEM subjects and to pursue careers in STEM-related fields. Tutoring takes place every Wednesday, 12:30-1:45 p.m.

Size: Individual

Minimum Age: 24

Mercy Neighborhood Ministries

Date: Year round

Contact Name: Nancy Purcell, Phone: 513-751-2500 x 204, E-mail: npurcell@mnministries.org

Location: Cincinnati, OH 45206

Promotes the empowerment of individuals and families through programs that address their immediate needs, foster self-reliance, promote holistic health and advocate for social justice.

- *GED Tutors*

Volunteers will tutor our GED students for the Education Services Program at Mercy Neighborhood Ministries. Tutoring time is available on Tuesday/Wednesday/Thursday, 9:30 a.m. - 12:30 p.m. and Tuesday/Wednesday/Thursday, 5 - 8 p.m.

Size: Individual

Minimum Age: 18

- *Professional Development Speakers*

Volunteers to speak to home healthcare aides on topics relating to work skills, personal empowerment and self-sufficiency. These employees are women who are transitioning into the workforce or aspiring to seek better employment and would benefit from topics such as budgeting and financial literacy, team-building, career development (e.g. workplace communication, time-management, chain-of-command), balancing home and work, healthy relationships, housing options issues arising out of generational poverty, spirituality and health/wellness. The women meet Thursdays, 11:30 a.m. - 12:30 p.m. This time is set aside for such educational offerings.

Size: Individual or Group

Minimum Age: 25

North Avondale Montessori School**Date:** September 2010 - June 2011**Contact Name:** Jamie Donaldson, Phone: 513-363-3934, E-mail: donalja@cps-k12.org**Location:** Cincinnati, OH 45229

Provides children the foundation for knowledge, skills, self-awareness, and independence needed to become responsible members of a more harmonious world and contribute to its development.

- *Tutors*

Got 30 minutes (or more!)? Here's a great opportunity to make a LIFE TIME IMPACT on a child by tutoring (for grades K - 6) in reading, math or writing. We have kids who are ready for immediate tutoring help. You pick the day(s) and time(s) (M-F, 8:00 a.m. - 3:00 p.m.) and we'll match you with a child! North Avondale Montessori (a Cincinnati Public School) is located near Dana & Reading Roads.

Size: Individual**Minimum Age:** 14**Ronald McDonald House Charities of Greater Cincinnati****Date:** Year round**Contact Name:** Stephanie Crellin, Phone: 513-636-5586, E-mail: screllin@rmhouse.org**Location:** Cincinnati, OH 45229

Provides a supportive 'home away from home' for families and their children who are receiving treatment at Children's Hospital Medical Center or other area hospitals, regardless of their ability to pay.

- *Guest Services Volunteer*

Guest Services Volunteers help provide families at Ronald McDonald House with a pleasant and comfortable stay by assisting staff with the daily operations of the House and by providing support to the families as needed. Please contact us or visit our website at RMHCincinnati.org for more detailed information.

Size: Individual**Minimum Age:** 18

- *Volunteer Opportunities at Ronald McDonald House*

Ronald McDonald House has many volunteer opportunities you can choose from -- some can be done here in our House and some outside the House. All provide a most appreciated service to our guest families. Individuals or groups can find opportunities to do some light cooking/baking or prepare an entire meal, provide entertainment, assemble snack bags or craft kits, collect pop tabs, collection wish list items, organize a change war, assist in language translations and much more! Please contact us or visit our website at RMHCincinnati.org for more information on how you can help.

Size: Individual or Group**Minimum Age:** 15