

Newburyport Area Volunteer Opportunities Directory **Fall 2008**

**"The difference between
what we do
and what we are capable of doing
would suffice to solve most of
the world's problems."
Mahatma Gandhi**

**Volunteer Directory is also available online under
"Downloads" at:
www.povertyprogram.com**

**Compiled by the Pennies for Poverty: 2 Cents for Change,
First Religious Society Unitarian Universalist Church
and the Poverty Program.**





Two Cents
Two Cans
Two Hours
TOGETHER!

Pennies for Poverty: Two Cents for Change has on going volunteer needs for help with planning and running events, and coordination with the local service agencies, churches and other volunteer groups in town as well as other office needs. If you would like to help with this grass-roots effort to reduce poverty, increase awareness and volunteerism, plan and put together free community events, please call 978-463-0507 or email us at: 2cents4change@gmail.com.

HEALTH & NUTRITION CONT.

The Samaritans 24 hour suicide prevention hotline. 866-912-4673
Volunteers trained to take shifts responding to hot tine calls.

Strongest Link Aids Services

5 Federal Street, Danvers 978-777-5885

Volunteers needed for office support and transportation services for people living with HIV, and their families. Support also needed for annual holiday program

Tobacco Education Program

Newburyport City Hall, 2nd floor, Newburyport 978-465-4434

Program needs volunteers to help make tobacco education efforts real and meaningful. Opportunities range from administrative support to manning boots for community health events. Youths encouraged; community service credit opportunities

Buddhist saying

If you light a lamp for somebody,
it will also brighten your path.

Still can't find what you're looking for?

www.volunteermatch.org

HEALTH & NUTRITION

Anna Jaques Hospital/Amesbury Health Center

25 Highland Avenue, Newburyport, 978-463-1150

Forty-three different volunteer assignment opportunities exist, from direct support with patients and their families to assisting in office areas. Flexible arrangements.

The Elms 53 Friend Street, Amesbury 978-388-3373

The Elms is an alcohol- and drug-free residence for men. Donations of food, household supplies are welcomed.

Health and Education Services 978-462-4644

Serves mental health needs for all ages (children, family, adult, elderly). Counseling, 24 hour emergency crisis hotline. Amesbury, Haverhill and Newburyport

IMEC (International Medical Equipment Collaborative), 1600 Osgood St, N. Andover, MA 01845 www.imecamerica.org Arranges, prepares and ships hospital suites out worldwide.

Link House

37 Washington Street, Newburyport 978-462-7341

The Link House is an alcohol and drug residential rehabilitation program. Transportation needed to appointments and meetings.

Merrimac Valley Hospice

Home Health VNA, 36 Merrimac Street, Lawrence
Contact Linda Chernov, Volunteer Director
978-552-4522 or 800-933-5593

Volunteers needed to assist elderly at home with transportation, laundry, grocery shopping, and meal preparation. Hospice volunteers also needed to be companions to elders and others

Merrimack Valley Nutrition Project

Meals on Wheels, 301 Main Street, West Newbury 978-363-5413
Volunteers for kitchen help and back up drivers to deliver meals.

Shared Caring Hospice, Inc.

PO Box 564, Newburyport 978-462-1210

Trained volunteers needed to work with the terminally ill

PENNIES FOR POVERTY VOLUNTEER JOB FAIR October 17 and 18 10 AM -4 PM Unitarian Church Parish Hall 26 Pleasant Street, Newburyport

COME AND BE PART OF THE SOLUTION !

Please join us on October 17 & 18, 2008 for a Volunteer Job Fair from 10 AM to 4 PM at the Unitarian Church. Along with informational tables from various charities, there will be banners made by the local charities and participants for the International Volunteer Day on December 5, 2008. The dedication and blessing of the Banner by the local religious leaders will be on December 5 at 4 PM, Unitarian Church.

Stop by and sign up to volunteer! Stop by and design a Banner Against Poverty!

Organizations, NPOs: to participate in the Volunteer Job Fair, please call or email Rob Burnham for an application. There is no cost for participating.

For more information:

**Rob Burnham 603-501-9549 or jcrdburnham@verizon.net
2cents4change@gmail.com or www.povertyprogram.com**

Mark your calendar! 2008

Oct 17: International Day for the Eradication of Poverty
Oct. 17 & 18 Volunteer Job Fair
December 5: International Volunteer Day & Blessing of the Banner, Unitarian Church

CHILDREN

Boys and Girls Club of the Lower Merrimack Valley

Maple Street, Salisbury 978-462-7003

Contact: Jim Keenan

Website: www.boysandgirlscluboflmv.com

The Boys and Girls Club seeks to provide every child with the essential tools needed for a successful and bright future. The Club needs volunteers of all ages to work in the office, as athletic coaches, recreation assistants, cooking instructors, homework tutors, arts and crafts and fundraising.

Harbor Schools, Inc.

26 Rolfe's Lane, Newburyport 978-462-3151

This organization is a residential treatment center, providing prevention and aftercare services for young people (ages 13-18) having severe special needs, and for families in crisis. Volunteers needed to help with special school events, tutoring, classroom assistance, big brother/big sister roles, sharing interests (arts, crafts, music, and recreation).

The Newburyport Education Foundation (NEF) 978-463-7893

e-mail: cwalth@NewburyportEF.org

www.NewburyportEF.org

NEF is a non-profit organization dedicated to generating financial resources to enhance the quality of public education throughout in Newburyport. Volunteers are needed to assist with organizing and running events, planning, and grant research.

Newburyport Youth Services

Contact: Andrea Egmont, Supervisor of Youth Services

60 Pleasant Street, Newburyport 978-465-4434

e-mail: aegmont@cityofnewburyport.com

Website: www.cityofnewburyport.com

We have opportunities to help with programming or events.

ENVIRONMENT & ANIMALS

The Garden Committee of Maudslay State Park

Contact: Sandee Liversidge 978-462-4731

e-mail: gardenwork2@earthlink.net

The historic gardens at Maudslay State Park need volunteers for hands-on gardening and fundraising. Times are flexible and are designed to meet many schedules - weekday or weekend.

Mass Audubon Society

Joppa Flats Education Center 978-462-9998 ext 3

Contact: Melissa Vokey

e-mail: mvokey@massaudubon.org Website:

www.massaudubon.org

Mass Audubon's newest sanctuary, Joppa Flats Education Center on the Plum Island Turnpike, welcomes volunteers with or without a birding background. Volunteer opportunities include working at the front desk, interpreting from the on-site bird blind, helping with children's, school, and adult programs, and providing grounds maintenance. Volunteers receive regular trainings, discounts on local day programs, invitations to special events, and reciprocity with other non-profits.

Merrimack River Feline Rescue Society

63 Elm Street, Salisbury 978-462-0760 www.mrfrs.org

Volunteers needed to help out at our no-kill shelter, provide a foster home for kittens, help to feed homeless cats.

Parker River National Wildlife Refuge 978-465-5753 ext. 31

Volunteer positions available in visitor information and as Plover Wardens.

When the story of these times gets written, we want it to say that we did all we could, and it was more than anyone could have imagined. Bono

DISASTER RELIEF

American Red Cross

31 Green Street Newburyport 978-462-8243

Volunteers needed in all programs and support areas including disaster relief workers, health services instructors, receptionists/secretary, blood drive aides, and coordinator of medical equipment loan program. Call about these and other positions available.

Emergency Management-Civil Defense Volunteers

Office of Emergency Management, National Guard Armory, 59 Low Street, Newburyport, 978-465-4424

Volunteers needed to fulfill all roles in emergency operating center and responses to the public in emergencies. Training, equipment and recognition provided. Uniformed branch of city government.

ELDERLY

Companion Care Program

PMA Building, 1 Parkway Rd, suite 3120, Haverhill 978-372-8118

Part of the Elder Outreach Program, volunteers are needed to visit and provide companionship to elders in the Merrimac Valley area.

Council on Aging

40 Water Street, Newburyport 978-462-8650

Drivers needed to take elders to doctor's appointments and shopping. Friendly visitors are also needed for elders.

Elder Services of the Merrimack Valley, Inc.

Contact Rose McGarry, Director, or Jean D'Arcy, Assistant Director, Ombudsman Program.

800-892-0890 x380

Elder Services needs advocates to visit nursing home residents: flexible hours, mileage reimbursement, training provided.

CHILDREN CONT.

Parental Stress Hotline

800-632-8188 (a Massachusetts-only number)

24 hour hotline to defuse parental stress.

This hotline requires a one-year commitment to take telephone shifts on state-wide toll-free hot line. Overnight shifts taken in the volunteer's home via a call forwarding system, daytime shifts in the Kenmore Square office of Parents' and Children's Services. Parking charges are paid.

YWCA 13 Market Street, Newburyport 465-0981

Volunteers needed at the pool desk and after school daycare program, etc. Help needed for specific projects.

**You make a living by
what you get,
but you make a life
by what you give.
-- Winston Churchill**

COMMUNITY SERVICES

Community Action, Inc.

Community Partnership Program

Head Start Program

447 Merrimac Street, Newburyport 978-499-8357

Community Action is in need of a wide variety of volunteers. The Head Start Program is a Federally-funded day care program for low and moderate income families. The Community Partnership Program is a state-funded grant program providing money for day care for the children of low and middle income working families.

Community Giving Tree

Contact: Leslie Levenson

e-mail: communitygivingtree@attbi.com 978-887-3933

A non-profit collection and distribution network serving the North Shore, the Community Giving Tree provides household goods to families in need, as well as to other non-profit organizations in need of household goods for their clients.

Jeanne Geiger Crisis Center 2 Harris Street, Newburyport
978-465-0999 (office) 978-388-1888 (24-hour Crisis Hotline)

Serves battered women and their children in crisis. Volunteer opportunities: answering the hot line. Assisting women with court procedures, child advocates, and rapid response team. Training provided. Contact Robin N.

Commission for Diversity and Tolerance Beth Horne 978-465-1871

A coalition of concerned people committed to providing a community that does not tolerate violence.

Opportunity Workshop 10 Opportunity Way, Newburyport 978-462-6144

This organization serves developmentally disabled, providing training and employment in sheltered workshop, training in social and daily living skills. A variety of volunteer needs exist: quality control, drivers, landscaping, special activities (music, art, exercise), big brother/big sister relationships. Crafts, exercises, music and other leisure activity programs for older people in the Golden Opportunity Club

ELDERLY CONT.

Nursing Homes

Nursing homes are very happy to have volunteers! Contact the Activities Director and go in for an orientation. Typical activities are one-on-one room visits, writing or reading letters and stories, card or board games, sharing your interests and skills, and helping with their program. Popular times are late morning and mid-afternoon.

Amesbury Village Skilled Nursing and Rehab

22 Maple Street, Amesbury

978-388-4682

Brigham Manor Nursing and Rehab Center

77 High Street, Newburyport

978-462-4221

Country Rehab and Nursing Center

180 Low Street, Newburyport

978-465-5361

Harborside Health Care/Maplewood

6 Morrill Place, Amesbury

978-388-3500

Port Health Care

113 Low Street, Newburyport

978-462-7373

Seaview Retreat

60 Mansion Drive, Rowley

978-948-2552

**We are all like one-winged angels. It is only when
we help each other that we can fly.**

-- Luciano de Crescenzo

CULTURAL

Cushing House Museum Contact: Jay Williamson
98 High Street, Newburyport 978-462-2681
e-mail: hson@greennet.net Website: www.newburyhist.com
Volunteers are needed as Docents (tour guides), for historical research, special events, grant writing and gardening.

Custom House Maritime Museum
25 Water Street, Newburyport 978-462-8681
Volunteers needed to staff the gift shop and admissions desk, docents (guides for tours) and administrative activities. 3-hour shifts.

Firehouse Theatre Market Square, Newburyport 978-462-7336 ext 12
e-mail: kmiller@firehouse.org Website: www.firehouse.org
Volunteers: ushering (and get to view a show), volunteering at the Box Office, office help, putting up posters around town, clipping newspaper articles to keep the Firehouse history, and helping backstage.

Lowell's Boat Shop 459 Main Street, Amesbury 978-462-8681
Volunteers needed as docents, maintenance projects, and administration activities.

Newburyport Art Association
65 Water Street, Newburyport (978) 465-8769
e-mail: naa@newburyportart.org website: www.newburyportart.org
Opportunities include exhibition installation support, organizing and hosting receptions, assisting with community outreach programs, sitting the gallery, small building up-keep projects, and special events.

Newburyport Maritime Society www.themaritimesociety.org

The Society for the Preservation of New England Antiquities
Spencer-Pierce-Little Farm 5 Little's Lane, Newbury 978-462-2634
SPNEA is looking for people to assist with a variety of positions, including docents, clerical, reception desk at visitor's center, and special event volunteers, and others as needed. Training provided.

COMMUNITY SERVICES CONT.

Our Neighbor's Table P.O. Box 592, Amesbury, Massachusetts 01913 978-388-4863 or 978-835-3016
Our Neighbor's Table serves homemade meals at the Main Street Congregational Church in Amesbury on Wednesdays each week (3:30-6:00) and opens its food pantry from 3:00 to 6:00 also on Wednesdays. Volunteers are needed as cooks' helpers, servers and sorters for the food pantry on Saturday from 9:00 to 12:00.

Pettengill House 13 Lafayette Road, Salisbury 978-463-8801
Volunteers needed for office/clerical work or manning and stocking the pantry. This is just one of many services provided.

Salvation Army 40 Water Street, Newburyport 978-465-0883
Volunteers needed to assist elderly, visit nursing homes, odd jobs and youth programs, feeding programs, food pantry, seasonal (holiday) help.

Turning Point Safe Recovery Program and Main Stream Housing Program P.O. Box 548, 5 Perry Way 21, Newburyport 978-462-8251
These programs serve women and children who have become homeless due to domestic abuse and/or substance abuse. Housing provided for up to 24 months.

Women in Transition 978-750-1900 ext. 3725
e-mail: hb187@hotmail.com
Women in Transition is a pre-release facility program that serves women offenders. The goals of the Women in Transition program are to help women identify the reasons why they went to prison and identify solutions, as well as to help the women make a successful transition back to their communities by encouraging aftercare treatment. Most of the women incarcerated there are guilty of nonviolent, drug-related offenses. Women in Transition is looking for volunteers to facilitate weekly or monthly groups on domestic violence, parenting, or nutrition. Teaching hobbies, such as knitting, are also welcome.

YMCA Rt. 110 Plaza, Amesbury 978-462-6711
Volunteers needed at events and for programs.

Little Things That Make a Difference

- Click on The Hunger Site (and its affiliates: The Breast Cancer Site, The Child Health Site, The Literacy Site, The Rainforest Site and The Animal Rescue Site) every day, for free.
 - Use Search Kindly for your web searches.
 - Shop through iGive.com.
 - Have a clothes swapping party and donate any unwanted clothes to charity.
 - Have your children in charge of recycling! Every ton of paper recycled saves 380 gallons of oil.
 - Once a week, have an "unplugged" family night.
 - Evaluate your car usage. Do you need to use the car for every errand? Walking 10 miles during a week instead of driving saves 500 pounds of CO2 emissions!
 - **BUY LOCAL:** support local farmers, stores, artists.
Please take the extra time to buy local and support our local farmers. More and more farms are struggling and as we lose farms, we lose not only access to fresh, locally grown vegetables and fruit but we lose jobs, open space, tax dollars and more. Please support our local farmers. Buying locally grown food also helps the environment.
 - Freecycle.com
This site is a great way to get things you may need for free, get rid of things you no longer want and is also good for the environment. There is no cost to join this and you'd be surprised what people are giving away from phones, to old train sets, to household items, children's toys and more. A great form of recycling!
 - Advocate for better education for all.
 - Volunteer in public schools.
 - Advocate, write letters.
 - Contribute or volunteer at food programs.
 - Knit hats or blankets for children in the Third World: they don't have incubators. Advocate for better education for all; volunteer in public schools.
 - Be a Big Brother or Sister.
- Educate yourself about poverty issues and then educate others.
 - 29 cents- The cost for a WFP food ration that feeds one malnourished person a day.
 - Buy local:
 - Buy Fair Trade products.
 - Buy used and recycled items: thrift stores, antiques stores, second hand stores, yard sales.
 - Fast one day and donate the money.
 - Paper or plastic? Bring your own cloth bag and save the environment.
 - Drink tap water, not bottled water.
FACTS: According to the United Nations, if we took half of what is currently spent on bottled water (approximately \$100 billion annually) and invested it in water infrastructure and treatment, everyone in the world could have access to clean drinking water.
The U.S. EPA sets more stringent quality standards for tap water than the FDA does for bottled water. Approximately 40% of bottled water is actually tap water. It takes 1.5 billion barrels of oil to produce the plastic for water bottles. According to the Container Recycling Institute, only 14% of plastic water bottles are recycled. A water bottle in a landfill will take more than 1000 years to biodegrade.
 - Practice conscious, socially responsible living.
 - Cut down on your consumption, and live more simply.
 - Shop less.
 - Cut back on your gas consumption. Whenever possible, walk, ride a bike, take public transportation, or carpool.
 - Keep your house as energy-efficient as possible: Use as little electricity, heat and hot water as possible. Install energy-efficient lighting and appliances. Choose an electricity supplier that offers renewable energy.
 - Be prepared for an emergency. Stock up on emergency supplies; buy a handcrank flashlight/radio; have a supply of water, nonperishable foods, necessary medicines on hand, have an emergency plan.
 - Recycle: stop receiving catalogs and junk mail.