

Hearts & Hands

Safe Kids of Hilton Head/Bluffton:

Safe Kids exists to provide events and education to prevent unintentional injuries in children. Call 342-5828 to volunteer.

Boys & Girls Club:

Hundreds of children M-F need volunteers after school to help coordinate homework, assist in the technology center, help in the gym and outdoor programs, share special skills, and be a friend. Call Patti at 689-3646.

Caring Hearts:

Help organize events, contact potential sponsors and spread the word about this charity, which provides assistance to medical caregivers in their time of need. Call Jackie Powers at 837-3084 for more information or to volunteer.

Hospice Community Thrift:

Volunteers needed for selling and accepting donated items. Sponsored by Hospice of the Lowcountry, proceeds benefit the community's non-profit organizations. Call 689-5455.

Child Development Center:

Rock a baby, tutor a student or mentor a teenage mother. Contact Janice at 987-9111 for more information on all of our programs.

Friends with Wheels:

Drivers needed to help transport people to medical appointments as well as volunteers to take calls. Call Cathie at 681-8333 for more information or to volunteer.

Palmetto Hospice:

Volunteer to assist terminally ill patients and their caregivers. Training is provided. Call 706-2566 or 888-818-8269 for more information or to volunteer your time.

Meals-on-Wheels:

This United Way agency helps those needing meals. Volunteer drivers are needed and donations appreciated. Call 689-8334.

Spay and Neuter Clinic:

Miracle Animal Rescue Spay & Neuter Clinic needs a fund-raising director, event planners and a veterinary assistant. No experience required. Call 227-DOGS.

Second Helpings:

Rescued food is delivered to 64 charitable agencies who feed the less fortunate families in the Lowcountry. Call 689-3689 to find out how you can help those in need.

Hilton Head Humane Association:

Volunteers are needed for office work, animal care, vet assistance, thrift shop help, fundraising and more. Call 681-8686 for more information or to volunteer your time.

South Carolina State Guard:

Serve the community by joining the South Carolina State Guard. Public safety, health and emergency preparedness are the three areas of emphasis. Call at 681-5787.

American Red Cross:

Volunteers are needed to learn how to respond to disasters as well as answer phones and help with office work. Call 757-7437 to volunteer.

Beaufort Humane Association:

BHA is looking for volunteers to help socialize cats and kittens at PetsMart in Bluffton. Also, spay/neuter programs are available to help control the pet population. Email volunteers@beauforthumane.org or call 304-8859.

Beaufort County Library book drive:

Waldenbooks in The Mall at Shelter Cove is collecting new and used books for the Hilton Head Library. Books of any length, size and shape will be accepted Call 785-4301.

Alzheimer's Respite and Resource:

Assist memory-impaired individuals with arts and crafts projects, exercise program, sing-alongs and more; help with discussions on current and special events. Be a companion. Training provided. Call Christy at 842-6688.

Bargain Box:

Volunteers needed for sorting, pricing and selling donated items. Proceeds benefit area non-profit organizations. Call Edna at 681-2601.

Hospice Care of the Lowcountry:

The area's first volunteer-based, non-profit hospice and palliative home health agency always welcomes kindred spirits to help with patients and their families, office support, bereavement, pastoral guidance and board participation. Please call 681-7814 to learn more.

Lowcountry Legal Clinic:

Retired attorneys who can volunteer time providing free legal services to the underprivileged are needed. South Carolina license not required. In addition, interpreters are needed for Spanish-speaking clients. Call 341-9222.

Island Cultural Arts Network (ICAN):

The Island Cultural Arts Network is a community-based center for the exploration of artistic and spiritual growth and the encouragement of anyone with a desire to create. Volunteers are needed for committees, office support and special events. Call 842-2600 for a chance to help your community.

Heroes on Horseback:

This non-profit organization uses horses to provide therapeutic benefits for individuals with physical, mental and emotional disabilities. Volunteers are needed to help with the riding sessions, administrative aspects of the program and fundraising. Experience with horses is helpful but not necessary. Volunteer training available. Call 757-5606.

Island Hospice:

This non-profit affiliate of Island Health Care offers many volunteer opportunities, including: administrative, caregiver respite and patient visitation. Call Cathy Hess at 208-3666 for more information.

Friends of the Hilton Head Library:

The Friends of the Hilton Head Library is looking for volunteers to work in its Bookstore. You may request a regular shift once per week or work as a substitute when needed. The bookstore is in the lobby of the Library. If interested, please leave name and phone number at the Bookstore.

Beaufort County Volunteer Opportunities:

A listing of various volunteer opportunities throughout Beaufort County is available on-line at <http://www.co.beaufort.sc.us/Council/application.htm>. On the left of the screen you can learn about volunteer opportunities in departments including public works, planning and more.

St. Francis Thrift Shop:

Volunteers are needed for sorting, pricing and selling donated items. Proceeds benefit church and community oriented non-profit organizations. Call 689-6563.

Hospital Volunteers:

Help provide a bit of "TLC" for the patients, families and visitors at Hilton Head Regional Medical Center by volunteering in one of 25 departments. Some areas utilizing volunteers are: Auxiliary Gift Shop, Inpatient Departments, Emergency, Trolley, Bloodmobile, Family Waiting Room, Same Day Surgery Info Desk, Radiology. Call 689-8201.

Hilton Head Heroes:

This organization is dedicated to bringing children with life-threatening illnesses, and their families, to Hilton Head for a cost-free vacation. Volunteers are needed to welcome them to the island and help them check into donated villas. Call 686-6856, or 671-4939. www.hiltonheadheroes.org.

Citizens Opposed to Domestic Abuse (CODA):

The Beaufort Safe House for women and children needs volunteers to work in the office and in areas such as legal advocacy and children's programs. Call 770-1083.

Volunteers in Medicine Clinic:

Medical and dental professional volunteers as well as non-medical volunteers are needed. Urgent need for interpreters, generalists, internists, family practitioners, and gynecologists. Call 681-6612, x. 227.

Programs for Exceptional People:

PEP needs volunteers to be friendly visitors and mentors for adults with developmental disabilities. Volunteers to help with board committee work are also needed. Computer skills a plus! Call Debbie at 681-8413.

Carolina Companion Animal:

The organization offers low-cost spay and neuter services. Volunteers are needed for accounting, fundraising and vet tech assistance. Call 815-4984 to volunteer.

Literacy Volunteers of the Lowcountry:

Thousands of adults in Beaufort County cannot read or speak English. Find out how you can help change their lives. Administrative opportunities also available. Call 686-6655.

Bluffton Self Help, Inc.:

This organization provides short-term emergency relief to those in need in the Bluffton area. Volunteers (particularly those with Spanish-speaking skills) are needed to assist in all areas. Call 757-8000.

Cole-Heyward House:

The historic Cole-Heyward House in Bluffton is looking for docents to give guided tours. Come learn about antebellum Bluffton and meet our guests. Call 757-6293.

Carolina Houses of Hilton Head & Bluffton:

Volunteers are needed to read to, walk with or just visit residents of the assisted-living and memory-care communities. Musicians and bands especially needed for the Alzheimer's program. For HH, call 342-5599; for Bluffton, 815-2555 to volunteer your time.

Operation 100% Reading Program:

Volunteer tutors are needed at H.H. Elementary to help first-graders learn to read. M-Th., 9-11 a.m. Teaching experience not necessary. Call Carole at 689-2787 to learn more or to volunteer.

Girl Scouts of Carolina Low Country:

Adult volunteers are needed to serve as leaders for Girl Scout troops. If interested in leadership, call Ruth at 757-6639 for more information or to volunteer.

Coastal Discovery Museum:

Volunteers needed: office workers to help with mailings and special events; desk workers to run the gift shop and schedule tours, walks and cruises; docents to lead tours. Call Jeanette Carlton at 689-6767, ext. 222.

ACCESS Network:

Volunteers are needed to assist with Web site design and launch, office work, food program, HIV prevention programs and fundraising. ACCESS offers free, confidential HIV testing and counseling. Call 379-5600 to learn more about ACCESS or to volunteer your time.

Mental Health Association:

MHA of Beaufort and Jasper counties needs your help to provide advocacy, education and service for children, adults and the elderly. Call 682-2900 for volunteer opportunities in a number of positions including: drivers for clients with work placements, event planning, health fairs and more!

Community Theater:

The Hilton Head Community and Youth Theater (HHCYT) is looking for actors, set painters, singers, sound/light techs, seamstresses, musicians and prop gatherers. Call 689-6246 for information or to volunteer.

Habitat for Humanity:

Volunteers needed to help with construction, office work and to serve as committee members. Call 757-5864. Volunteers are also needed at the Habitat Resale Store in Bluffton: truck drivers, workers to help with pricing, display and customer service. Call 757-9995.

Deep Well:

Help those less fortunate than you. We are in need of office workers and carpenters. Call Deep Well at 785-2849 for more information on volunteering.

The Volunteer Center:

A service of United Way of Beaufort County, Inc. recruits and refers volunteers to non-profit organizations, matching your interest with a community need. Call 686-4361. □

Every month, our Volunteer Bulletin Board lists all kinds of opportunities to help make our community a better place. List your organization's needs by e-mailing: bkaufman@frey media.com, or faxing 842-5743. This is a free service of Hilton Head Monthly.



Hal Curtis & Gene Murrell helping out at the Red Cross

Disaster RELIEF

On Thursday, December 23, the greatest natural disaster in recent history swept through lower Asia and India. The cost of this horrendous tsunami, both in homes destroyed and lives taken, is unbelievable. The entire world watched in numb disbelief as the impossible death toll rose ever higher and images of the apocalyptic devastation that had been wrought began to trickle back through news agencies. When a natural disaster of this magnitude strikes, however, that divine spark which makes us fundamentally human kicks in and we mobilize to help those affected.

Here in the Lowcountry that primal instinct to assist our fellow man is no different. Within days of the disaster, charitable organizations and private groups geared up for a series of benefits, fundraisers and events to drum up aid for the victims of the tsunami.

The Palmetto Chapter of the American Red Cross kicked off its relief effort on December 7th with simultaneous drives at its Bluffton and Savannah branches, with Adventure Radio personalities doing live remotes to bring in donors. They continue to accept donations; see below for addresses to send to.

The following Friday, the 14th of January, SCORE and several area organizations got together for a fundraiser evening at The King's Wharf. Featuring music by The Headliners and DJ Alan Palchak, this \$30-a-head event brought the community together in a night of remembrance, reflection and donation.

On the 22nd, a pair of athletic events helped raise money for disaster relief. For runners, the Town of Hilton Head and Go Tri Sports came together for the "Tsunami Relief 5K Beach Run/Walk" at Hilton Head Beach and Tennis to support the Red Cross International Response Fund. For golfers, Canongate at Pinecrest held a \$60-a-player golf tournament to raise funds for the American Red Cross Tsunami Relief Program.

Nothing we can do can undo the damage, but through the many organizations working hard around the world, we can at least help ease the pain of recovery.

To donate to the American Red Cross, send checks to: American Red Cross, Palmetto Chapter, P.O. Box 2839, Bluffton SC, 29910.

Or send checks to the United Way at: United Way of Beaufort County, P.O. Box 202, Beaufort, SC 29901.

- Barry Kaufman