

## news: VOLUNTEERS

# Hearts & Hands

## 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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:

Deep Well is in need of the following types of skills: plumbing, electrical, office, food delivery and furniture moving. Call Rene at 785-2849 to volunteer your time.

## 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 for further details or to volunteer.

## Heritage Library:

Hilton Head's genealogy and history research center needs volunteers for office work, bookstore sales, helping researchers and general library work. Call Gwen or Pam at 689-9558.

## 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. For more information call 757-5606.

## 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.

## Meals-on-Wheels:

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

## 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 to volunteer.

## Child Development Center:

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

## Palmetto Hospice:

Volunteer to assist terminally ill patients and their caregivers. Training is provided. Call 706-2566 or 888-818-8269.

## Spay and Neuter Clinic:

Miracle Animal Rescue Spay & Neuter Clinic needs a fundraising 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 through your time and effort.