

volunteer
opportunities
for
teens
you make a

difference
in the community

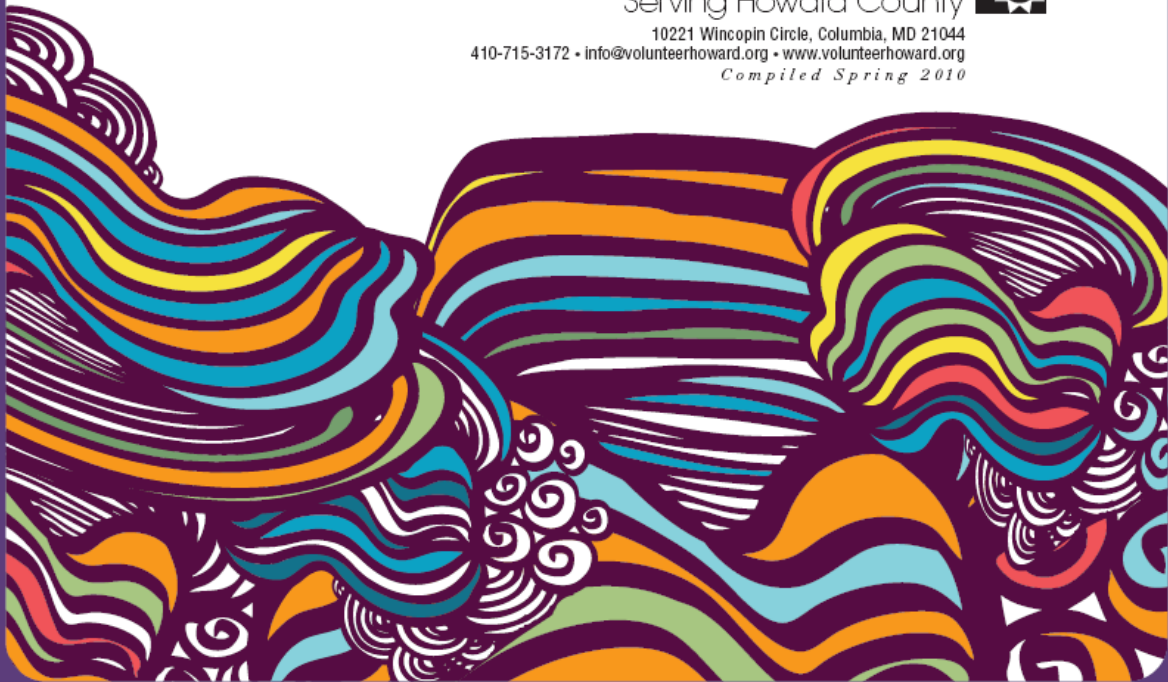
The Volunteer Center

Serving Howard County



10221 Wincopin Circle, Columbia, MD 21044
410-715-3172 • info@volunteerhoward.org • www.volunteerhoward.org

Compiled Spring 2010



March 2010

Dear Youth Volunteer,

Thank you for your interest in making a difference in our community! By choosing to volunteer you will not only benefit those you serve – your community will benefit and so will you. Now is the time to join the national youth service movement. We know that you are busy; we remember what it was like in middle and high school. Between sports, clubs, band, homework, friends, family and religious obligations, life can be pretty hectic. We're not asking you to drop everything in your life, we're asking you to take a little time to make a big difference!

Volunteering can be fun. This guide was designed to help you find an opportunity that is right for you. The guide is presented alphabetically by agency name, with a list in the back that presents the agencies by social issue. We suggest that you read all of the entries, though – you never know what new interests you might discover!

Volunteering is something anyone can do. Every person has skills and abilities that they can share with non-profit organizations. When you find an opportunity that looks interesting, contact the agency directly. If you have trouble finding something that interests you, please feel free to call us at the Volunteer Center for additional suggestions or for updates.

We challenge you to try something new, do something unfamiliar, discover a new skill or a career that you might want to pursue, meet new people, learn about yourself and others, have fun and change lives!

Sincerely,

The Volunteer Center Serving Howard County Staff



Show your support of the Volunteer Center by visiting our page on Facebook and clicking on "Become a Fan".

Volunteer Opportunity Updates:

Don't miss out on great youth volunteer opportunities that we receive **after** our deadline!

Visit our website at www.volunteerhoward.org and click on the calendar to learn about additional one-time or ongoing volunteer opportunities, check the key word search, or visit the Youth page for updated information. Thank you for your interest in making a difference

Youth Volunteers

Why Volunteer?

Meet new people • Learn new skills and gain experience • Develop and share skills that you already have
• Learn about local social issues • Help make a difference in your community • Enhance job and college applications • Include experiences on academic or professional resumes

Getting started

Pick an issue – what interests you? What changes would you like to see in your community? What are your skills? What would you like to learn? What makes you think, “That’s not fair!”?

Participate in a volunteer opportunity offered through a local agency

- Locate an agency or project using resources available through the volunteer center, such as the **calendar or search box on the website**, the *Volunteer Opportunities for Youth* Guide, or special projects and resources spotlighted on the Home Page or Youth Page of the website (ex: National Youth Service Day).
- Contact the agency directly.
- Request an orientation to the issue when you go to volunteer.
- Request training as needed.
- Reflect on your experience (What? So what? Now what?).
- Evaluate the experience. (What worked? What didn’t?).

Create a project

- Listen to Listen to the community – what is the need?
- Learn about what is already available in the community – work in partnership with existing programs so that you don’t duplicate efforts.
- Locate an agency with which to partner using resources available through the volunteer center such as the *Volunteer Opportunities for Youth* Guide or online listings of local agencies.
- Plan your project using resources available through your school, group and/or the volunteer center.
- Implement the project.
- Reflect on the experience (What? So what? Now what?).
- Evaluate the experience (What worked? What didn’t?).

Frequently Asked Questions

I can’t find any volunteer opportunities for young people in Howard County! The Volunteer Center Serving Howard County provides resources to help young people find volunteer opportunities in our community. The *Volunteer Opportunities for Teens* guide is updated 3 times a year and includes close to 40 local non-profit and governmental agencies seeking young volunteers. The guide includes minimum age requirements, contact information, and descriptions of available opportunities. It is available online at www.volunteerhoward.org or you can contact the center for a free copy. There is also an online calendar and a search box on the website where young people can search for one-time or ongoing opportunities, as well as a youth page that spotlights recognition opportunities and opportunities related specifically to young volunteers.

I’ve found an opportunity/agency - what do I do next? Contact the agency directly to determine what volunteer opportunities are available, to ask questions, and to find out when and how you can get started as a volunteer. We’ve included a sample script on the other side of this sheet. You and your parent/guardian should feel comfortable with the agency that you select, so do not be afraid to ask questions or for your parents/guardians to ask questions. For younger volunteers, there may be opportunities for you to volunteer at a local agency with your parent/guardian.

I’ve found some opportunities but none of them appeal to me. You may need to come up with a project idea on your own to “pitch” to local agencies. For example, are you an artist? Do you like music? Are you great with computers? Do you enjoy building? Create a project idea and contact local agencies that appeal to you, or learn a little about local agencies and try to work with them to develop a project that you like.

Can I volunteer with a friend? Yes - many agencies offer one-time opportunities that would be perfect for volunteering with a friend or a group of friends! You can learn about one-time opportunities by searching our online calendar at www.volunteerhoward.org.

I've contacted the agency and never heard back from them. Some agencies have part-time volunteers or even Volunteer Managers, and it can sometimes take time for them to respond to your request. You may need to contact them more than once, and you may find that phone calls work better than e-mail communication for some agencies. You may also decide to try to contact several agencies to find the one that is right for you.

Is it important for me to show up when I say that I will be there? After all, I'm the one helping the agency. YES. It is very important for you to show up when you say that you are going to be there. Many agencies depend on volunteers to get things done, and some make special arrangements including staff and materials in order to offer you a great volunteer opportunity. If you say that you will be there, do everything that you can to honor your commitment or to let the agency know in a timely manner if you are not able to make it.

If you are volunteering in part because you would like to include your experiences on an application or resume, keep in mind that (just like a job) it is often more impressive to show an ongoing commitment to an agency. Being a responsible and reliable volunteer may gain you a positive referral - even more importantly, it may open up exciting opportunities not available to a casual volunteer.

Sample Script for contacting a local non-profit or governmental agency

1. Who should I ask to speak with?

Ask to speak with the person identified as the contact person. If that person is no longer with the agency, ask to speak with the Volunteer Coordinator.

2. When is the best time to call?

Call the contact person during the days and times indicated in the agency directory. If you have to leave a message, leave your full name, why you are calling, your phone number and the best time to reach you (remember to speak slowly). Be persistent. If your call has not been answered within a day or two, call back. You may need to leave several messages.

3. What should I say?

Hi. My name is _____, and I am interested in volunteering. I would like to know if you have any volunteer opportunities that would allow me to learn more about your agency and its services. (Be sure to highlight skills and experiences that might be relevant to the agency. Also, let the agency know if you have any requirements, such as completing a specific number of hours by a certain deadline for school or a group or club.)

4. What questions should I ask?

What will I be doing? Where will I be volunteering? (Ask for specific directions.) How should I dress? Is there anything else I need to know before I start?

Materials modified from the Howard Community College's Service Learning Student Handbook 2008.

ALS Association-DC/MD/VA

Address: 7507 Standish Place, Rockville, MD 20855
Location of Work: Administrative Office in Rockville, MD
Contact: Colette Pond at (301) 978-9855 ext. 201 or cpond@ALSinfo.org
Website: www.ALInfo.org

Mission of Agency: The ALS Association provides free resources to people living with amyotrophic lateral sclerosis (Lou Gehrig's disease) and their families, increases public awareness of the disease's impact on people's lives, and raises critical funding for ALS research.

Minimum Age: 16

Volunteer Opportunities: Data entry, patient mailings, office assistant and help throughout the year with special events such as their annual Walk to Defeat ALS.

American Red Cross Greater Chesapeake & Potomac Blood Services Region

Address: 4700 Mt. Hope Drive, Baltimore, MD 21215
Location of Work: Various locations in Howard County
Contact: Terry Karloff at (800)-272-0094 ext 1 or karlofft@usa.redcross.org
Website: www.my-redcross.org

Mission of Agency: To provide safe, reliable, and economical blood components and services to the people of our region with organizational excellence, steadfast commitment to customers, and respect for every individual.

Minimum Age: 14

Volunteer Opportunities: Blood Drive Assistant

ARC of Howard County

Address: 11735 Homewood Road, Ellicott City, MD 21042
Location of Work: Same
Contact: Linda Congedo at (410) 730-0638 ext. 226 or lcogedo@archoward.org
Website: www.archoward.org

Mission: The ARC of Howard County supports full community life for children and adults with developmental disabilities.

Minimum Age: 15

Volunteer Opportunities: Volunteers skilled in music to provide a music program to individuals with intellectual and developmental disabilities.

Arthritis Foundation, Maryland Chapter

Address: 9505 Reisterstown Road, Suite 1 North, Owings Mills, MD 21117
Location: Compass Point Golf Course and Centennial Park, Ellicott City
Contact: Ashley Cress at (410) 654-6570 ex. 227 or acress@arthritis.org
Website: www.arthritis.org

Mission: The mission of the Arthritis Foundation is to improve lives through leadership in the prevention, control and cure of arthritis and related diseases.

Minimum Age: 13 (12 & under with a parent)

Volunteer Opportunity: Arthritis Golf Tournament on June 24th and the Jingle Bell Run/Walk in December. Call for details.

Athelas Institute, Inc.

Address: 9104 Red Branch Road, Columbia, MD 21045
Location of Work: Various locations in Columbia and Woodlawn
Contact: Pat Owens at (410) 964-1241 ext. 128 or plowens@athelasinst.org
Website: www.athelasinst.org

Mission of Agency: To provide a variety of quality educational rehabilitative, residential and employment options for adults with developmental disabilities in a supportive environment to maximize opportunities for individual growth.

Minimum Age: 16

Volunteer Opportunities: Recreation/Leisure Aide. Teach and play cooperative board games, passive and active sports activities to people with developmental disabilities.

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Minimum Age: 16

Volunteer Opportunities: Teen Recreational Assistant. July 12-16 and a few hours on a planning committee from April-July.

AT:LAST, Inc.

Address: 7050 Oakland Mills Road, Suite 160, Columbia, MD 21046
Location of Work: Howard County
Contact: Sooyoung Uhm at (410) 381-2667 or atlastvolunteers@gmail.com
Website: www.matcoop.org

Mission of Agency: To provide assistive technology to individuals with disabilities through the state of Maryland at a low cost. In addition to providing discounts on A.T. we train professionals and parents on how to use the technology to ensure its implementation in the lives of those who need it.

Minimum Age: No minimum age, but need access to transportation

Volunteer Opportunities: Volunteers to give interactive "Tupperware party-esque" demonstrations to seniors and senior caretakers about daily living aids.

Big Brothers Big Sisters of Central Maryland

Address: 3600 Clipper Mill Road, Suite 250 Baltimore, MD 21211

Location of Work: Central Maryland

Contact: Leon J. Henry at (410) 243-4000 or

lhenry@biglitttle.org

Website: www.biglitttle.org

Mission of Agency: The mission of Big Brothers Big Sisters of Central Maryland is to make a positive difference in the lives of children by assisting them in achieving their highest potential as they grow to become confident, competent and caring individuals. To do this, we enroll volunteers to become Big Brothers and Big Sisters to children who will benefit having the influence of an adult friend and role model.

Minimum Age: 18

Volunteer Opportunities: Mentors to youth

Brooke Grove Retirement Village

Address: 18131 Slade School Road, Sandy Spring, MD 20860

Location of Work: Same

Contact: Nancy Ochsenreiter at (310) 570-7081 or

volunteer@bgf.org

Website: www.bgf.org

Mission of Agency: This agency provides excellence in service, showing respect, and radiating kindness. They offer practical and sensitive response to people's need for physical, emotional, and spiritual support. They continue the compassionate, healing ministry of Jesus Christ. They share comfort and embrace the human family.

Minimum Age: 14

Volunteer Opportunities: Activity Assistants

Center for Social Change

Address: 6600 Amberton Drive, Elkridge, MD 21075

Location of Work: Same

Contact: Kristin Shinham at (410) 579-6789 or

kristin@centerforsocialchange.org

Website: www.centerforsocialchange.org

Mission of Agency: Serving individuals with developmental disabilities for choice, rights, growth, and independence.

Minimum Age: 16

Volunteer Opportunities: Arts & Crafts Specialist/Friendly Visitor/Activities Assistant/Office Assistant.

Days End Farm Horse Rescue

Address: 1372 Woodbine Road, Woodbine, MD 21797

Location of Work: Same

Contact: Caroline Robertson at (301) 854-5037 or

volunteer@defhr.org

Website: ww.defhr.org

Mission of Agency: To ensure the quality care and treatment of horses through rehabilitation, humane education and community outreach.

Minimum Age: 12 (under 12 with a parent or adult)

Volunteer Opportunities: Barn chores, office help, fundraising, PR, photography, farm maintenance and construction.

Domestic Violence Center

Address: 5457 Twin Knolls Road, Suite 310, Columbia, MD 21045

Location of Work: Same

Contact: Diana Mitchell at (410) 997-0304 or

volunteer@dvcenter.org

Website: www.dvcenter.org

Mission of Agency: The mission of this agency is to eliminate domestic violence in the county by providing shelter, counseling and advocacy, increasing community awareness and changing societal attitudes. The DVC believes that it is the right of every individual to live free from the fear of abuse.

Minimum Age: 15

Volunteer Opportunities: Volunteers to provide much-needed child care for the children of clients. Read stories, play games, create art and help supervise the children. Volunteers usually work in the evenings.

EVERCARE

Address: 6095 Marshalee Drive, Elkridge, MD 21075

Location of Work: Elkridge, MD

Contact: Marietta Mullen at (410) 379-3585 or

Marietta_s_mullen@uhc.com

Website: www.evercare.com

Mission of Agency: Evercare is committed to providing the highest quality of care and services to terminally ill patient and their families in the comfort of their homes. We will encourage and support patient and family participation in all care decisions. Home Call Hospice Services, Inc. will focus its efforts on the provision of an integrated delivery system; utilizing an interdisciplinary team approach that enhances the terminally ill patient's quality of life during the dying process.

Minimum Age: 16

Volunteer Opportunities: Assist with general office functions, including medical records management, as well as special projects for office members.

Fidos For Freedom

Address: P.O. Box 5508, Laurel, MD 20726

Location of Work: Laurel, MD

Contact: Joe Swetnam at (301) 490-4005 or

office@fidosforfreedom.org

Website: www.fidosforfreedom.org

Mission of Agency: Strive to increase the independence, self-esteem, and confidence of people with mobility and hearing impairments and provide unconditional love to residents in healthcare facilities through the use of specially trained service dogs, hearing dogs, and therapy dogs.

Minimum Age: 12-18

Volunteer Opportunities: Learning Dog Training, Arts & Crafts and special projects.

FIRN, Inc.

Address: 5999 Harpers Farm Road, Columbia, MD 21044
Location of Work: Various Howard County Elementary and Middle Schools
Contact: Paula Blackwell at (410) 992-1923 ext. 13 or volunteer@firnonline.org
Website: www.firnonline.org
Mission of Agency: FIRN exists to provide a bridge and resource between all foreign-born and the community to remove barriers and enhance effectiveness.
Minimum Age: 15
Volunteer Opportunities: Assist ESOL teachers and adult tutors who conduct language enrichment activities

Friends of the Patapsco Valley & Heritage Greenway

Location of Work: The Patapsco Valley area (Howard & Baltimore Counties)
Contact: Betsy McMillion at (410) 480-0824 or patapscofriend@gmail.com
Website: www.patapscoheritagegreenway.org
Mission of Agency: To connect people with the natural environmental, historic, cultural, and recreational assets of the Patapsco Valley in ways that interpret, preserve, and enhance those assets and people's awareness, understanding, and appreciation of them.
Minimum Age: 17 or 16 and under with an adult
Volunteer Opportunities: Stream cleanup helpers, tree planters, tree maintenance helpers, invasive plant removers and Garlic Mustard Challenge helpers.

Guilford Elementary School-PTA-After School Program

Address: 7335 Oakland Mills Road, Columbia, MD 21046
Location of Work: Same
Contact: Kristine Woodson at (410) 880-5930 or kris_woodson@hcpss.org
Website: www.hcpss.org/ges
Mission: As a local chapter of Maryland PTA, we strive to support Guilford Elementary School, its staff, students and families, through communication, education, and family involvement.
Minimum Age: 15
Volunteer Opportunities: Tutor for the Bridges After School Program. Tuesday, Wednesday and Thursday afternoons, from 3:45-4:45pm.

Howard County Cats Club

Address: 5667 – F Harpers Farm Road, Columbia, MD 21044
Location of Work: Columbia PetCo store on Dobbin Road
Contact: Missy Zane at (410) 730-3679 or howardcountycats@earthlink.net
Website: www.howardcountycatclub.org
Mission of Agency: The Howard County Cat Club is dedicated to keeping cats out of shelters because they believe that no cat deserves to live in a cage, or to be put to death because it is no longer wanted or in the way.
Minimum Age: 14
Volunteer Opportunities: Set up crates, prepare food and litter boxes for cat adoption shows

Howard County Conservancy

Address: 10520 Old Frederick Road, Woodstock, MD 21163
Location of Work: Same
Contact: Tabby Figue at (410) 465-8877 or tabby.figue@hccconservancy.org
Website: www.hccconservancy.org
Mission of Agency: To protect the open spaces, rural environment and agricultural resources of Howard County. To promote the preservation and improvement of the natural environment and to engage in and promote the scientific study of and education relating to agricultural resources and the natural environment.
Minimum Age: None
Volunteer Opportunity: Gardening, trail maintenance, office work, animal care, special events, invasive plant removal, tree planting also on the 2nd and 4th Thursdays from 3-5pm volunteers can join the habitat restoration project.

Howard County Library

Address: 10375 Little Patuxent Parkway, Columbia, MD 21044
Location of Work: All 6 library branches
Contact: Kathy Plitt at (410) 313-7792 or Kathleen.plitt@hclibrary.org
Website: www.hclibrary.org
Mission of Agency: To promote lifelong learning and enrichment through access to information, a knowledgeable staff, and service in a free and open organization that brings people together to stimulate the free exchange of ideas and a sense of community.
Minimum Age: 13 or older
Volunteer Opportunities: Summer Reading Club Volunteer

Howard County Library

Address: 10375 Little Patuxent Parkway, Columbia, MD 21044
Location of Work: All 6 library branches
Contact: Kathy Plitt at (410) 313-7792 or Kathleen.plitt@hclibrary.org
Website: www.hclibrary.org
Mission of Agency: To promote lifelong learning and enrichment through access to information, a knowledgeable staff, and service in a free and open organization that brings people together to stimulate the free exchange of ideas and a sense of community.
Minimum Age: 13 or older
Volunteer Opportunities: Customer Service Aide

Howard County Pets on Wheels

Address: 5470 Ruth Keeton Way, Columbia, MD 21044

Location of Work: Various sites in Howard County

Contact: Tricia Summers at (410) 313-7461 or

tsummers@howardcountymd.gov

Mission of Agency: To provide friendly visits to residents in nursing homes, assisted living homes, senior centers, and others who are socially isolated. Volunteers bring their own pets.

Minimum Age: 10-18 years old who must be accompanied by a parent

Volunteer Opportunities: Visits to nursing and assisted living homes

Howard County Recreation and Parks

Address: 7120 Oakland Mills Road, Columbia, MD 21046

Location of Work: Roger Carter Recreation Center Pool

Contact: Ann Combs at (410) 313-4624 or

acombs@howardcountymd.gov

Mission: Utilize a team approach to provide a high quality recreation and parks system that promotes opportunities for all Howard County residents to pursue safe and enjoyable leisure activities in balance with protection and conservation of natural resources.

Minimum Age: 16

Volunteer Opportunities: Help with the Spring Egg Hunt by assisting with set-up, games and activities. The Hunt is scheduled for Saturday, March 27, 2010, from 8am-1pm.

Maryland Search and Rescue

Address: P.O. Box 562, Columbia, MD 21045

Location of Work: Same

Contact: Alex Sheman at (443-226-9943) or

joinmsar@yahoo.com

Website: <http://www.msar616.com/>

Mission: Maryland Search and Rescue is a non-profit volunteer search and rescue team that is on call to respond to searches in Maryland, Virginia, West Virginia, and Pennsylvania. A certified member of the Appalachian Search and Rescue Conference, we are a youth run organization that is always looking for new members, minimum age of 14. If you love the outdoors, want to meet new people, and have fun, this is the organization for you. We exist to aid in search and rescue efforts throughout the Appalachian region, "So that Others may Live."

Minimum Age: 14

Volunteer Opportunities: Become a new member of Maryland Search & Rescue

Newseum

Address: 555 Pennsylvania Avenue, N.W. Washington, DC 20001

Location of Work: Same

Contact: Donna Baker at (202) 292-6513 or

dbaker@newseum.org

Website: www.Newseum.org

Mission of Agency: The mission of this agency is to provide a forum where the media and the public can gain better understanding of each other.

Minimum Age: 16

Volunteer Opportunities: Volunteer as a Host with Visitor Services and assist with facilitating programs

Project Linus

Address: 4967 Moonfall Way, Columbia, MD 21044

Location of Work: Volunteer's home

Contact: Arlene Kutz at (410) 730-8865 or

kastle4@verizon.net

Website: www.projectlinus.org

Mission of Agency: It is the mission of Project Linus to provide love, a sense of security, warmth and comfort to children who are seriously ill, traumatized, or otherwise in need through gifts of new, handmade blankets and afghans, lovingly created by volunteer "blanketeers".

Minimum Age: None

Volunteer Opportunities: Blanketeers

Running Brook Elementary School

Address: 5215 W. Running Brook Road, Columbia, MD 21044

Location of Work: Same

Contact: Eric Soskil at (410) 313-6893 or

esoskil@hcpss.org

Website: www.rbes.hcpss.org

Mission: Our mission at Running Brook elementary is to share the responsibility for fostering optimum achievement for all students.

Minimum Age: 14

Volunteer Opportunities: Classroom assistants, teacher assistants, student tutors

The Salvation Army

Address: 9017 Red Branch Road, Columbia, MD 21045

Location of Work: Same

Contact: Windy Kidd at (443) 656-3376 or

Windy_Kidd@uss.salvationarmy.org

Website: www.tsabaltimore.org

Mission: The Salvation Army, an international movement, is an evangelical part of the universal Christian Church. Its message is based on the Bible. Its ministry is motivated by the love of God. Its mission is to preach the gospel of Jesus Christ and to meet human needs in his name without discrimination.

Minimum Age: 14 with parent's permission

Volunteer Opportunities: Various opportunities throughout the year

Winter Growth

Address: 5460 Ruth Keeton Way, Columbia, MD 21044

Location of Work: Same

Contact: Bonnie Grabelle at (410) 964-9616 or

Howard_Center@Wintergrowth.com

Website: www.wintergrowth.com

Mission of Agency: To assist health impaired older and disabled adults to remain in the community. The centers provide and support independence, enhance self-esteem and promote the dignity of each individual.

Minimum Age: 16 Teen will need PPD or chest x-ray to volunteer. Agency will provide the PPD if teen volunteers 20 hours or more.

Volunteer Opportunities: Activities Assistant and Office Assistant

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