

MEDICAL RELATED

BAG NUMBERING PROJECT

Oklahoma Blood Institute- Oklahoma City

- Label empty blood bags accord to the Donor Services' Standard Operating Procedure for use system-wide.
- Properly record and document DIN on blood bag numbering log.
- Weekly commitment of four hours

MARROW REGISTRY ASSISTANTS

Oklahoma Blood Institute- Oklahoma City

- Put your best self forward representing Oklahoma Blood Institute! Assist donors who are interested in joining our Marrow Registry, affiliated with the national marrow donor registry, Be The Match®.
- explain the need and process for marrow registry and donation; explain the cheek swab process; answer registrant questions (within scope of training) and/or re-direct potential donors to appropriate resources; collect and return all marrow kits and supplies to the mobile Team Leader or designated location.
- communication skills; ability to maintain confidentiality of all proprietary or privileged information; thoroughness and attention to details; promptness. Schedule varies throughout the year and is coordinated with the supervisor.

MASCOT

Oklahoma Blood Institute- Oklahoma City

- Our friendly mascot brings attention to blood drives, relaxes donors and warms the hearts of all! You will capture the attention of all ages while wearing the fabric mascot costume.
- **Tasks:** charm people through waves, high fives and other antics; smile for photos.
- **Requires:** minimum height of five feet; comfortable with full body coverage and limited mobility; enjoyment entertaining and engaging the public at various venues; care and respect for costume; does not require prior experience as a mascot

WE CARE IVY PLANT VOLUNTEER- OKC

Integris Health

- Welcoming newly admitted patients with an ivy plant
- Apply at www.integrisk.com/volunteer
- http://www.volunteercentraloklahoma.org/need/detail/?need_id=170230

INFORMATION DESK GREETER- OKC

Integris Health

- Transfer guest calls, and provide information via phone or in person requests to assist visitors in locating their loved ones or medical providers
- Apply at www.integrisk.com/volunteer
- Found on volunteer match

THERAPY GYM- Bethany

The Children's Center Rehabilitation Hospital

- Open to students who are pursuing degrees in physical, occupational, speech therapy, music therapy or recreational therapy

- Volunteers facilitate one on one or small group activities as they await therapy sessions, and sanitize and organize therapy equipment

NEW PATIENT WELCOME GIFT DELIVERY

OU Medical Center

- Deliver and build welcome baskets
- Volunteers must be 18 years of age and be available at least four hours a week for at least a year. Our greatest need for volunteers is Monday-Friday during regular business hours.
- All applicants are required to have an individual interview. Once accepted, applicants complete a health screening (including a drug test), the photo ID procedure, pass a background check and attend an orientation session to prepare for the volunteer position. This process may take four to six weeks. All requirements are provided by the hospital at no cost to the volunteer. Please call or email to schedule an individual interview
- <https://www.oumedicine.com/oumedicine/ou-medical-center/about-ou-medical-center/volunteers>

TOTAL WELLNESS VOLUNTEER- OKC **summer**

Okc County Health Department

- The Total Wellness Program is a FREE weight loss and chronic disease prevention program that exists to help adults lose weight and live better.
- We are looking for student and community volunteers to help with our upcoming free 8 week weight loss classes.
- Volunteers would commit 2 hours a week for 8 weeks helping weigh participants, review food diaries, track progress and provide motivation for weight loss
- This is an excellent opportunity for students to see how nutrition, public health, wellness, physical activity and lifestyle change all fit together in one program.
- Anyone interested in volunteering, please contact Lauren Yemane at Lauren_Yemane@occhd.org or 405-419-4122.

BRING A SMILE TO SOMEONE IN A HOSPITAL-OKC

St. Anthony Hospital

- Cheer cart volunteers take coffee, tea, hot chocolate, books, and magazines throughout the hospital
- Opportunity on Volunteer match

SPEECH THERAPY VOLUNTEER- OKC

Down Syndrome Association of Central Oklahoma

- Offer free speech therapy to children and teens with Down Syndrome
- Volunteers will serve as aids to our therapist and will be utilized as one-on-one volunteers with each child/ teen who signs up! There is no prior training required for volunteers, so please do not hesitate to attend if this is your first time!
- Click here to sign up please!
<https://www.signupgenius.com/go/10c0544adaa2fa4fd0-speech>

SURGERY WAITING DESK - OKC

St. Anthony Hospital

- The volunteers in this position have an opportunity to welcome the patient and their family members to St. Anthony and then escort them to their room. Once the patient is in surgery, the volunteer is the liaison between family members, nurses and physicians.

JOIN OBI'S THANK YOU CREW!- OKC

Oklahoma Blood Institute

- The Thank You Crew provides WOW customer service and consistently deliver OBI's service promise to blood donors. Crew members also monitor the scheduling and flow of donors along with donor safety in the canteen while supporting the collections staff.
- Tasks: Oversee the donor sign-in sheet, maintain the donor schedule, provide donor educational materials, observe donors in the refreshment area for reactions, and set-up and distribute OBI promotions including t-shirts, drawings, etc

EMERGENCY DEPARTMENT / BREAST HEALTH ASSISTANT

Integris

- Located in volunteercentraloklahoma.org
- <https://www.volgistics.com/ex/portal.dll/ap?AP=1305752999>

ADMINISTRATIVE

ADMINISTRATIVE HELP

Ronald McDonald House Charities

- Ronald McDonald House Volunteers play an important role in the day-to-day operations of the Ronald McDonald House. They provide administrative support, help keep our House clean and tidy, offer family support and greet families with welcoming smiles and listening ears.
- Ronald McDonald House Volunteers serve for 3 hours weekly or bi-weekly and must be 18 years or older.
- For more information on becoming a Ronald McDonald House Volunteer, contact Judy Baldridge, at 405-271-3193 or jbaldridge@rmhc-okc.org

NORMAN DONOR CENTER RECEPTIONIST- Norman

Oklahoma Blood Institute

- Receptionist at the blood donor center

- If interested reach out to 405-419-1328 or jdavis@obi.org
- Opportunity on volunteer match

DONOR REMINDER CALLING CREW

Oklahoma Blood Institute- Oklahoma City

- Share your talents by calling current donors to remind them of upcoming blood drives in their area.
- call our life-saving donors; deliver messages such as date, location, time, reminder to bring photo ID, and donor benefits
- confident phone voice; customer service skills; friendly, persuasive personality. Calls can be made on a weekly or monthly basis from your home or in the donor center/office.

OFFICE SUPPORT

Oklahoma Blood Institute-Oklahoma City

- Assist with clerical projects and assignments in various departments at Oklahoma Blood Institute's donor centers. There's always something new and different needed.
- **Tasks:** filing, preparation of mass mailings and special events, photocopying, answering phones, data entry.
- **Requires:** versatility; attention to details; desire to be highly appreciated. A 2-4 hour weekly shift is requested for this position unless otherwise scheduled with supervisor.

BILINGUAL SERVICES

BILINGUAL FAMILY ADVOCATE (FLUENT IN SPANISH SPEAKING)- OKC

Care Center- Child Abuse Response and Evaluation Incorporated

- During the appointment process the caregiver will meet with a Family Advocate who will talk about the counseling resources that are available as well as other services that we have access to like food and housing.
- With this role there is the possibility that you could be called to testify for the case in court because you will know sensitive details of the case
- We only have one staff member that is bilingual and her role is to interview children, due to conflict of interest she cannot speak with the caregivers as well

EMPOWERMENT

RONALD MCDONALD FAMILY ROOM VOLUNTEERS

Ronald McDonald House

- Ronald McDonald Family Room Volunteers extend the hospitality to visitors of the Ronald McDonald Family Room. While upholding all Ronald McDonald Family Room and hospital policies, they help check in families, record data, keep the Ronald McDonald Family Room neat and tidy, serve as a warm and friendly face to families and assist them with resources.
- Ronald McDonald Family Room Volunteers serve for 4 hours weekly or bi-weekly and must be 18 years or older.
- For more information regarding Ronald McDonald Family Room Volunteers, contact Judy Baldrige, at 405-271-3193 or jbaldridge@rmhc-okc.org.

SUITED FOR SUCCESS- OKC

- Provides female clients with professional clothing for their job search
- Clothing assistants: two to four hour shifts available Tues, Wed, Thur. from 9 am to 2 pm
- Personal shoppers- help clients select two business appropriate outfits for job interview
- If interested contact 405- 521-1089 or mnorman@suitedforsuccessokc.com

SANCTUARY WOMEN'S DEVELOPMENT CENTER- OKC

Catholic Charities Archdiocese of OKC

- **Front Desk Assistant:** During bi-monthly staff meetings, trainings and lunch hours, volunteers will greet clients as they come into the facility, keep the showers and washing machines on schedule, answer any questions clients might have, as well as many other duties. Volunteers at the front desk are the client's first impression of the agency, so it is important for these volunteers to be kind, courteous and understanding of different lifestyles and mental health.
- Volunteer opportunities at the front desk are recurring for staff meetings & during the lunch hour as well as on-call for staff trainings. During trainings and the lunch hour, we don't want to close the shelter but we need administration in the facility.
- - **GED Tutor:** commitment to constant GED prep for clients. This opportunity is either in a group setting or one-on-one. Volunteers must be flexible with client attendance.
- - **Food Pantry:** Opportunities are recurring on a weekly basis. The food pantry is open Monday-Friday, volunteers are needed all 5 days, and schedules will be determined based on availability of people interested.
- - **Pantry Organizer:** Every 2nd Wednesday of the month, a volunteer is needed to pick up food from a nearby location, unload donated food at the Sanctuary and organize in the pantry.
- - **Food Basket Packer:** A volunteer is needed to put food baskets together in the morning for clients to pick up in the afternoon. The food pantry is open Monday-Friday.
- - **Food Distributor:** A volunteer is needed to distribute food baskets to clients Monday-Friday at 1pm. *Must be able to lift at least 25lbs.

SANCTUARY WOMEN'S DEVELOPMENT CENTER- Norman

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- - **Hairstylist:** Dedicate at least one time a month to cut hair for our women and children

TEEM- THE EDUCATION AND EMPLOYMENT MINISTRY- OKC

- When founded in 1987, TEEM primarily served men with alcohol and substance abuse issues. Today, our emphasis is on giving a hand up to individuals re-entering society, through educational preparation, social services, and job training and placement. We strive to provide our clients a second chance at success; in essence, a chance to redefine themselves by their gifts, skills, talents and passions, instead of a troubled past.
- TEEM takes a three-pronged approach to breaking cycles of incarceration and poverty in Oklahoma by providing individuals with education, social services, and job training and placement.
- Volunteer opportunities: GED Tutor, Mock Interviewer, Job Coach, Guest Speaker, Mock Interviewer, Clothing Closet/"Personal Shopper" Graduation Host, "First Night Out" Care Packages, Special Projects
- For more information about volunteering at TEEM, contact Erin Tabberer.
- <https://teem.salsalabs.org/volunteerform/index.html>

ACADEMIC DEVELOPMENT/CHILDREN/TEACHING

STARS FACILITATOR- OKC METRO

Oklahoma Center for Community and Justice

- STARS (Students Teaching Acceptance and Respect to Students) is a social-emotional curriculum created and presented by the Oklahoma Center for Community and Justice (OCCJ)
- This four-lesson interactive dialogue series helps students in 4th and 5th grade develop positive attitudes towards themselves and others
- Each lesson has activities and group discussion points around a certain theme: team-work, respect, the power of words, and the value of diversity.

DO YOU HAVE A PASSION AND LOVE FOR CHILDREN? WOULD YOU LIKE TO MAKE A DIFFERENCE IN A CHILD'S LIFE?- OKC

Care Center- Child Abuse Response and Evaluation Incorporated

- We are in search of volunteers to welcome families and children to The Care Center.
- These volunteers will provide general hospitality to ensure that everyone feels comfortable, welcomed and safe.
- they will also play with children and facilitate activities such as crafts, reading or outdoor play

HELP KIDS FIND THEIR ROAR- OKC

Care Center- Child Abuse Response and Evaluation Incorporated

- ROAR is a body safety program for children ages 4-8
- A volunteer is needed to help do a short lesson in schools to children to help them learn and understand that they are in control of their own body and feelings.
- This is perfect for volunteers in the education field and are wanting to make a difference.

READING TUTOR- OKC

Opportunities Industrialization Center of Oklahoma County

- Tutors will be meeting with students at least one day a week for an hour at a public location of their choice.
- They will be working on basic reading skills.
- No previous experience is required. Tutors must be willing to commit to working with the students for at least one year

BASIC MATH TUTOR- OKC

Opportunities Industrialization Center of Oklahoma County

- Volunteers will work one-on-one with adult students to improve their math skills.
- Student math levels vary, ranging from elementary math to 8th-grade math.
- No previous tutoring experience is required.
- You may tutor from any public location (such a public library) that is convenient for you.
- Opportunity found in Volunteer match

PREVENTION EDUCATION- OKC

YMCA Oklahoma City

- Provide information on breaking the cycle of violence, teach positive dating habits, learn to recognize red flags
- 36 hour class required

COOKIES, KOOL-AID, AND/OR CANDY- Norman

Bethesda

- Children who are going through difficult times such as trauma of sexual abuse
- Give a cookie, candy, or kool-aid to children after their sessions to encourage them to continue to face challenges
- Bethesda accepts cookies, kool-aid ,and candy donations, art canvases, new plush animals
- All volunteers must first complete an OSBI background check, and pay for the associated \$19 fee
- Bethesdaok.org
- If you are interested in volunteering at Bethesda, please submit an email to the Office Manager, Emily Williams at volunteer@bethesdaOK.org.
- Application: www.ymca.org/volunteer

PALOMAR- OKC

Direct Services:

- Assisting the receptionist with answering phones, greeting incoming clients, and meeting client needs.
- Directing clients to the appropriate reception area
- Assist navigators as requested
- Managing the lounge spaces in order to assure a warm, comforting environment
- Escorting clients through the facility and to appointments when appropriate
- General office support
- Requirements: Standard Palomar Volunteer Application, interview, background screening, and orientation with demonstrated experience or ability to work with people in crisis and ability to show sensitivity to the issue of domestic violence.
- Time Commitment: Palomar requests a minimum of one, 4-hour shift per week for at least 6-months or one semester.

Childrens Room Volunteer:

- Direct supervision of children of various ages
- Monitoring children's playroom
- Reading books
- Age-appropriate game play
- Supervising educational videos
- Supervising arts and crafts
- Assisting older children with homework assignments

POSITIVE TOMORROWS- OKC

- For our students, their time at Positive Tomorrows is a chance to see they are not alone in facing the challenges of homelessness. All of their peers are also homeless, fostering an environment of understanding that can't be matched in a traditional public school system.

- To work directly with our students, volunteers must fill out a background check and volunteer application. Once those forms are processed, volunteer training is scheduled. Training is typically during the day and lasts one hour. The approval process, from application to training, typically takes about 2 weeks.
- **Mentors:** Commit to one hour per week for one school year to help an elementary student develop academic and social skills. Each mentor is matched with a specific child and works on academics and relationship building, while providing much-needed consistency in the child's life. 2018/19 mentor times will be Tuesdays or Thursdays between 1 – 3 p.m.
- **Lunch Room Volunteers:** Help out in the lunchroom by talking to students, reading aloud, serving food, opening milk cartons and handing out utensils, wiping down tables, etc. Breakfast is from 8 “ 9 a.m. and lunch is from 10:50 a.m. “ 1 p.m. during the school year.
- **After School Program Volunteer:** Help create a safe after-school environment for children ages 5-12 years. Build them up emotionally, physically, and socially. Assist the staff in conducting age appropriate games and activities, and help students with homework. The After School Program meets Monday-Friday from 3-4:30 p.m. (Special programs are conducted during school breaks.)
- **Readers:** Read one day per week to a classroom. Typically following classroom lunchtime.
- **Special Event/Birthday Party Throwers:** Throw birthday parties, holiday parties, chaperone field trips, or work at break camp activities as needed. We send out volunteer opportunities monthly via email to volunteers who may sign up for what works with their availability.
- To get started on any of the volunteer opportunities give us a call at 405-556-5082.

ANIMALS

OKC ZOO VOLUNTEER PROGRAM- OKC

Okc Zoo and Botanical Garden

- Vary from helping guests find their way around the zoo, data entry, gardening, or even assisting with animal husbandry
- Found on volunteer match

DOG CARE - OKC

OKC Animal Welfare (Animal Shelter)

- Everything from exercising, grooming, and training dogs by volunteers is needed to make them more adoptable.
- Keeping dog's kennels clean and sanitary
- Working with dogs on socialization and leash training
- Exercising adoption dogs
- Placing dogs in the outside run and returning them to their cages when finished playing

PHOTOGRAPHER- OKC

OKC Animal Welfare (Animal Shelter)

- Great photos help draw attention to the adoptable animals and showcase them in a positive way to potential adopters. These photos can be used on social media and shelter publications to help bring people to the shelter. A camera will be provided.
- taking quality pictures of adoptable animals, staff/volunteers, and/or events
- Emailing pictures to the Adoption Coordinator or the Volunteer Coordinator
- Including the animal id number on all pictures taken so the animal can quickly be identified
- Training provided

CIVIC ENGAGEMENT/CLIMATE/WEATHER

SUPPORT EDUCATION IN WEATHER, SAFETY, AND SCIENCE- Norman

The National Weather Museum and Science Center

- Volunteers to help take admissions and check guests in at the front desk and also docents to help with answering questions of giving tours
- Volunteer as much or little as you want
- 3 hours at any open time on Thursday or Saturday
- Opportunity found on volunteer match

SUSTAINABLE CLIMATE ENVIRONMENT ADVOCATE- Norman

Citizens Climate Lobby

- Climate change
- Meet with Congressional leaders
- Write letters to editors
- Meet with local media
- Educate others about legislative solutions
- Commit to an average of 4-6 months
- Opportunity on volunteer match

COURT ADVOCATE- OKC

YMCA Oklahoma City

- Support trauma victims
- 36 hour class required
- Application: www.ymca.org/volunteer

REFUGEE RESETTLEMENT- OKC

Catholic Charities Archdiocese of OKC

- **Apartment set-up:** Volunteers will be on call to help with apartment set ups for clients. Volunteers will help staff set up apartments before families arrive. Volunteers will be put on an on-call list and will be contacted when we are informed of a clients arrival.

- **Airport greeters:** volunteers will be on call to help greet clients at the airport when they arrive. Some clients arrive during the evenings.
- **Translators:** Volunteers will be called upon when clients speaking the same language have appointments. This is an on-call opportunity when our department is in need of your services
- **Transportation Trainer:** Drive clients to initial appointments or errands and teach them how to use public transportation. Volunteers will be put on an on-call list and contacted when clients need transportation and training.
- **Resume Assistant:** Volunteer will work with clients on gathering past professional experience and skills and help them format information into a workable resume. This is an on-call opportunity.
- **Employment Mentor:** Volunteers will help clients research and find suitable entry level positions based on experience. This opportunity includes helping clients submit applications and prepare for interviews. This is an on-call opportunity.
- **Cultural Orientation Aide:** Assist with cultural orientation classes for our clients. Teaching experience is not required, but the desire to teach is. A translator will be provided. The opportunity allows volunteers to further help clients understand the American culture who need one on one help. This is a recurring opportunity.
- **Child Care Provider:** This role will serve during Cultural Orientation. Volunteer will have access to toys and learning materials for young children. This is a recurring opportunity.
- **Job Orientation:** Volunteers will help instructor guide clients to understand job applications, perform mock interviews, asking basic interview questions and concentrate on nonverbal communication, and help with resume building. This is a recurring opportunity.
- **ESL Off-Site Tutor:** Tutors will assist with ESL needs for clients. Volunteer s meet with clients at their home, or other learning center location, for one-on-one, or family, English integration classes. This is a reoccurring opportunity.
- **ESL On-Site Tutor:** This opportunity would be working with clients enrolled in our ESL class who need additional one on one help after class. Teaching experience is mandatory for this position. This is a recurring opportunity, one hour on Monday and Wednesday.

PROVIDING FOOD SERVICES

GUEST SHEF

Ronald McDonald House- Oklahoma City

- “After a long day at the hospital, there’s nothing more appreciated than a home-cooked meal. Get together with friends, family, or co-workers to plan a menu and prepare a comforting evening meal for our families. We provide the kitchen, you provide the food. “
- <https://takethemameal.com/meals.php?t=DXIS3760>
- Evening meals are served at 6 p.m., every day, 365 days a year.
- Our kitchen can accommodate group sizes of 2-10 people.
- Must bring own food and make a meal to families there.

THE SALVATION ARMY OF CLEVELAND COUNTY– 318 E. Hayes, Norman, OK 73069

- Volunteer Opportunities:

- Greeter/receptionist, 8:00 a.m. – 5:00 p.m. Monday – Thursday
Volunteer to answer multi-phone incoming lines, some filing, refer callers to appropriate services, greet people that enter and answer basic service questions.
- Kitchen volunteer, 3:00 p.m. – 7:00 p.m. daily
Volunteer to assist in preparing the evening meal, setting up drink station, serving and cleaning the kitchen.
- Groups to serve in the Red Shield Kitchen to provide, prepare, serve and clean up the evening meal

VOLUNTEER CHEF- Norman Loveworks Leadership Inc.

- Part of the mentoring and Afterschool Leadership Program
- Family dinner time from 5:45- 6:00 pm Monday through Thursday
- If interested reach out to D Smith at Daniel@Loveworksleadership.org
- Opportunity on Volunteer match

REGIONAL FOOD BANK OF OKLAHOMA- OKC

Opportunities available:

- Volunteer Center- Sorting/ packing food
- Hope's Kitchen- Preparing food for kids meals
- Moore Food and Resource Center (in Moore) - Food pantry distribution/ helping customers shop, sorting produce and non perishables in the back
- Protein Packaging Center- Repackaging cooked meat
- <https://www.regionalfoodbank.org/fight-hunger/volunteer>

RED SHIELD DINER- OKC

The Salvation Army Central Oklahoma

- Volunteers must speak with Liz Banks first 405-246-1107 or liz.banks@usssalvationarmy.org
- Provide meals, serve, prepare
- Dinner is served at 5pm, seven days a week
- Must arrive at 3 pm

MEAL SHARING- OKC

Carolyn Williams Center or Palo Duro Programs

- Prepare and deliver a meal or cook on site
- <http://nsookc.org/volunteer>

HOSPICE/ CREATIVE

HOSPICE PATIENT BLANKETS- OKC

Interim Healthcare Hospice

- Help make fleece blankets for hospice patients
- Will provide material and instructions
- Opportunity found on volunteer match

INTERNSHIP OPPORTUNITIES- OKC

Crossroads Hospice

- Social work, human relations, chaplaincy, communications, sociology, psychology
- Short term and long term opportunities
- Contact Sarah Cooley for more information at sarah.cooley@crossroadshospice.com or 405-632-9631
- Opportunity on volunteer match

CREATIVE VOLUNTEERS NEEDED- Moore

Frontier Hospice and Transitional Care

- Can volunteer at home
- We need volunteers to put together crafts to be taken to our patients and the nurses that take care of them.
- Contact Charlene Killgore ckillgore@frontierhospice.com