

Silver Cord Opportunities: Updated: 5/29/26

Email Ms. Cosimo with any questions: alicia.cosimo@carlislecsd.org

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We are looking for some high school volunteers for Hartford's Summer KickStart Camp in July. They can email me with any questions. [Hartford KickStart Volunteer Sign-Up](#)

Thank you!

Megan Smith

megan.smith@carlislecsd.org

Track and field event, on June 13th at Drake Stadium - or some of our other events. We thought it would be a good opportunity for the surrounding school's students to get some silver cord hours. Please share this along with your students. They can reach out with more questions as well!

Thank you

Carly Busch

Event Management Intern

Office hours: Monday – Friday 8:00 AM – 4:30 PM

1421 S. Bell Ave. #104 | Ames, IA 50010

888.777.8881

carly.busch@iowagames.org | www.iowagames.org

We are hosting the **2026 Annual APDA Iowa Parkinson's Conference** on **Friday, June 5th, 2026**, and we are in need of enthusiastic volunteers to help make this event a success. Volunteers will assist with event setup, registration, room management, and more! It's a fun and meaningful way for students to get involved, give back to the community, and support individuals and families impacted by Parkinson's disease.

Event Details

- **Date:** Friday, June 5th, 2026
- **Location:** Lutheran Church of Hope: 925 Jordan Creek Parkway, West Des Moines, IA 50266
- **Time Commitment:** A few hours in the morning and/or afternoon (earliest volunteer time is 6:30am, latest is 4pm)

If you could kindly share this opportunity with your students, we would greatly appreciate it!

Students can register to volunteer here: <https://secure.qgiv.com/for/iowcha/event/apdaiowavolunteers/>

- **We also have tasks prior to the conference that can be done in our office (put together attendee bags, laminate signs, name tags, etc.)**

Thank you for supporting opportunities that help students give back to their communities while gaining valuable experience.

This is a great opportunity for students interested in physical therapy, occupational therapy, speech therapy, research, nursing, and more! There will be many resources and schools for them to connect with throughout the day.

Please feel free to reach out if you have any questions.

All my best,

S

Stephanie Wilson, MS (she/her)

Manager, Programs and Community Engagement

American Parkinson Disease Association

Iowa Chapter

515.207.9332

The National Balloon Museum in Indianola, Iowa. As we work toward reopening the museum, we are currently looking for volunteers to assist with a series of work days over the next few months.

Link below includes opportunities to volunteer on various dates between now and June and would be a great chance for students to earn volunteer hours while helping prepare the museum for reopening.

<https://www.signupgenius.com/go/10C054BADAE2DA7F4C61-62888813-help#/>

Thank you for your time and support!

Best,

Joslyn Sperry

Board Member

National Balloon Museum

nationalballoonmuseum@gmail.com

Zoo Crew - This is a special volunteer opportunity for youth ages 13-17 to get involved at the Blank Park Zoo! Participants will have the opportunity to volunteer in a variety of areas around the Zoo. This may include: assisting Summer Safari camp counselors, providing guests with directional and educational information about the Zoo, helping to keep the Zoo clean and volunteering during family friendly events!

The goal of the Zoo Crew program is to foster personal responsibility, job skills, self-initiative and inspire conservation action for the next generation.

Applications are accepted now through March 1. For more information or to apply visit our website: <https://www.blankparkzoo.com/zoocrew>

Families Forward:

Children's Activities at Families Forward New Directions Shelter

Sign up here: https://volunteer.unitedwaydm.org/need/detail/?need_id=931691

- Wednesdays from 4:30pm – 6:30pm
- Volunteers are needed to help children ages 1 to 17 with crafts, games, and activities that our staff will plan. Our shelter provides emergency housing for up to 8 families with children at a time.
- Most children's activities have between 5 to 15 children in attendance.
- Volunteers will help set up and clean up the activity. (Staff will provide guidance.)
- Address: 3001 Grand Avenue, Des Moines Iowa 50312

Organizing Donations at Families Forward New Directions Shelter

Sign up here: https://volunteer.unitedwaydm.org/need/detail/?need_id=908881

- Wednesdays from 5:30pm – 7:30pm and daytime shifts.
- Organizing donations in our storage area.
- Hanging clothing in our clothing closet.
- Picking up and vacuuming the living room.
- Address: 3001 Grand Avenue, Des Moines Iowa 50312

Stock the Food Pantry (evenings & weekends)

Sign up here: https://volunteer.unitedwaydm.org/need/detail/?need_id=989788

Volunteers will help in the following ways:

- Clothing Pantry: Sorting, hanging, and organizing clothing and household donations.
- Grocery Aisles: Stocking and facing grocery items.
- Address: 1203 Hartford Avenue, Des Moines Iowa 50315

Food Pantry Volunteers (weekdays)

Sign up here: https://volunteer.unitedwaydm.org/need/detail/?need_id=830579

Volunteers help in the following way each day:

- Food Pantry Guide: Guiding families through their grocery “shopping” experience.
- Clothing Pantry: Sorting, hanging, and organizing clothing and household donations.
- If we are caught up with helping families get groceries, volunteers will help stock the grocery aisles.
- Address: 1203 Hartford Avenue, Des Moines Iowa 50315

Ana Gutierrez

**Volunteer Engagement & Systems Coordinator AmeriCorps Member
Iowa Community Corps AmeriCorps Member Serving at Families Forward**

ana@familiesforward.org

Cell: (515) 619-0446

3001 Grand Avenue, Des Moines, IA 50315

The Striding for awareness walk will take place on Saturday April 4, 2026 at the High School in Carlisle. Set Up will take place on Friday April 3rd at 4 p.m. in the Barn at the High School.

Friday, April 3 (4:00-6:00) - we will set up tables, chairs, and a variety of other items

Saturday, April 4 (9:00-2:00)- will be a variety of things: serving food, helping with the auction, running a kids area, running auction items to winners, and tearing down.

Sign up [link](#)

Contact Information:

Erika Owens

striding4awareness@gmail.com

641-799-7221

Cleanup bleachers after home events:

[Sign up here](#)

Ongoing opportunities::

Carlisle Public Library:

Silver Cord volunteers at the library would assist with a variety of tasks, these can range from organizing books, to cleaning and dusting, to craft preparation and more. If a student is interested, please contact Sherry or Stacy at the Carlisle Public Library either

by stopping by the library or...

by phone (515-989-0909),

e-mail at staff@carlisleiowa.org, or

text to 515-384-9642

All volunteering will need to be scheduled.

We are excited about expanding our volunteer program.

The Friends Food Pantry is in its fourth year of serving our Wildcat community. We have been averaging 50 families a week for the last three months. We have several opportunities to volunteer every Monday and Wednesday until about 6 pm. We need people to make food boxes, move inventory, and serve patrons. This would be through the Friends Food Pantry. **Hours available weekly.**

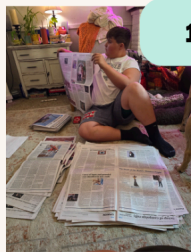
Email pastormatt@middleriverfriends.org for information or to sign up

Middle River Friends Church needs someone who would like to organize our church library. We are updating it by entering all book titles into our [Liibrarything.com](https://www.Liibrarything.com) account so they can be added to our

website. The work involves light data entry, printing labels, and organizing. We are willing to train. There are easily 100 hours available to complete the project—a flexible schedule for 1 to 3 students. Email pastormatt@middleriverfriends.org for information or to sign up

Ongoing project for Hope Animal Rescue of Iowa

*Pick up a stack of newspapers in Ms. Cosimo's room, lay them flat then roll them up and bring them back. 45 min awarded for each roll completed. They are used in puppy rooms at foster homes. See picture below, they are hanging on the wall.



1st: unfold the papers

2nd: make sure they're stack straight



3rd: check thickness (about 2 per stack)



4th: roll up the stack



5th: tie up the rolls with rubber bands or string

6th: repeat & return to Cosimo

How To make puppy rolls

What: Visiting Nursing Home in Carlisle

When: 2nd & 4th Wednesday each month (some exceptions--see google form)

<https://forms.gle/suBRfGBD9WEHP6s68>

Contact: Erika with any questions

owenserika14@gmail.com

For the most part it is the 2nd and 4th Wednesday of every month from 4:15-5:15. Only exceptions are months with vacations. Students can go in and edit and resubmit responses as many times. I will check the form before each visit to verify who signed up and send them a message.

We are looking for student volunteers that are interested in helping with the Carlisle Schools food pantry. You will be filling boxes with food items, stocking shelves, loading vehicles, etc. You can sign up to volunteer by clicking on this link [Carlisle Schools Food Pantry Volunteer Sign Up Sheet](#) and adding your name. You will receive a reminder email shortly before your volunteer date. You can ask any school counselor if you have any questions.

If you choose to volunteer, a silver cord form will be available at the food pantry. It is the student's responsibility to ask for it, get it filled out and signed, and return it to Mrs. Cosimo.

Thank you in advance for giving back to your community.



Addington Place of Des Moines is looking for volunteers .

Examples of some volunteer services we have had in the past are reading to residents, assisting with arts and crafts projects, visiting with our residents and numerous other activities.

Mondays through Fridays 1-6

Weekends 9-6

Tuesday and Thursdays we have Bingo At 2:00 we always welcome guest Bingo callers. The Bingo games usually last around an hour.

Most of our activities usually last on average one hour.

If anyone would like to come in to do activities with our residents, they can contact me for more information.

Shannon Rowles

LEC@addingtonplacedesmoines.com

Facility phone number 515 256-9143

