



Walmart Unbeatable Dollar Days
Starting December 26th

Roll over to see products

- Home
- News
- Sports
- Records
- Opinion
- Entertainment
- Multimedia
- Features
- Marketplace
- Archives
- Jobs
- Real Estate
- Autos
- Yellow Pages

DailyJournalOnline → News → Local → Volunteer work can add new dimensions to life

Volunteer work can add new dimensions to life

Parkland has many programs in need of helping hands

BY PAULA BARR
DAILY JOURNAL STAFF WRITER

Monday, January 4, 2010 10:10 AM CST

If your New Year's resolution involves helping others, the Parkland offers numerous ways to volunteer.

Some opportunities are obvious. Churches and schools always need volunteers, as do chambers of commerce, service organizations and youth programs. However, there are many less noticeable places where help is needed to work with children, adults, senior citizens, people with illnesses or disabilities, animals or incarcerated people who are trying to straighten out their lives.

Service to other people can restore self-esteem, take your mind off your own troubles, or teach skills that can help in your career or personal life. Whether you reach out for religious, moral or personal reasons, volunteering can add a new dimension to your life.

According to the Corporation for National and Community Service, 61.8 million Americans (26.4 percent of the adult population) contributed 8 billion hours of volunteer service worth \$162 billion in 2008. That amount is based on the Independent Sector's 2008 estimate of the dollar value of a volunteer hour (\$20.25).

Approximately 441,000 more young adults ages 16-24 volunteered in 2008 than in 2007, which is an increase from about 7.8 million to more than 8.2 million. <http://www.volunteeringinamerica.gov>.

The Midwest has had the highest volunteer rate since 1989 among U.S. regions for all adults, with a rate of 23.9 percent in 1989, and 30.2 percent in 2008. Before that, the West had the highest volunteer rate.

The largest number of volunteers is in the South, where 20.7 million people volunteer. About 15.6 million people volunteer throughout the Midwest.

Based on data from 2006 to 2008, Missouri had 1.3 million volunteers, which reflected 29.4 percent of residents.

Volunteer coordinators suggest that when considering where to volunteer, think about what you enjoy and how much time you have to give.

Among the many places to volunteer in the Parkland:

BJC Behavioral Health/Friends in Action Clubhouse

206 Crane Street, Park Hills

Contact: Anna Portell 573-431-9620

Friends in Action provides structured groups/activities for adults and children who have been diagnosed with a severe and persistent mental illness or emotional disturbance. It provides a safe environment for individuals with a mental illness to gain skills needed to become as independent as possible. Volunteers lead groups and teach independent living and other skills through activities such as crafts, cooking, recreation, art, flower arrangement and laundry. There also is a lot of unstructured time for the volunteers to interact with the clubhouse members.

Volunteers must complete an application and be interviewed. They also must have a TB test, a background check, and transportation to and from the Clubhouse. Training is provided as needed. Hours are flexible and volunteers are needed one to four times per week. Candidates should be self-starters who want to share their talents and skills to help people in need.

Food pantries

The Farmington Ministerial Alliance

E-mail Print Comment Font Font



Click to enlarge

More Commented Viewed E-mailed

Local News

- AG charges Fredericktown police officer with 16 counts of sodomy
- Frigid temperatures, snow in forecast
- Cold keeps children in at recess
- Highley finds help with preserving cemetery
- Driving tips for cold weather
- More: Local News | Archives
- Most Commented - Last 7 Days
- AG charges Fredericktown police officer with 16 counts of sodomy (34)
- Couple accuse police of botching investigation (28)
- Police arrest six more in connection with narcotics distribution (14)
- Disturbance call results in drug bust (11)
- Irondale bank is robbed (10)
- More: Most Commented | Latest Comments
- Most Viewed - Last 7 Days
- Readers speak out supporting ex-coach (3796)
- Desloge woman killed in one-vehicle accident (3622)
- AG charges Fredericktown police officer with 16 counts of sodomy (3513)
- Disturbance call results in drug bust (2591)
- More: Most Viewed
- Most E-mailed - Last 7 Days
- Volunteer work can add new dimensions to life (17)
- Help available for former clients of Pennoyer (11)
- AG charges Fredericktown police officer with 16 counts of sodomy (9)
- Thomas named Superintendent by 4-2 vote (8)

Member Center

Log In or Register

advertisement

CLICK TO READ YOUR FAVORITE COMICS, FREE & IN COLOR, EVERYDAY!

COMICS KINGDOM
© 2009 21st Partnership

E-mail updates

Get news update delivered to your inbox.

E-Mail:

First:

Last:

Zip:

Subscribe

Featured Marketplace Ad

1101 Ste. Genevieve Ave.

Contact: Rick Meyer 573-756-1917

The pantry is open from 9 a.m. to noon Mondays and Wednesdays.

St. Joseph Catholic Church

404 East Liberty St., Farmington

Contact: Kathy Neiner 573-756-0997

The pantry is open 9 a.m. to noon on Tuesdays and Fridays.

The Church of God

1101 Gifford St., Bismarck

Contact: Lois Jaco 573-734-6468 or Pastor Robert Adams 573-562-7095.

The pantry is open from 9 to 11 a.m. every Friday.

Hands of Christ

911 Cedar St., Bismarck

Contact: Mike Dane 573-747-8234 or 573-734-6300

The pantry is open from 9 a.m. to 1 p.m. Mondays and Thursdays.

Elvins Food Pantry

17 W. Main Street, Park Hills

Contact: Wil Lampe 573-734-2436 or Flo Wampler 573-431-4355

Pantry hours are 9 a.m. to 2 p.m. Mondays and Fridays.

Immaculate Conception Church

1020 W. Main St. Park Hills

Contact: Joe Rhodus 573-431-2437 or 573-562-2968

The pantry is open from 7:30 a.m. to 9:30 a.m. Fridays

St. Joseph Catholic Church

15 St. Joseph St., Bonne Terre

Contact: Janet Basse 573-358-2112

The pantry is open from 9 a.m. to 11 a.m. Mondays and Fridays.

Area food pantries often need volunteers to help run the pantries. Volunteers can perform duties such as stocking shelves, doing inventory, working with customers and picking up food supplies. Contact individual pantries to see where and when help is needed.

Habitat for Humanity of St. Francois County, Inc.

403 W Columbia Street, Farmington

Contact: Linda Dickerson 573-760-1702 or habitatofsc@live.com

Habitat for Humanity builds affordable homes for families in St. Francois County. The families repay Habitat at no interest on the loans. Volunteers constantly are needed to work on houses, help with fundraising and many other services.

All that is needed is a willingness to work with Habitat and low income families. Safety training is provided. Volunteers may work as often as they like on Saturdays.

HospiceCare Inc.

P.O. Box 1000, Park Hills

DID YOU GET WHAT YOU WANTED? YOU STILL CAN!!

THE SPIRIT OF CHRIST MEETS THE SPIRIT OF MODERNITY.

Enjoy The **Crown Motors** Experience!

During the Year End Wrap Up SALE up to **0%** financing up to 72 months on up to **\$4500** Rebates

Buy 1 - Get 3 FREE Lube • Oil • Filter

NEED FINANCING? We Can Do It! Apply Online

www.crownmotors.us or www.crownmotorschryslerdodgejeep.com

573-431-3900 • 300-995-2655 870 E WOODLAWN • FARMINGTON, MO

[More Featured Ads »](#)

Search Yellow Pages

Featured Businesses

China Buffet
713 E Karsch Blvd Farmington, MO
(573) 756-8584

Tim Tucker
Bail Bonds
1205 Maple St. Farmington, MO
(573) 756-3838

Victory Worship Center
903 East Chestnut Desloge, MO
(573) 431-3323

[« More Featured](#) [Local Coupons »](#)

Contact: Susan Swink or Tammy Bracken 573/431-0162

The nonprofit agency provides end-of-life care and grief support services to terminally ill people and their families. Volunteers are needed to visit with hospice patients in private homes and nursing homes. Volunteers also help with clerical projects. In addition to passing a background check, volunteers must understand and support the hospice philosophy. A caring attitude, a committed spirit and a desire to make a difference in the lives of others is required as well.

Training is provided and is ongoing. Volunteers are asked to visit their patients at least once every two weeks. Schedules are flexible and volunteers choose the extent of involvement.

Hospitals

Mineral Area Regional Health Center

1212 Weber Rd, Farmington

Contact: Regina Stearns 756-4581

Parkland Health Center

1101 West Liberty, Farmington

Contact: Tina Tharp 756-6451

Hospitals often need volunteers to work at the front desk, in the gift shop, to escort visitors, work with patients and other responsibilities. In most cases, volunteers must be at least 14 years old and meet employee health service requirements. To sign up, fill out an application form and agree to reference and background checks. Volunteers are needed for a variety of hours.

SEMO Family Violence Council

Contact: Sandy Tripp 573-358-3913

The agency provides comprehensive services to victims of domestic and sexual violence as well as community education to five counties and prevention education to area high schools. Volunteers fill out an application and have a background check before being interviewed. They can receive training to do the same job as staff members, or can create their own programs, such as cooking classes, budgeting, Bible study, reading with children or homework helpers. Volunteers also are needed to help with the hospital advocacy program with victims of sexual assault.

Each volunteer decides what hours he or she will work. Volunteer hours also help the Council because they may be used as cash for grant matches.

Senior Centers

Park Hills

224 West Main St.

Contact: Holly 573-431-4974

Bismarck

922 Center Street

Contact: Betty Jellinek, 573-734-2429

Bonne Terre

420 North Long

Contact: Kimberly or Ginny at 573-358-3726

Farmington

607 Wallace Road

Contact: Mona Yates 573-756-1376

Senior centers provide meals on site Monday through Friday and deliver meals on wheels to senior citizens who are homebound. The centers typically have activities for senior citizens and are open in the morning to the early afternoon. Contact individual centers for specific hours. Drivers must be licensed and have insurance on their vehicles. Background check could be required. Training is available.

Routes usually are an hour or less. On-site duties vary in length. Help with fundraising also is needed. Volunteers decide how many hours and days to work.

Southeast Missouri Mental Health Center

1010 West Columbia Street, Farmington.

Contact: Judith Taylor at 218-61530 or Judith.Taylor@dmh.mo.gov

Volunteers are assigned to their areas of interest at the hospital for people with mental illness. Areas for volunteers include adult literacy/GED program, gift shop, clerical office, psychology department special projects and services and recreation. Client visitors, chaplains and courtyard monitors also are needed. Additional on-the-job training will be provided by the direct supervisor as required.

Volunteers must be 18 years and older. Hours are from 8:00 a.m. to 8:30 p.m. daily. Additional information about volunteering is available at <http://www.dmh.missouri.gov/southeast/volunteer.htm>.

Helping Hands of SMMHC (Southeast Missouri Mental Health Center)

Contact Janine Semar (218-7047) or janine.semar@dmh.mo.gov

Volunteers are welcome to help with the mental health center's hospital auxiliary, a 501(c)3 nonprofit organization that advocates for the mentally disabled through community education and active solicitation of goods, services and donations that cannot be provided by the mental health facility due to law or limitation of funds.

St. Francois Society shelter for stray dogs and cats

Farmington

Contact: Diana Blackwell 573-358-0808.

The St. Francois Society serves as an animal pound and stray rescue service for dogs, cats, puppies and kittens. Volunteers are needed for fundraising and adoption events, creation of cage cards and fundraising appeals, and to sew bandanas and aprons for dogs to advertise availability for adoption. Training is provided as needed. Volunteers have the ability to commit to the projects they agree to do and the passion to complete them.

Volunteers in Corrections

Farmington Correctional Center

1012 West Columbia Street, Farmington

Contact: Jacquie Hand-Dennis 573-218-7100

Eastern Reception, Diagnostic and Correctional Center

2727 Highway K, Bonne Terre

Contact: Maggie Sparks 573-358-5516

Potosi Correctional Center

11593 State Highway O, Mineral Point

Contact: Steve Gifford 573-438-6000

Each correctional center determines the need for volunteers at that facility. Some of the typical volunteer opportunities include teaching classes, facilitating rehabilitative programs and providing religious/spiritual services. Potential volunteers can fill out an application and learn about volunteering in prisons at the Web site http://www.doc.mo.gov/division/hservice/vol_int.htm.

Volunteers complete an extensive training regimen before assignment and are supervised under state and departmental personnel rules and regulations. They work directly with incarcerated offenders or offenders in the community who are under the supervision of correctional staff. Contact the prison at which you would like to help to discuss available areas and times for volunteering.

University of Missouri Extension's 4-H L.I.F.E. program

Potosi Correctional Center

Contact: Lynna Lawson 636-797-5053

The 4-H L.I.F.E. family strengthening program teaches incarcerated parents skills to help them become positive role models to their children to help the children avoid the offender's poor choices. Once a month, the whole family meets for a traditional 4-H club meeting in the prison visiting room, where the offenders serve as club leaders and work with their families. Volunteers may help with activities, provide transportation for family members, supervise business meetings and otherwise help the 4-H staff that work in the program.

At Potosi Correctional Center, parenting meetings take place from 7-9 p.m. on the second Wednesday of every month, the business meeting is from 7-9 p.m. on the fourth Wednesday of every month, and the family 4-H club is held from 11:30 a.m. to 2 p.m. the fourth Saturday of each month.

Volunteers may receive free training to be a "Building Strong Families" facilitator and must be willing to attend Volunteer in Corrections training provided at no cost by the Department of Corrections.

Share Story

Embed Article ShareThis

Story Paging

Previous story

Next story

Separated siblings reunite for Christmas

Paying tribute to a lost hero

Ads by Yahoo!

Free 2009 Credit Report and All 3 Scores

Free 3-bureau Credit Report – includes Transunion, Equifax, Experian. FreeCreditReportsInstantly.com

Obama Backs Insurance Regulation

Drivers Pay \$44/mo on Avg for Car Insurance. Are you paying too much? Auto-Insurance-Experts.com

Get up to \$5350/Year to Finish School

Financial Aid Available for Those Who Qualify. www.ClassesUSA.com

Article Comments (0)

The comments below are from readers and do not represent the views of the Daily Journal.

Leave a Comment

You must be logged in to leave comments

*Member ID: [input field]

*Password: [input field]

Forgot Your Password?

Login

Not a member? Register now.

COMICS KINGDOM your online comics community

112PLUS In Coupons In This Sunday's DailyJournal

Sections

- Front Page
News
Sports
Records
Op/Ed
Entertainment
Marketplace
Archives

Services

- Advertising Info
Bill Pay
Contact Us
E-Newsletters
Newspapers in Education
Photo Reprints
Place an Ad Online
Syndication

Features

- Community Pages
Real Estate
Recipe Exchange
Special Sections
Special Series
VARSITY Prep Stats
Yahoo! HotJobs
Yellow Pages

Enter Keyword(s) Web Search



Local news, information, advertising First.Best. Today. Tomorrow.