Nursing Volunteer Opportunities in Rochester, MN

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Volunteering in the community is an excellent way to expand your knowledge of the Nursing profession beyond the classroom. In reality, nurses not only work in hospitals or clinics, but they work in schools, in churches, at health fairs, for disaster relief agencies, in community outreach, as case managers, researchers, educators, in community development, as policy makers, in public health roles, program development and in insurance companies. Volunteering around the community teaches you valuable skills on how to work with others, while gaining professional experiences to improve your resume and/or test out a future career, give you a sense of balance, and most importantly to contribute to your community.

What are some reasons to volunteer?¹

- It’s good for you. Studies have shown that volunteering provides physical and mental rewards including reducing stress and you healthier (increases moods and emotions like optimism, joy control over one's fate, and strengthens the immune resources).
- You get a chance to give back.
- Gain professional experiences. You can test out a future career role (like working with kids, older adults, hospice etc.)
- To use your skills to help others.
- To keep the resume going. Volunteering is an excellent way to improve your resume. Often , a volunteer opportunity offers the “experience” that hiring personnel are looking for.
- It promotes personal growth and self-esteem. Understanding community needs helps foster empathy and self-efficiency.
- You can learn a lot. Depending on where you volunteer, you can learn about your government, community, or self.
- To make a positive impact on the community as a whole
- You make a difference!

¹ Adapted from: http://students.ucsd.edu/student-life/involvement/community/reasons.html
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List of websites to find volunteer organizations

- http://www.volunteermatch.org/search/orgs.jsp?r=msa&l=55976
- http://www.simplyhired.com/a/jobs/list/q-volunteer/l-rochester,+mn
- http://www.co.olmsted.mn.us/Pages/default.aspx
- http://local.rochestermn.com/rochester+mn/community+service.zq.html
**Group:** Girl Scouts of Minnesota and Wisconsin River Valleys  
**Position:** Mentor a Girl Scout Troop  
**Contact information:** [http://www.volunteermatch.org/search/opp434509.jsp](http://www.volunteermatch.org/search/opp434509.jsp)  
**Description:** Build courage, confidence, and character in girls of all ages. In partnership with other caring adults, mentor groups of girls in your community, guiding them through age-appropriate activities designed to help them discover, connect and take action. You can lead and inspire girls as they reach their personal best.  
Training and start up materials provided. Most Girl Scout troops meet every other week for approximately 1-1/2 to 2 hours.

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**Group:** Bundles of Love  
**Position:** Sewing, quilting, crocheting, knitting for babies - Rochester area  
**Contact information:** Contact Joanne at joanne@ed-ventures.com or 507-288-3047 for more information, [http://www.bundlesoflove.org](http://www.bundlesoflove.org)  
**Description:** Volunteers needed to sew, knit, crochet, quilt essential clothing and blankets for disadvantaged, premature, and sick infants. You may attend group work meetings, or work at home as your schedule allows.
**Group:** Meals on Wheels  
**Position:** Driver or server  
**Contact information:** 1110 6th st NW, Rochester, MN 55901, http://www.familyservicerochester.org/mealsonwheels.html  
**Description:** Deliver hot, nutritious meals to people unable to prepare or access meals themselves. You may volunteer on regular (same day each week) or on-call (days may vary) basis. Meals are delivered 7 days a week, 365 days a year during the noon hour.

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**Group:** Seasons Hospice  
**Position:** Volunteer  
**Contact information:** Joan Elkins, jelkins@seasonshospice.org  
**Description:**  
- Volunteers are an integral part of the Seasons Hospice team, providing compassion and care when it is needed most. The heart and hands of hospice, they provide a special kind of caring to patients, families and staff through helping to make the hospice experience manageable and rewarding.  
- Men, women and young people of all ages provide assistance on a variety of tasks and skill levels. Many are relatives and friends of former hospice patients, have seen the many ways hospice can help, and wish to contribute to the work of hospice. Volunteers serve in a variety of roles.  
- Direct Care  
  - Works with staff in providing supportive care and services for patients and families. These may include providing companionship, transportation, assisting with chores, running errands, or providing respite for the family caregiver.  
- Indirect Care
○ Provides supportive, non-patient based assistance at Seasons Hospice and may include outdoor work, hospitality, housekeeping, special events or the Speakers Bureau.

● Bereavement Care
  ○ Provides bereavement aftercare services for family members. Assists in promoting healthy accommodation to loss through phone calls, cards, clerical support, assisting with grief support groups or providing personal support.

● Office Work
  ○ Provides support and clerical assistance with filing, answering phones, computer entry and mailings.

● Community Volunteers
  ○ Community volunteers are non-standard volunteers (groups and individuals) who provide assistance with special projects on the Hospice House grounds and with public events.

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Group: Family Service Rochester
Position: Volunteer
Contact information: http://www.familyservicerochester.org/volunteer.html
Description:

● Volunteers make a difference every day, whether it’s by delivering Meals on Wheels, grocery shopping, monitoring a visit at the Family Access Center or serving on the board or a committee. At Family Service Rochester, we work with over 500 volunteers each year. Volunteers play a crucial role in our programs and services. There are many ways you can become involved in our community by volunteering with Family Service Rochester. Below is a list and brief description of our opportunities.

● Meals on Wheels
  ○ Volunteers deliver noon meals to the elderly and people with disabilities who are unable to prepare or access a meal. Meals are delivered seven days a week; each route takes about an hour to deliver. Flexible schedules are available.

● Handy worker/Chore
  ○ Volunteers help elderly persons with minor household maintenance and repair. Jobs may include: minor carpentry, painting, raking, window washing, gardening and other projects. Volunteers work on an on-call basis.
- **Homemaker**
  - Volunteers may provide services such as: grocery shopping, routine house cleaning, laundry and/or cooking for elderly people and those with disabilities. Volunteers are matched with a client based on availability and interest.

- **Family Access Center**
  - Volunteers monitor parenting times and exchanges at the Family Access Center. This service is built on the belief that all children can benefit by maintaining a relationship with both parents.

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**Group:** Channel One  
**Position:** Volunteer  
**Contact information:** Contact Maggie Parham, Channel One volunteer recruiter at 507-424-1705 or by e-mail at maggieparham@channel-one.org.  
[http://www.channel-one.org/volunteer_at_channel_one.html](http://www.channel-one.org/volunteer_at_channel_one.html)  
**Description:**

Examples of Volunteer Opportunities include:

- Assisting shoppers in the food shelf
- Stocking the food shelf
- Working in the garden
- Checking shoppers into the food shelf
- Answering phones and directing calls
- Calling clients to re-certify them for federal programs
- Sorting, labeling, and repacking food
- Helping with special events, mailings, and other projects
Group: Ronald McDonald House

Position: There are many ways to contribute your valuable talents and time: become a HouseWarmer, serve a House Dinner, and many, many others. We thank you for considering helping the Ronald McDonald House in this important way.

- Become a HouseWarmer
- Serve a House Dinner
- Become a Child Life Volunteer

Contact information: [http://rmhmn.org/how-you-can-help/volunteer/](http://rmhmn.org/how-you-can-help/volunteer/)

Description:
HouseWarmers volunteer in three-hour shifts from 9:00 am-9:00 pm 365 days a year. We ask HouseWarmers to commit to a minimum of one year of active service.

Tasks Include
- staffing the front desk
- answering the telephone
- greeting our guests and visitor
- accepting donations
- writing thank you notes
- stocking pantries and supply rooms
- sanitizing
- assisting wherever needed in the House

Requirements
- must be at least 16 years old
- good mental and physical health
- ability and willingness to work with people of diverse backgrounds and cultures
- good written and verbal communication skills

Orientation
- attend orientation meeting (held monthly) for new HouseWarmers
- tour the House
- learn more about the role of a HouseWarmer

Training
- shadow an experienced HouseWarmer
- two three-hour sessions with the same trainer

**Learning**
- continue to learn while working with staff and other HouseWarmers

**Application**
- completion of Volunteer Application which includes background check that requires notarization
- positive results from reference checks
- clear background check

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**Group:** Mayo Clinic  
**Position:** Volunteer  
**Contact information:** Depends on the Volunteer Services you want to be involved with. NOTE if you want to volunteer with the Mayo Clinic (HIGHLY RECOMMENDED), need to contact them in September!!

**Mayo Clinic Volunteer Services**  
Christine Hindt, Coordinator  
507-284-5520  
Lynn Benrud, Administrative Assistant  
507-284-0239

**Rochester Methodist Hospital Auxiliary/Volunteers**  
Barbara Kermisch, Coordinator  
507-266-7397  
Mary Skifton, Administrative Assistant  
507-255-0366

**Saint Marys Hospital Auxiliary/Volunteers**  
Susan Pronk, Coordinator  
507-255-5653  
Ann Freund, Administrative Assistant  
507-255-6866
Mayo Clinic Young Volunteers  
Marie Aaberg, Coordinator  
507-538-0747  
Renee Pieper, Administrative Assistant  
507-284-1545  
Description: http://www.mayoclinic.org/volunteers-rst/  

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Group: Charter House  
Position: Volunteer with older adults  
Contact information: Elizabeth Kaufman  
http://www.charterhouse-mayo.org/about-us/,  
Description: Help out with activities at Charter House! Assist residents to and from events, and assist them during events. Activities include bingo, manicures, social hour, large group events, music, and more. Work with the activity staff to enrich the lives of the residents.  
COMMITMENT: flexible, 1 - 5 hours per week. DAY OF WEEK: flexible, Monday - Friday. TIME OF DAY: flexible, 9 a.m. - 4 p.m. ADDITIONAL INFORMATION: Background check required, must attend a one hour training session.  

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Group: Nature Abounds
Position: Wild life watcher volunteer
Contact information: http://www.natureabounds.org/

Description
Watch the Wild™, a program of Nature Abounds needs your help in observing the "wild" in your community. As a Watch the Wild™ volunteer, you observe and report what is taking place in your community, from trees and plants to weather and wildlife activity. In as little as ten minutes, your observations help us to understand how our eco-systems are changing and helps us to adapt for the future.

Being a Watch the Wild™ volunteer is very easy. All you need to do is:
  ● Choose a location or route to observe, whether it be your backyard, a route you drive regularly, or an area that you play, visit, or hike in regularly
  ● Record your observations and
  ● Report your observations to us via mail or email.

Organization: Saint Jude Hospice
Position: Hospice Companion
Contact information: 2222 19th St. NW, Ste 210, Rochester, MN
http://www.saintjudehospice.org/locations/index.php

Description
Become a friend to a hospice patient and bring joy to their lives. Hospice companions visit on a regular basis and do a variety of activities with patients and their families, such as: hobbies or reminiscing.

Skills
  ● Conversationalists, compassionate: An interest in helping others and an opportunity to get to know the patients life stories.

Requirements
Volunteers need to be 18 yrs or older, have a valid driver's license, and commit to 1 year of service.
Organization: Salvation Army - Caring Partners Adult Day Program  
Position: Activity Assistant  
Description  
Caring Partners Adult Day Program is looking for volunteer activity assistants to assist adults with physical and mental disabilities. This would include but is not limited helping with activity prep, going on community outings, engaging participants in arts and crafts and singing and playing cards and helping with ambulation. This portion would be open Monday - Friday from 7:30AM - 5 PM. Come have fun with our staff and participants and help out the community at the same time.

Organization: Boys & Girls Club of Rochester  
Position: Volunteer  
Contact: Sarah Mass; (507) 287-2300 or http://www.bgclubroch.org  
Description  
Mission Statement: To empower all young people, especially those who need us most, to realize their full potential as productive, responsible, and caring community members.  
We are a place that gives every child in our community access to a safe, nurturing, educational environment that positively impacts their lives.
Volunteer Form

Have you volunteered at an organization here in Rochester? Share your experience with other nursing students!

Organization: ____________________________
Position: __________________________________
Contact Information: _________________________

How would you rate your experience? (1- Disastrous, 3- Indifferent, 5 – Amazing)

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What did you do?
____________________________________________________________________________
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Would you recommend this volunteer opportunity to others?
____________________________________________________________________________

Other Comments or Information:
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