

# James Seastrand Helping Hands of North Las Vegas

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## Volunteer Opportunities

### **Wanted: Board Members**

JSHNLV is looking for two Board Members. Members are required to attend 10 meetings per year, which are held on the 4<sup>th</sup> Tuesday of the month starting at 6:30 p.m., and they are required to volunteer 25 hours per year with the organization. Interested individuals can contact Marcia Blake at 702-649-7853.

### **Drive Senior Citizens to Appointments**

HOW WOULD YOU GET AROUND VEGAS IF YOU COULD NO LONGER DRIVE?

Our Valley is home to hundreds of seniors who are facing this reality today. So, wrap your helping hands around your steering wheel and help a senior!

James Seastrand Helping Hands of North Las Vegas and Helping Hands of Vegas Valley use a state of the art transportation scheduling program that makes it easy for our volunteer drivers to sign up for those trips that work best for their schedules. Trips typically last between two and four hours.

All volunteer use their own vehicle to transport clients and must:

- Pass a background screening
  - Have a safe driving record with a current Nevada driver's license
  - Maintain proper auto insurance and a safe car
  - Attend a four-hour training class
  - Agree to volunteer for at least a year and take at least two trips per month
  - Must be someone who checks and responds to emails on a daily basis
  - Must have access to a printer to print our driving assignments.
- Please note: This is completely voluntary; mileage reimbursement is not provided.

## **Hand out Food-Muscles Needed**

Every Friday morning, we give boxes of food to seniors, families, and individuals who are hungry. Volunteers are needed to help lift and carry these boxes-either to hand out to people or potentially to carry to people's cars. Must be able to lift and carry up to 50 pounds. The shift is 7:30am-10:30am every Friday. There is a 15 minute application and training process that must be completed before volunteering.

## **ABC Office Volunteer**

We are looking for a dedicated volunteer to give 3 hours a week to help in our office. The majority of the work would be filing, so we are looking for someone who is detail oriented, and knows their ABC's. The volunteer can choose which weekday (M, Tu, We, Th) they want to come in each week. Friday is NOT an option. The shift would be 10am-1pm on their day of choice.

## **Keep Seniors Warm!**

Volunteers are needed to make 100 blankets/afghans for seniors by October 27, 2016! The blankets/afghans can be crocheted, knitted, sewn, tied, or quilted. YOUR CHOICE!! This volunteer project can be completed from you home. Please contact us to let us know you are participating and how many you plan to make. When you are finished please contact us to make arrangements for drop off/pick up.

## **Social Media Expert**

We are looking for volunteers that will give some of their time and talents to promote our organization via social media.

After an initial interview and meeting, volunteers can work from their own homes or offices. We will setup a process and schedule that is mutually beneficial to discuss and review material electronically. Ideally, we are looking for volunteers that could dedicate 15 minutes a day every day to putting something out on Facebook, Twitter, WordPress, Yelp, Pinterest, etc.

## **Food and Toilet Paper Drive Coordinators**

We need people who are willing to put together food and or toilet paper drives to fill our pantry! This is the perfect opportunity for work, school, civic, and faith based groups. We will provide a flyer for your use that you can manipulate to fit your event. This is great for large groups.

## **Food Pick-up and Delivery**

We need a volunteer with a truck to meet us at Three Square Food Bank every Wednesday morning at 8:30am to pick up our food orders and then drive back to our office to unload the food. You need to be able to lift 50 pounds and your truck needs to be able to fit one pallet of goods. This opportunity should take approximately 2 hours. There is a 15 minute application and training process that must be completed before volunteering.

## **Contact**

If you are interested in volunteering, please call Marcia Blake, Executive Director of James Seastrand Helping Hands of North Las Vegas at 702-649-7853.