

## 2014 Volunteer Opportunities

### **VA Hospital Volunteers: NEEDED!!!**

There are many different volunteer opportunities at the VA Hospital, either Little Rock or North Little Rock. Meal Mates, (help feed patients), driving Veterans to Dr. Visits, greeting people in the hospital, to name just a few opportunities. Some of you may already volunteer at the VA, if so would you please let me know that you are serving there. Working with Veterans and their families is such a blessing and it is a little way that we can give back to them for their service to our country.

### **AR Vets: NEEDED!!!**

They are needing clerical work Monday – Friday from 9:00 – 12:00 or 1:00 – 4:00. Their office is located in NLR behind McCain Mall. You would answer phone, greet guest and light office work.

### **Literacy Action for Central Arkansas: NEEDED!!!**

They are in need for people to tutor. They offer a class for young adults, to teach them the skills they need to attend college. Tutors will work with the students after their classes, on Tuesday and Thursday from 12:00 – 1:30 at Pulaski Tech in North Little Rock. This is a 6 week volunteer opportunity. They provide you with training, so that you will have all the knowledge you need to help these students. They are also needing some office help at their main office in the Downtown Little Rock Library, from 9- 12, Monday – Thursdays.

### **Arkansas Food Bank: NEEDED!!!**

Has many opportunities available, from working in their Vegetable garden, warehouse, office work, and organizing their store. They send out a lot of food on a weekly basis to help with the hunger in Arkansas.

### **Senior Medicare Fraud Volunteers (SMP):**

Volunteers will go through an all-day training on teaching others how to protect themselves from Medicare Fraud. RSVP sets up presentations with different Senior Citizens groups for volunteers to speak and show a video, that explains what to watch out for. Volunteers can also set up their own presentations through their church, families, local organizations, etc....

### **Museum of Discovery:**

They are needing volunteers to help with the exhibits and directing visitors thru the Museum. They have a lot of school groups, of all ages that come to visit throughout the school year. Lots of fun to be had watching young people using the interactive science exhibits.

### **Central Fire Station:**

Needing volunteers to help install smoke detectors in homes. They furnish you with all the tools needed and you work in pairs. Also people to help with the school demonstrations and health fairs. This would not be a weekly or monthly obligation, you would work as needed.

Please contact Lisa at 501-897-0793 or [lstrainsvp@yahoo.com](mailto:lstrainsvp@yahoo.com) if you would like to volunteer for these stations