

*Greater Newburyport*

**Volunteer Opportunities**

**2011**



*Have you give two hours this month?*





Two Cents  
Two Cans  
Two Hours  
**TOGETHER!**

This volunteer directory is compiled by Pennies for Poverty: 2 Cents 4 Change, Inc. a 501(c)3 nonprofit run by volunteers on an annual budget of \$2,000.

**Our Vision:** To eliminate poverty in Newburyport by 2025.

**Our Values:** We believe that poverty is a human rights issue under Article 25 of the Declaration of Human Rights and that all people should be treated with respect, dignity, and compassion.

**Our Mission:** To lessen the current effects of poverty and crisis while working simultaneously to eliminate the root causes of poverty and crisis in the future.

**Our Goals:**

- Raise awareness of poverty in the community.
- Increase donations to food pantries and soup kitchens.
- Increase volunteerism.
- Raise funds for the 2 Cent Grant Fund and Pennies Operating Fund.
- Encourage attendance at free events to increase community spirit.
- Increase awareness and understanding of Pennies and our programs in the community.

For more information or if you would like to be involved, email us at [2cents4change@gmail.com](mailto:2cents4change@gmail.com). Or see our website: [www.2cents4change.com](http://www.2cents4change.com)

## **HEALTH & NUTRITION**

### **Anna Jaques Hospital/Amesbury Health Center**

25 Highland Avenue, Newburyport, 978-463-1150

Volunteer opportunities exist in many areas of the hospital, from clerical, to retail to patient support work. Flexible arrangements.

**IMEC (International Medical Equipment Collaborative)** 1600 Osgood St, N. Andover, MA 01845, [www.imecamerica.org](http://www.imecamerica.org)

Arranges, prepares and ships hospital suites out worldwide. Outside of a few permanent staff, IMEC's entire workforce is made up of volunteers. Many volunteer positions are open for people who can volunteer 4 hours a day once or twice a week, or once a month.

### **Merrimac Valley Hospice**

Contact Sheryl Meehan, Volunteer Director

978-552-4522, [smeehan@homehealthfoundation.org](mailto:smeehan@homehealthfoundation.org)

Volunteers needed to work directly with terminally ill patients and their families, provide services for them, or help with administrative tasks. All volunteers must be at least 18 years of age and complete a training program.

## **CHILDREN**

**Big Friends Little Friends**, A Program of Family Service, Inc.

430 North Canal Street, Lawrence, MA 01840

978-327-6600; [www.familyserviceinc.com](http://www.familyserviceinc.com)

Youth mentoring program that matches caring adult mentors, couples, or families with young people who could benefit from a relationship with a positive adult role model. Serves 15 towns in the Merrimac Valley.

**Boys and Girls Club of the Lower Merrimack Valley**

Maple Street, Salisbury 978-462-7003

Contact: Jason Cooper

Website: [www.boysandgirlscluboflmv.com](http://www.boysandgirlscluboflmv.com)

The Boys and Girls Club seeks to provide every child with the essential tools needed for a successful and bright future. The Club needs volunteers of all

ages to work in the office, as athletic coaches, recreation assistants, cooking instructors, homework tutors, arts and crafts leaders and fundraisers.

### **Horizons for Homeless Children**

60 Island St, Lawrence MA 01840

978-557-2182

[www.horizonsforhomelesschildren.org](http://www.horizonsforhomelesschildren.org)

The mission of Horizons for Homeless Children is to improve the lives of homeless children and their families. We provide homeless children in Massachusetts with the nurturing, stimulation and opportunities for early education and play that all children need to learn and grow in healthy ways. The Northeast Region Playspace Program partners with 24 homeless shelters and equips them with a Playspace, filled with developmentally stimulating toys. Volunteers commit to just two hours a week for six at a shelter Playspace to play with the children. Application and training required-visit website or call the office for more details.

### **Newburyport Youth Services**

Contact: Andrea Egmont, Supervisor of Youth Services

60 Pleasant Street, Newburyport 978-465-4434

e-mail: [aegmont@cityofnewburyport.com](mailto:aegmont@cityofnewburyport.com)

We have opportunities to help with programming or events.

### **The Newburyport Learning Enrichment Center (NLEC)**

15 Storey Avenue, Newburyport (978) 884-1343

Contact: Nancy Earls

[Nearls@newburyport.k12.ma.us](mailto:Nearls@newburyport.k12.ma.us)

The NLEC provides after school tutor/mentor services, literacy support, cultural arts programs and summer recreation opportunities. All programs are free. There is currently a great need for tutors. We also need leaders of after-school clubs (book clubs, drawing, cooking, etc.) that meet weekly or monthly, “family mentors” to work with low income families, and homework clinic supervisors.

## **Northern Essex County CASA Program**

978-327-6615

[casa@familyserviceinc.com](mailto:casa@familyserviceinc.com)

Volunteers are trained to represent the best interests of abused and neglected children in court by providing careful research to the court. CASA volunteers advocate for children in the Greater Lawrence, Haverhill, and Newburyport areas.

## **Parents Helping Parents**

617-926-5008, [info@parentshelpingparents.org](mailto:info@parentshelpingparents.org)

Volunteers are trained to answer calls to a 24-hour parental stress hotline. There are also opportunities for childcare providers and parent support group facilitators.

## **Small Solutions Big Ideas**

One Laptop per Child Project in Africa

Contact: Sandra Thaxter (617)320-1098

[info@smallsolutionsbigideas.org](mailto:info@smallsolutionsbigideas.org)

This is a laptop for every child in Africa project!

We believe that information is survival for the world's children, like water for the thirsty. Volunteers are needed for outreach, communication, project management, fundraising, teacher mentoring, and more.

How wonderful it is that nobody need wait a single moment before starting to improve the world.

~Anne Frank

## ENVIRONMENT & ANIMALS

### **The Garden Committee of Maudslay State Park**

Contact: Sandee Liversidge 978-462-4731

e-mail: gardenwork2@earthlink.net

The historic gardens at Maudslay State Park need volunteers for hands-on gardening and fundraising. Times are flexible and are designed to meet many schedules - weekday or weekend.

### **Massachusetts Audubon Society**

Joppa Flats Education Center 978-462-9998 ext 3

Contact: **Melissa Vokey**

e-mail: joppaflats@massaudubon.org

Website: [www.massaudubon.org/joppaflats](http://www.massaudubon.org/joppaflats)

Mass Audubon's Joppa Flats Education Center on the Plum Island Turnpike in Newburyport welcomes volunteers with or without a birding background. Volunteer opportunities include welcoming visitors, helping with school, children's, and family programs, providing grounds maintenance, and assisting with data collection at the bird banding station. Volunteers receive regular trainings, discounts on local day programs, invitations to special events, and reciprocity with other non-profits.

### **Merrimack River Feline Rescue Society**

63 Elm Street, Salisbury 978-462-0760, [volunteers@mrfrs.org](mailto:volunteers@mrfrs.org)

Volunteers needed to help out at our no-kill shelter, provide a foster home for kittens, help to feed homeless cats. Work hands-on with the cats or provide service such as photography, graphic design, publicity, or maintenance.

### **Parker River National Wildlife Refuge** 978-465-5753 x208,

[fw5rw\\_prnwr@fws.gov](mailto:fw5rw_prnwr@fws.gov)

Volunteer positions include leading tours, assisting with habitat improvement, surveying wildlife population, and more.

# **DISASTER RELIEF**

## **American Red Cross**

31 Green Street Newburyport 978-462-8243

Volunteers needed in all programs and support areas including disaster relief workers, health services instructors, receptionists/secretary, blood drive aides, and coordinator of medical equipment loan program. Call about these and other positions available.

## **Emergency Management-Civil Defense Volunteers**

Office of Emergency Management, National Guard Armory, 59 Low Street, Newburyport, 978-465-4424

Volunteers needed to fulfill all roles in emergency operating center and responses to the public in emergencies. Training, equipment and recognition provided. Uniformed branch of city government.

# **ELDERLY**

## **Newburyport Council on Aging**

40 Water Street, Newburyport 978-462-8650,

rrobillard@cityofnewburyport.com

Needed: Drivers to take elders to doctor's appointments and shopping, friendly visitors, Meals on Wheels drivers, office help.

## **Elder Services of the Merrimack Valley, Inc.**

Gerry Proulx, volunteer recruiter; 978-946-1445

volunteer@esmv.org

A variety of volunteer opportunities exist at Elder Services; however, our most critical volunteer needs throughout the Merrimack Valley are volunteer companions, who visit with elders: they help with food shopping and pick up prescriptions; in some cases (if the volunteer agrees) they might also drive an elder to a medical appointment or other social appointment. Other opportunities include: Brown Bag Food Program, drivers, health benefits counselors (SHINE), money managers, medical advocates, nursing home ombudsman, instruction on computer use & the Internet, and special events.

## **Nursing Homes**

Nursing homes are very happy to have volunteers! Contact the Activities Director and go in for an orientation. Typical activities are one-on-one room visits, writing or reading letters and stories, card or board games, sharing your interests and skills, and helping with their program. Popular times are late morning and mid-afternoon.

### **Amesbury Village Skilled Nursing and Rehab**

22 Maple Street, Amesbury  
978-388-4682; info@amesburyvillage.com

### **Brigham Manor Nursing and Rehab Center**

77 High Street, Newburyport  
978-462-4221

### **Country Rehab and Nursing Center**

180 Low Street, Newburyport  
978-465-5361

### **Harborside Health Care/Maplewood**

6 Morrill Place, Amesbury  
978-388-3500

### **Port Health Care**

113 Low Street, Newburyport  
978-462-7373

### **Seaview Retreat**

60 Mansion Drive, Rowley  
978-948-2552; info@seaviewretreat.com

**Still can't find what you're looking for?**

**[www.volunteermatch.org](http://www.volunteermatch.org)**

# COMMUNITY SERVICES

## **Coastal Connections, Inc**

35 Water Street, Amesbury

Contact: Deb Plumer, Martha Daigle – Co-Executive Directors

978-388-1119; [www.coastalconnections.org](http://www.coastalconnections.org)

Coastal Connection is a non-profit organization supporting individuals with disabilities in the community by providing programs, advocacy and individualized support. Coastal Connections also operates Thrifty Threads, a thrift store featuring clean, gently used clothing. We are always looking for donations of clothing. In addition, volunteers may come in to cover the store, or provide activities for individuals with special needs – especially music!

## **Community Action, Inc.**

[www.communityactioninc.org](http://www.communityactioninc.org)

Community Action is a private, nonprofit organization established in 1965 to address the causes and consequences of poverty in the greater Haverhill, Newburyport, and Amesbury areas. A number of volunteer opportunities exist.

## **Community Giving Tree**

Contact: Leslie Levenson

e-mail: [info@communitygivingtree.org](mailto:info@communitygivingtree.org) 978-887-3933

[www.communitygivingtree.org](http://www.communitygivingtree.org)

Community Giving Tree recycles baby equipment and children's clothing and provides other basic necessities to low income families living on the North Shore. Volunteers are needed to collect school supplies in the fall, toiletries in the spring, make friendship boxes for the holidays, make baby bundles at our West Boxford facility, help at the annual Toy Fair fundraiser in the fall, or host a Care and Share party. Business groups, scouts, and social groups welcome to participate.

## **Jeanne Geiger Crisis Center** 2 Harris Street, Newburyport

978-465-0999 (office) 978-388-1888 (24-hour Crisis Hotline)

Serves battered women and their children in crisis. Volunteer opportunities: answering the hot line, assisting women with court procedures, child advocates, and rapid response team. Training provided. Contact the volunteer coordinator.

**Opportunity Works** 10 Opportunity Way, Newburyport 978-462-6144

This organization serves the developmentally disabled, providing training and employment in sheltered workshop, training in social and daily living skills. A variety of volunteer needs exist: quality control, drivers, landscaping, special activities (music, art, exercise), big brother/big sister relationships. Crafts, exercises, music and other leisure activity programs for older people in the Golden Opportunity Club.

### **Newburyport Parks Commission**

Contact: Lise Reid. Email: [nportparkscommission@yahoo.com](mailto:nportparkscommission@yahoo.com)

Volunteers perform a variety of tasks, from playground repairs and the Spring Clean Sweep, to organizing the Winter Carnival and fundraising.

**Our Neighbor's Table** P.O. Box 592, 145 Main St., Amesbury 978-388-1907

[www.ourneighborstable.com](http://www.ourneighborstable.com)

Volunteers are needed for the Wednesday night meals program as well as for the food pantry.

### **Parents Helping Parents**

[www.parentshelpingparents.org](http://www.parentshelpingparents.org); 617-926-5008 x101

Volunteers do something real to help prevent child abuse. Our volunteer Parental Stress Line Counselors and Parent Support Group Facilitators help one parent at a time to manage situations and lives that feel out of control. Volunteers also help parents to discover appropriate child discipline and identify their own strengths as parents.

### **Pennies for Poverty: 2 Cents 4 Change**

[www.2cents4change@gmail.com](mailto:www.2cents4change@gmail.com)

We are a volunteer-run nonprofit organization dedicated to lessening the current effects of poverty in Newburyport while working simultaneously to eliminate the root causes of poverty and crisis in the future. We seek volunteer board members, as well as volunteers to assist in a variety of capacities: communications, event planning, food drives, etc. For more information, see our website or contact Eleanor Turke, president at [2c4c@2cents4change.com](mailto:2c4c@2cents4change.com) or Julie Amery, 2 Hours chair, at [2hour@2cents4change.com](mailto:2hour@2cents4change.com).

**Pettengill House** 13 Lafayette Road, Salisbury 978-463-8801

Volunteers are needed for the food pantry, office/clerical work, events, fundraisers, and special programs such as food drives and Operation Backpack. A volunteer application with more information can be accessed at [www.pettengillhouse.org](http://www.pettengillhouse.org)

**Salvation Army** 40 Water Street, Newburyport 978-465-0883

Volunteers needed to assist elderly, visit nursing homes, odd jobs and youth programs, feeding programs, food pantry, seasonal (holiday) help.

## CULTURAL

**Cushing House Museum** Contact: Jay Williamson, curator

98 High Street, Newburyport 978-462-2681

e-mail: [info@newburyhist.org](mailto:info@newburyhist.org) Website: [www.newburyhist.com](http://www.newburyhist.com)

Volunteers are needed as docents (tour guides), for historical research, special events, grant writing and gardening.

**Custom House Maritime Museum**

25 Water Street, Newburyport 978-462-8681.

To volunteer, contact Trish or Jim Robinson at their home tel 978-358-7900 or email [trishjim@comcast.net](mailto:trishjim@comcast.net). Volunteer positions include museum store, hospitality, data entry, research, and docents.

**Firehouse Center for the Arts**

Market Square, Newburyport 978-499-9931.

Contact: Evelyn Kovach, volunteer coordinator

e-mail: [evlkova@aol.com](mailto:evlkova@aol.com) Website: [www.firehouse.org](http://www.firehouse.org)

Volunteers needed for ushering, the box office, backstage, office, public relations, photography, posting posters, hospitality, and clippings.

**Lowell's Boat Shop**

459 Main Street, Amesbury 978-834-0050

website: [www.lowellsboatshop.com](http://www.lowellsboatshop.com)

Our volunteer program offers individuals a hands-on experience in working at America's oldest boat shop. A variety of positions are available, from carpentry to marketing.

## **Historic New England**

Spencer-Pierce-Little Farm

5 Little's Lane, Newbury 978-462-2634

Various opportunities exist: docents, clerical, reception desk at visitor's center, special event volunteers, and others as needed. Training provided.

*Greater Newburyport Volunteer Opportunities* is a publication of Pennies for Poverty: 2 Cents 4 Change, Inc. a 501(c)3 nonprofit run by volunteers on an annual budget of \$2,000. Our goals include raising awareness of poverty in the community; increasing donations to food pantries and soup kitchens, and increasing volunteerism in the community. We ask that each person volunteers for two hours a month for an organization of his/her choosing. Pennies for Poverty is not responsible for providing background checks of volunteers and is not responsible for the experience of volunteers with any of the organizations listed. Inclusion in this bulletin does not indicate endorsement by Pennies for Poverty.



If you are a nonprofit organization with volunteer needs and would like to be included in a future edition of this directory, please contact Julie Amery, 2Hours 4Change chair at Pennies for Poverty: [2hour@2cents4change.com](mailto:2hour@2cents4change.com)

## Little Things That Make a Difference

- Click on The Hunger Site (and its affiliates: The Breast Cancer Site, The Child Health Site, The Literacy Site, The Rainforest Site and The Animal Rescue Site) every day, for free: [www.thehungersite.com](http://www.thehungersite.com)
- Use Search Kindly for your web searches.
- Shop through iGive.com.
- Have a clothes swapping party and donate any unwanted clothes to charity.
- Recycle! Every ton of paper recycled saves 380 gallons of oil.
- Once a week, have an "unplugged" family night.
- Evaluate your car usage. Do you need to use the car for every errand? Walking 10 miles during a week instead of driving saves 500 pounds of CO2 emissions!
- **BUY LOCAL:** support local farmers, stores, artists.
- Freecycle.com is a great way to get things you may need for free, get rid of things you no longer want, and is good for the environment
- Volunteer in public schools.
- Advocate, write letters.
- Contribute or volunteer at food programs.
- Knit hats or blankets for children in the Third World: they don't have incubators. Advocate for better education for all; volunteer in public schools.
- Be a Big Brother or Sister.
- Educate yourself about poverty issues and then educate others.
- Buy Fair Trade products.
- Buy used and recycled items: thrift stores, antiques stores, second hand stores, yard sales.
- Fast one day and donate the money.
- Paper or plastic? Bring your own cloth bag and save the environment.
- Drink tap water, not bottled water.
- Practice conscious, socially responsible living.
- Cut down on your consumption, and live more simply.
- Shop less.