



VOLUNTEER UNITED

Volunteer Express

May/June 2024



IOWA CITY
COMMUNITY
SCHOOL DISTRICT
Child-Centered • Future-Focused

Iowa City Community School District

ICCSA Center for Innovation – May, 2024

Volunteers are needed to assist with repurposing math manipulatives (cubes, beads, dice, straws, etc.)

Volunteers will count and repackage math manipulatives into specified quantities for distribution to classrooms next school year.

Two hour morning or afternoon volunteer shifts are available for specified dates throughout May. If you have a group that would like to volunteer, a volunteer event may be scheduled for your group.

If you are interested in learning more or volunteering, please contact Wendy Nolan with United Way at 319-338-7823 or wendy.nolan@unitedwayjwc.org



Stamp Out Hunger

May 11th – Multiple Volunteer Shifts

10:00am-12:00pm, 12:00pm-2:30pm, 3:00pm-5:00pm

1045 Hwy 6 East, Pepperwood Plaza, Iowa City

The National Letter Carrier's Stamp Out Hunger Food Drive has been held annually each year since 1993. Letter carriers will collect non-perishable foods while delivering their mail routes. Donated food will be provided to the three local food pantries.

This food drive is only successful due to the community donating their time and non-perishable food. Volunteers are needed to assist with food collection and food sorting.

Free snacks and lunch will be provided to volunteers.

If you would like to volunteer, please utilize this link: <https://volunteersignup.org/PBTJ7>

Contact Ben Kayser with questions or for more information:
319-240-8138 or bkayser2005@gmail.com



Girls on the Run of Eastern Iowa 5K Saturday, May 18th

Various Volunteer shifts available from 7:00am - 2:00pm
Liberty High School – North Liberty

The annual Girls on the Run 5K is May 18th. Local teams have been running, walking, jumping, and skipping for 10-weeks to prepare for this fun, celebratory event. All Corridor-area teams come together with their coaches, families, and community members to celebrate their accomplishments and cross the finish line together.

A variety of volunteer roles and times are available such as set-up, water station attendants, course volunteers, cheering stations, food prep, photo booth, Sparkle Runners for individuals or groups, and many more fun and important volunteer roles. Volunteers can select one shift or multiple shifts.

Volunteer Sign-up and Information:

<https://www.pinwheel.us/register/index/Spring2024-5K-Volunteer-IC>



Agape Café

May 4th Fundraiser Cleanup 11:00am-1:00pm

26 East Market Street at Old Brick Church, Iowa City

Agape Café serves a free, hot, breakfast dine-in or to-go for neighbors experiencing homelessness and/or food insecurity. Breakfast is served every Wednesday.

Ten volunteers are needed to help with cleanup after the fundraiser. Individuals or groups are welcome.

If you are interested in volunteering or learning more, contact Jenny Britton at: 319-400-4879 or agapebreakfast@gmail.com



North Liberty Community Pantry

13th Annual Golf Tournament

Friday, May 17th Variety of shifts throughout the day

Brown Deer Golf Club – 1900 Country Club Drive, CVL

Volunteers are needed to help with the 13th Annual Golf Tournament. The Golf Tournament is a great time to connect with donors supporting the pantry.

Use this link to review volunteer opportunities and sign-up:

<https://www.signupgenius.com/go/70A044BAAAE2EA75-49028353-golf#/>

For more information contact Casey Gaylord:

volunteer@northlibertycommunitypantry.org



GuideLink Center Gardening Project **May 10th 9:00am or 10:00am -Noon** **300 Southgate Ave, Iowa City**

A volunteer group of 5-6 community members is needed to assist with a gardening project. Backyard Abundance, a local company, is helping to create “therapeutic landscaping” in the courtyard of the GuideLink Center.

Volunteers are needed to assist with assembly and installation of a swing, compost bin, raised beds, and weed and plant flowers.

Water and snacks will be provided.

Please contact Abbey Ferenzi for more information or to volunteer:
319-688-8000 or Abbey.Ferenzi@unitypoint.org



Iowa City Free Medical & Dental Clinic **French and Arabic Volunteer Interpreters**

The Iowa City Free Medical & Dental Clinic is looking for French and Arabic volunteer interpreters. Multiple days and times are available. The highest need is on Thursday evenings from 6:00pm-9:00pm.

Apply online at: <http://freemedicalclinic.org/give-time/>
For questions or more information contact Stanzy Hahn at 319-337-4459 or volunteer@freemedicalclinic.org



Ronald McDonald House **Meal Groups Needed**

Meal groups are always needed to come to the House and prepare dinner for families. Families returning from a day at the hospital. greatly appreciate a hot and fresh meal.

Volunteer meal groups are welcome into the kitchen up to 8 volunteers. The volunteer meal group determines the menu they will be preparing. Meal groups provide groceries for the meal. All necessary equipment needed to prepare your dishes should be available in the kitchen. 65 servings are requested to ensure all guests are guaranteed a meal. Dinner is served daily at 5:30 pm and meal groups are welcome to come anytime starting at Noon. Review meal availability and sign-up here:

[Volunteer Meal Opportunities | RMHC-EIWI](#)



Ronald McDonald House 40th Annual Red Shoe Run & Walk Sunday, May 5th Lower City Park

This event raises important funds and awareness of the goal to keep families close to each other in their time of need. This event is also serves as an Annual Family Reunion, where alumni families return to visit and see each other, staff, and volunteers.

This fun day requires 100+ volunteers to ensure the Run is a success for families and participants. There are multiple volunteer opportunities from loading the truck on Friday, helping set up the course Sunday morning, to cheering on runners as they run.

Use this link to view the list of volunteer shifts and jobs:

<https://runsignup.com/Race/Volunteer/IA/IowaCity/RedShoeRunWalk>



Summer of the Arts

Iowa Arts Festival

June 7th(5pm-10pm), June 8th(9:45am-10pm)

June 9th(9:45am-4pm)

Volunteers are needed throughout the festival for a variety of activities and shifts. Come help the community enjoy this wonderful free event.

How to sign up:

Step 1) Fill out the Volunteer Application:

<https://summerofthearts.volunteerlocal.com/volunteer/?id=78323>

Step 2) Sign up for volunteer shifts:

<https://summerofthearts.volunteerlocal.com/volunteer/?id=78324>

(Note: If you access the page and do not see shifts, there is a box at the top to enter your first name and e-mail address. Once you click submit, shifts should appear)

For questions or more information, contact Andrea Truitt, Director of Engagement

andrea@summerofthearts.org



Shelter House - Individual Volunteer Opportunities

Weekly volunteers are needed to help with sorting donations and filling out donation slips as request are received. Shifts are flexible with a volunteer's schedule, and it is preferred if a volunteer could commit to scheduling a shift once per week for at least one month.

Visit <https://shelterhouseiowa.org/volunteer/> for more information and to fill out a volunteer application today! Contact Jessica Field jessica.field@shelterhouseiowa.org if you have any questions



Community Crisis Services and Food Bank

Bulk Food Repackaging

May 14th, May 28th, June 11th 8:00am-10:00am
1105 S Gilbert Ct., Iowa City

Groups of 10-12 volunteers are needed to assist with repackaging bulk dry goods into smaller packaging for distribution at the food pantry.

All materials and instructions will be provided. The repackaging will take place in a kitchen/dining space with heavy products, so volunteers should wear closed toed shoes.

For more information or to volunteer, contact Lucas Welch at:
lucas.welch@builtbycommunity.org



Crowded Closet Thrift Shop

Volunteer at everyone's favorite thrift shop

Crowded Closet Thrift Shop invites individual volunteers and groups to join after hours service to help where it is needed the most, preparing material donations for sale in the thrift shop.

Volunteer openings:

Thursday, May 16th, and Thursday, June 20th 5-7pm.

[Click Here to sign-up!](#)

Contact Christine Maust Beachy, Volunteer Coordinator, 319-337-5924 or
crowdedcloset.volunteer@gmail.com



Ronald McDonald House

Fore the Families Golf Outing

Monday, June 3rd Finkbine Golf Course

Volunteers are needed for various opportunities such as setting up, tearing down, and everything in between. Volunteer support is crucial to ensure a smooth execution of the event.

Use this link to review and sign-up for volunteer opportunities:

[Fore The Families Golf Volunteer Sign Up](#)



Houses into Homes

Houses into Homes provides gently used beds, furniture, and household items for families and individuals in Johnson County who are exiting homelessness, domestic violence, and other crisis situations.

This work is only possible with the support and service of community members!!

Delivery and Warehouse Volunteers

Volunteers are needed for furniture deliveries on Sunday, May 5th, Saturday, May 18th, Sunday June 2nd and Saturday, June 29th [Click here to sign-up.](#)

Volunteers are needed to assist in the warehouse. [Click here to sign-up.](#)

[Click here to view all volunteer opportunities.](#)



Ronald McDonald House Weekly Scheduled Volunteers

Weekly scheduled volunteers assist with miscellaneous duties to keep the House a clean, welcoming environment. There are three different positions to choose from:

- Front Desk Volunteers
- Kitchen Volunteers
- In-House Volunteers

If you are interested in learning more about a long-term volunteer commitment, start by completing the application here: <https://rmhc-eiwi.org/volunteer-application/>



Miracles in Motion Therapeutic Equestrian Center Fence Building and Painting

A volunteer group of 10-20 is needed to assist with painting and/or building fence for the arenas and pasture as well as other projects.

Please contact the volunteer coordinator for more information or to sign up your group: volunteermiraclesinmotion@gmail.com or 319-415-4780



HACAP Poverty Simulation May 9th 6:00pm-8:00pm
St Andrew's Church, Iowa City

HACAP will be facilitating a poverty simulation allowing attendees to experience a glimpse of what it is like to be in need in our community.

20 volunteers are needed to play roles representing various components of our community such as businesses, organizations, stores, schools, agencies, etc., that are utilized and accessed by community members.

If you are interested in learning more or volunteering for this interactive immersive experience, e-mail Debbie Ackerman at: DAckerman@hacap.org



Ronald McDonald House
4th Annual Bubble Walk
Saturday, June 15th Coe College, Cedar Rapids

The 4th annual Bubble Walk needs volunteers to assist with loading and unloading the van at the Ronald McDonald House as well as volunteers to assist throughout the event.

Use this link to review and sign-up for volunteer opportunities:
[Bubble Walk Volunteer Sign Up!](#)



Neighborhood Centers of Johnson County
Garage Sale-ing Volunteer Starting May 4th through July

The NCJC Family Support Team works tirelessly to provide assistance to families in need in low-income neighborhoods, offering programs that educate, foster self-efficacy, strengthen families, and create a sense of community. There is a constant challenge to meet the need for clothes and baby items for the families supported.

Over the next two months, Johnson County will host community garage sales, where there will be an abundance of baby and small child clothing and items, typically in new or nearly new condition.

If you or any volunteers you know enjoy attending garage sales and would be willing to purchase needed items, and then donate the purchases to the NCJC family support team, you would be making a significant difference in the lives of local families.

To volunteer, contact Bella Arredondo at 319-354-7989x104 or Bella-Arredondo@ncjc.org



United Way of Johnson & Washington Counties

United Way of Johnson & Washington Counties My Very Own Book Drive

Each year United Way of Johnson & Washington Counties collects new and gently used books for Pre-k through 6th Grade youth in our community. Donated books are given out to local Title 1 schools at literacy events, provided to social service agencies, and distributed at other community and youth events to encourage reading and increased access to books.

If you would like to volunteer to hold a book drive as an individual, group, business, etc., please visit the following link:

<https://www.unitedwayjwc.org/book-drive>

For questions and additional information reach out to Wendy Nolan at wendy.nolan@unitedwayjwc.org or 319-338-7823



Neighborhood Centers of Johnson County & St Andrew Presbyterian Church Free Summer Lunch Program

June 10th-August 16th Noon-1:00pm

Pheasant Ridge Neighborhood Center, 2651 Roberts Road, IC

Leaders, helpers, and drivers are needed for the free summer lunch program

LEADERS are two-member teams who commit to Monday-Friday for **ONE WEEK**. LEADERS pick up food from the church, set up, oversee volunteers, direct clean-up, and return leftovers to the church. Time commitment is from 11am to 1:30pm. Leaders will complete a brief training/orientation and will shadow the role before leading on their own.

HELPERS are individuals who commit to **ONE DAY** at a time, arriving at Pheasant Ridge at 11:30 and leaving at 1:15, or when clean-up is done. HELPERS will assist in set-up, serve food, interact with children, and help with clean-up. Leaders will provide direction to the helpers.

DRIVERS (one each week) will go to the HACAP warehouse in Hiawatha (about 35 minutes from the church) and select food (mostly fruit and vegetables) that is appropriate for lunches that week. This can be one-person, a large vehicle is not needed, and NCJC will attend with you before driving on your own. Drivers will arrive at the HACAP warehouse at 9:00am on Mondays. Volunteer drivers can sign-up for one trip, or several trips throughout the summer.

Volunteers of all ages are welcome (**elementary age must be accompanied by an adult who can focus on the tasks**). High school students can earn volunteer hours and add this community service to college applications and job resumes. It is a good way to meet new friends, and to get to know the awesome kids who come for lunch.

Sign up to volunteer here: [Summer 2024: Pheasant Ridge Lunches \(signupgenius.com\)](https://signupgenius.com)

For questions, please contact: Heather Woodin, Summer Lunch Program Coordinator, St. Andrew Presbyterian Church 319-338-7523 hwoodin@saintandrew-ic.org or Bella Arredondo, NCJC Volunteer & Community Engagement Specialist, 319-354-7989x104 Bella-Arredondo@ncjc.org



Grow: Johnson County
Weekly Volunteering – May through October
Monday, Wednesday, Friday 8:00am-Noon

Volunteers work on the farm assisting with harvesting, washing, and distributing produce. All volunteers are trained in Grow's food safety protocols.

If you are interested or would like more information visit:
<https://www.growjohnsoncounty.org/volunteer>



55+ RSVP Volunteer Medical Transportation Program
Community Members 55 and better are encouraged to get involved using their lifetime of experience to reach out and help others. Individual abilities and interests are matched with community volunteer needs.

The 55+ RSVP Medical Transportation Program provides rides for seniors and disabled adults who have no other means of transportation to medical appointments. Without this transportation, many would not access vitally needed medical services, especially in the rural areas of our communities.

There has been an increase in the number of senior residents in the community in need of this ride service. Additional 55+ RSVP Volunteer Medical Transportation drivers are needed to meet this need.

For more information visit the United Way website: [CLICK HERE](#)
or contact Wendy Nolan at: wendy.nolan@unitedwayjwc.org

For information on other community and group volunteer opportunities:

United Way Volunteer Center
<https://www.unitedwayjwc.org/volunteer-center>
319-337-8657 or email: vols@unitedwayjwc.org

VOLUNTEERS
MAKE A
DIFFERENCE.

Wendy Nolan
Community Impact & 55+ RSVP Coordinator
United Way of Johnson & Washington Counties
(319) 338-7823
www.unitedwayjwc.org

