



Knoxville-Knox County
Retired and Senior Volunteer Program
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VOLUNTEER OPENINGS: WHAT CAN YOU DO FOR SOMEONE ELSE?

Whether you have a few hours a month to volunteer or are ready to share a few hours weekly, we have a menu of opportunities that can be matched to your schedule, your desired proximity to home, or your desire to share or learn skills and experiences. All positions receive orientation and training on site, and insurance while volunteering.

Is giving back to your community a preferred volunteer focus?

- ❑ Assist back-to-work women with interview clothing selections at the **Career Closet**.
- ❑ Train and partner through **SCAN** [Sheriff's Dept.] to provide neighborhood watch and appointments for safety checks in the county.
- ❑ Deliver library books from the **Knox County Library** to homebound folks.
- ❑ Assist staff who work with inner-city homeless at the **Volunteer Ministry Center**.
- ❑ Provide inventory control and record keeping assistance at **Second Harvest Food Bank**, or join a group sorting food donations.
- ❑ Assist with a class or activities at **O'Connor Senior Center**.

Is learning and sharing new knowledge your challenge?

- ❑ Be a greeter at the **Knoxville Museum of Art** or **Ijams Nature Center**.
- ❑ Give tours to public groups visiting **Blount Mansion**.

Like to be outside - and even get dirty?

- ❑ Transplant shrubs or plant bulbs for the **HUG** program at a Habitat home.
- ❑ Join the men's Thursday club at **Habitat for Humanity**.
- ❑ Assist educational and gardening staff at **Ijams Nature Center**.

Enjoy working retail?

- ❑ Gift shops in museums, nature centers, and hospitals.
- ❑ Sales floor at the thrift shop for **Angelic Ministries** or **Habitat for Humanity**.

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Prefer to work in an office environment?

- ❑ Greet visitors and clients and answer phones as a receptionist at **Emerald Youth Foundation** or at **Catholic Charities**.
- ❑ Support **AMOS** - Affordable Medicine Options for Seniors - that helps seniors cut the costs of prescription drugs.
- ❑ Helping with records and data entry for the **RSVP** program.
- ❑ Organize files to be archived at the **East Tennessee Design Center**.
- ❑ Administer short telephone surveys for the **Senior Companion Program**.

Like to work with children?

- ❑ Volunteer for the **AAU Junior Olympics** hosted in Knoxville the end of July.
- ❑ Be a **Reading Listener** to help improve reading skills to first graders with Project Grad.
- ❑ Tutor junior high school students after school at **Emerald Youth Foundation**.
- ❑ Provide assistance and support to grandparents raising grandchildren.
- ❑ Lead small groups of children on nature trails at **Ijams Nature Center**.

Have time to share with the elderly?

- ❑ Help with errands or provide escort services to a medical appointment through **Project LIVE**.
- ❑ Brighten someone's day with occasional visits with a person in a nursing home.
- ❑ Get a buddy and deliver **Mobile Meals** to the frail and homebound elderly.

Want to work in health care?

- ❑ There are so many rewards for hospice volunteers at **St. Mary's Hospice**.
- ❑ Offer reassurance to families and Alzheimer's clients through the **Memory Loss Support Program**.
- ❑ Be a respite caregiver with the **Senior Companion Program**.

Curious about the most recent requests?

- ❑ Helping with **PAWS -Placing Animals With Seniors** or **Feed-A-Pet** which benefit animals that are the companion pets for Office on Aging clients.
- ❑ Sign up to be an **On-Call RSVP** volunteer to help with exhibits and community events at the Convention Center, World's Fair Park or Knoxville Expo.
- ❑ There are extra perks with this gem: helping with your choice of events during the **AAU Junior Olympics** hosted here in Knoxville. 17,000 athletes!
- ❑ For the tech-minded - install computers and Internet service in homes as part of the **CHIPS Program [Computers for Homebound & Isolated Persons]**.