



IH PTSA
Community Service Program
Resource Guide



revised: November, 2014

Year-Round, Local Volunteer Opportunities

1. Issaquah Food and Clothing Bank
 - a. food bank on multiple days, evenings every week
 - b. Turkey Trot – Nov
 - c. Caring for Sharing holiday gift giving event– Dec
 - d. <http://issaquahfoodbank.org/get-involved/volunteer/>
2. VOICE Mentor Program
 - a. weekly mentoring of students within the Issaquah School District
 - b. <http://voicementorprogram.org/>
3. Eastside Baby Corner
 - a. <http://www.babycorner.org/volunteer-time/>
4. Mountain-to-Sound Greenway
 - a. trail restoration events available every Saturday, year round
 - b. www.mtsgreeway.org
 - c. 206 812 0122
5. Washington Trails Association
 - a. state-wide, year round trail restoration opportunities
 - b. <http://www.wta.org/volunteer/trail-work-parties>
6. Evergreen Mountain Bike Alliance
 - a. mountain bike trail building and maintenance
<http://evergreenmtb.org/recreation/>
7. Seattle Humane Society
 - a. <http://www.seattlehumane.org/volunteer/opportunities#.VEA7ePnF8Xs>
 - b. Because of staffing concerns and safety issues, The Seattle Humane Society is unable to offer volunteer positions to people under age 18. However, there are still many ways for youth to participate.
 - c. See end of document for details (Pg. 6-7)

8. Issaquah Meals Program

- a. provides nightly, hot meals to needy individuals and families at the Issaquah Fire Station
- b. Adria Briehl
Eastside Volunteer Coordinator /Issaquah Meal Program
425-679-0342
AdriaB@ccsww.org
- c. See end of document for details (Pg. 8)

9. Camp Korey

- a. provides camps and special events for children and families living with serious medical conditions
- b. located at the historical Carnation Farm in Carnation
- c. www.campkorey.org

10. Mamma's Hands / House of Hope

- a. provides a safe, secure living environment in North Bend for women in crisis and their children
- b. <http://www.mammashands.org/get-involved/volunteer>

11. Teen Feed

- a. supports homeless teens and teens-in-need in Seattle
- b. Provides meals, helps teens meet basic needs, fosters relationships, and allies with homeless youth as they meet their future off the streets
- c. <http://www.teenfeed.org/>

Seasonal, Local Volunteer Opportunities

12. Salmon Days

- a. 4-5 October, 2014
- b. <http://www.salmondays.org/volunteers.html>

13. Nightmare at Beaver Lake

- a. Oct 17-31, 2014
- b. Rotary Club of Sammamish
- c. <http://www.sammamishrotary.org/index.cfm?display=pages&pageid=6471&sub=e>

14. The Forgotten Children's Fund

- a. King County holiday gift wrapping
- b. Early December through Dec. 24, 2014
- c. <http://www.forgottenchildrensfund.org/>

15. Outdoors for All Foundation

- a. Provides adaptive instruction in outdoor recreation at Snoqualmie Summit and Stevens Pass for people with physical, developmental, and sensory disabilities
- b. www.outdoorsforall.org

Volunteer Websites –Local, Regional, National

16. The Cities of Issaquah, Bellevue and Sammamish have opportunities for community volunteers.

Issaquah <http://www.ci.issaquah.wa.us/index.aspx?NID=920>

Sammamish <https://www.sammamish.us/volunteer/Default.aspx>

Bellevue <http://www.bellevuewa.gov/volunteer.html>

17. Volunteer Opportunities listed on the IHS College and Career Center webpage

- a. <http://sites.google.com/site/issaquahhsccc/opportunities/volunteer>

18. United Way of King County

- a. county wide /local volunteer opportunities
<http://www.uwkc.org/ways-to-volunteer/>

19. Catholic Community Services

- a. opportunities through-out Issaquah, King County
- b. <http://www.ccsww.org/>

20. Linking Opportunity

- a. King County wide opportunities for high school students
- b. www.linkingopportunity.org

21. Hope Link

- a. King County-wide opportunities for high school students
- b. https://www.hope-link.org/take_action/volunteer/

22. International Smile Power

- a. delivers dental health care, supplies, education and training to underserved people in our own communities and around the world.
- b. <http://www.smilepower.org/VOLUNTEER.html>

23. Americor

- a. national/ state / county wide /local volunteer opportunities a. a. <http://www.nationalservice.gov/impact-our-nation/state-profiles/WA>

24. Flash Volunteer

- a. <http://www.flashvolunteer.org/Seattle/events/featured>

Uses social media to promote volunteer activity in the Seattle area. Users can find convenient volunteer opportunities that fit your schedule. Invite your friends. Create and host events. Improve your neighborhood.

25. One Brick

- a. <http://seattle.onebrick.org/>

One Brick allows "commitment-free volunteering" by letting you choose when you want to volunteer rather than having to commit to a certain number of hours.

26. Seattle Works

- a. <http://www.seattleworks.org/>

Provides young adults with innovative volunteer activities and educational opportunities. In their EXCEED Program, volunteers serve as interns on local nonprofit boards for one year.

27. Points of Light Institute

- a. <http://www.pointsoflight.org/>

Founded in 1990, the Institute is a nonpartisan organization devoted to promoting volunteerism. It is based in Washington, D.C. and works in communities throughout the United States through a network of over 500 Volunteer Centers.

28. Volunteer Match

- a. <http://www.impactonline.org/>

An online matching service for volunteers and nonprofits. Volunteer opportunities can be found by zip code, interest, and age group.

Seattle Humane Society Volunteer Ideas for High School Students

Conduct A Pet Food Drive

A very helpful way to volunteer is to organize a pet food drive in your neighborhood or school. Donations of pet food, supplies, toys and cat litter are always appreciated. Many of these items are distributed through our Pet Food Bank for low-income senior pet owners and through Pet Project, which helps pet owners disabled with AIDS.

Knit Blankets For Cats Awaiting Adoption

All of the cats in our care receive a blanket or towel to make their cat cubby more comfortable. The cats especially love knit blankets. This is a great way to learn a new skill, or practice an old one, and benefit the cats on our campus.

Make Captivating Catnip Toys For Our Fabulous Felines

We try to provide a healthy environment for the cats awaiting adoption, which includes giving them plenty of toys. One of their favorites is catnip-filled socks. All you need are baby socks, cotton balls, dried catnip, and a needle and thread. Take a baby sock and fill it with cotton balls and a wad of catnip in the center – a teaspoon or so should work. Then sew off the top of the sock and clip any loose threads. You're done!

Coordinate A Coin Drive

Collect coins from family, friends and neighbors. The Seattle Humane Society has an account with CoinStar machines in QFC stores where deposits can be made. Visit the Coinstar website (www.coinstar.com) to find out how to donate your jar of coins through the Coins that Count program. Or you can monitor a coin collection at a business. When the can is full, bring it to the Seattle Humane Society and replace it with a new one.

Host a Fundraiser

Young people are often our most creative fundraisers! You can get involved in a variety of fundraising projects and then donate the proceeds to the animals. We have had children hold bake sales, yard sales, craft sales, participate in walk-a-thons, and much more! Feel free to use your imagination to come up with a fundraising idea.

Hold a Cat Toy Drive For Our Cat Enrichment Program

Although the cats in our care receive toys, blankets, and treats on a daily basis, we're always trying to provide them with as much stimulation as possible. Enrichment can be provided through food (canned food, treats), furniture (scratching posts and stepstools), toys (balls and flyers), activities (clicker training), olfactory stimulants (catnip), and/or auditory stimulants (music and nature sounds). These physical and psychological stimuli provide numerous benefits, such as increasing the cats' overall well-being and their ability to get adopted. The following items are needed for the Cat Enrichment Program:

Toy Shoppe brand playables furry mice (12 pack)

Multi-colored lattice balls (4 pack)

Toy Shoppe brand mini safari mice (10 pack)

Catnip stuffed toys

Toy Shoppe brand ticklers

Shaker's brand interactive cat toys

"Heard that Bird" cat toy with wand

Keeping Track

You can use the attached Community Service log to keep track of your hours spent on any of these independent projects or use one that your school provides. When you are ready to come to the shelter to drop off the blankets, towels, animal food, or money donations, please make arrangements with Education Services so that we can also sign off on your hours. We can give you credit for up to **20 hours** doing the independent projects listed above. If you would like to earn additional hours, your family can foster animal/s in your home. (see below)

Participate In Our Foster Parent Program

If your entire family is interested in helping animals, consider participating in our Foster

Parent Program. In this program, volunteer families care for young or ill animals until they are ready for adoption. This is an entire family project, as the animals are in your home for several days or several weeks and may require special feeding or medication. If your family is interested in fostering, please contact Volunteer Services at volunteers@seattlehumane.org.

Humane Teen Club

The Humane Teen Club is for teens aged 13 to 17 who are interested in learning about companion animal welfare and becoming volunteers at the Seattle Humane Society before they turn 18. The members are chosen at the end of the summer and the program runs throughout the school year. The volunteer hours worked by HTC graduates can qualify as community service hours for school.

Please contact our **Education Department at educationservices@seattlehumane.org** if you would like more information about any of these Community Service Opportunities. The animals will thank you!

Issaquah Meals Program Details

Issaquah Meals Program was started in May 1989 by Catholic Community Services at the request of the city of Issaquah and local churches. Initially, meals were served two times per week and then it was increased to Monday-Friday. Volunteer groups from local faith congregations, community organizations and in some cases, families, provide the nightly meals.

The meals are served at the Issaquah Community Hall (180 E. Sunset Way) at 5:25PM each night. Volunteers cook the meal offsite, bring the food to the hall and serve to those attending. The program is a no questions asked service so there is no income requirement. The meals improve the availability of nutritious food and help to supplement limited food budgets for low-income families and individuals from the community.

The program assists low-income families, street youth, single mothers, homeless, low-income individuals and older adults who live in the communities surrounding Issaquah. Ages of meal participants range from infants to over 85 years of age. In January 2013, 23% of meal patrons participated in a sample demographic survey. Survey result highlights:

In 2013, 7,958 meals were provided. Currently each night averages 35 individuals being served. A number of the participants have been coming for years and count on the evening meal to supplement their food budget.

Many of the groups are responsible for multiple nights each month and other groups provide meals on alternating months (i.e. 5th Tuesday). There are more than 450 volunteers serving meals through the various groups listed.