

♥ **United Way of Greater Kingsport** Assist in planning events: Volunteer Breakfast, Week of Caring, Annual Meeting, Training Events, Healthy Lifestyles Expo, Campaign Kickoff, serve on various committees. Call 378-3409 [www.uwaykpt.org](http://www.uwaykpt.org)

**Warriors Path State Park** Volunteers to assist staff and work in other areas. Call 239-8531

### SPECIAL SERVICES

♥ **Frontier Industries** Volunteers to provide time limited services to individuals with developmental disabilities such as beauty treatments, music sessions, arts and crafts class or anything related to community interest topics. Call 224-1461

♥ **Hope House of Kingsport** needs (1) Guest instructors to teach one hour classes to expectant mothers and/or new mothers in the areas of prenatal & postnatal care, parenting, child development, nutrition, job skills, etc. (2) Female volunteers to enable new mothers to attend a Hope House support group by assisting with childcare for 3 hours, the 3<sup>rd</sup> Thursday afternoon, of each month. Call Angie at 247-7994

[angie@hopehouse.us](mailto:angie@hopehouse.us) [www.hopehouse.us](http://www.hopehouse.us)

**Hope House of Scott County** Volunteers to answer its 24-hour crisis line, provide transportation and child care, perform light housekeeping and yard work, make minor repairs and assist with residents' needs. Training provided. Male volunteers needed to help families move out of the shelter. Call (888) 250-4325 or 276-386-1313

♥ **Small Miracles Therapeutic Equestrian Center** Volunteers for ongoing lessons, help with barn work, farm maintenance, handyman work and assist students. For volunteer training call Kelly Davis at 367-1801 or email [kellydavis34@hotmail.com](mailto:kellydavis34@hotmail.com)

♥ **United Way Agencies**



**YOU CAN MAKE A DIFFERENCE BY VOLUNTEERING! Select a Volunteer Opportunity and call the phone number listed to make a difference in your community.**

## Volunteer Opportunities

**LIVE UNITED** 

**United Way of Greater Kingsport**

75<sup>th</sup> Anniversary  
1934-2009

*This collection of volunteer opportunities is provided by the United Way of Greater Kingsport. To add, update or delete an opportunity contact Brenda Overbey at 423-378-3409 ext 10 or e-mail [boverbey@uwaykpt.org](mailto:boverbey@uwaykpt.org)*

### ANIMAL CARE

**Journey's End No Kill Animal Society** Volunteers (14 and older) to help with adoption booth at PetSmart in Kpt., 4 to 7pm weekdays, 9am-8pm Sat., 11am to 5pm Sun. Adult (over 18) needed. Email Mary Randolph at [mmrcatcapers@msn.com](mailto:mmrcatcapers@msn.com) or call 239-5645

**Kingsport Animal Shelter** - Volunteers to clean stalls, feed, water and bathe pets and assist staff. Call 247-1671 after 12:30 P.M.

**Siberian Husky Rescue** Volunteer foster homes, event help and someone to check on adopted dogs. Training provided. Call (276) 494-3153 [www.siberianhuskyassist.com](http://www.siberianhuskyassist.com)

**Sullivan County Animal Shelter** Volunteers to help with animals, must be at least 18 years old. Call 279-2741 afternoon hours

### CHILDREN/YOUTH

♥ **Big Brothers / Big Sisters of Greater Tri-Cities** Volunteers to serve as Big Brothers and Big Sisters to local children. Call 247-3240 for more information

♥ **Boy Scouts of America, Warriors Path District** Volunteer opportunities for adults to help with character education, program planning in Cub Scout Packs, Boy Scout Troops and Venture Crews in the Kingsport area. Call Jeff Bays at 423-952-6961 or [jbays@scbsa.org](mailto:jbays@scbsa.org)

♥ **Boys & Girls Club of Greater Kingsport** Volunteers assist with general office duties, nutrition aides and assist program staff in program areas. Call 230-4160 ext 226 for more info. Background checks mandatory for volunteers.

♥ **CASA for Kids, Inc.** needs concerned citizens to volunteer to become Court Appointed Special Advocates for abused/neglected children in Sullivan and Hawkins counties. Call 247-1161

♥ **Girl Scouts of the Appalachian Council** Volunteers to work with girls in small groups. Volunteers for special interest activities including skills demonstrations. Administrative volunteers for coordinating program events. Call Mgr. of Vol. Services at 800-428-3991 or [jnelson@girlscoutsappalachian.org](mailto:jnelson@girlscoutsappalachian.org)

♥ **Girls Incorporated of Kingsport** Volunteer Math and Reading tutors for girls age 5-14. Call 247-2321

**Lee Family Learning Center** Volunteers to assist in after-school program. Call 392-2531

**Rascals Teen Center** Volunteers on Saturday nights must be High School seniors and older. Call 378-5050 for details

### CONCERN/CARING

♥ **CONTACT-CONCERN** is a telephone helpline staffed by trained volunteers who provide information and referrals (2-1-1), a "listening" ear to distressed callers, crisis intervention, and daily wellness checks. Call 2-1-1 or 246-2273 to start training.

### HISTORICAL PRESERVATION

**Allandale Mansion** Volunteers to help with yard work. Call 229-9359

**Exchange Place** Volunteers to help with restoration maintenance, Heritage Gardens and weekend events. Call 288-6071

**Gray Fossil Site** Volunteers to help with tours, lab volunteers, sorting fossils and digging fossils. Help needed in each department. Call 439-3659

## **SAFETY/HEALTH**

**Abuse Alternatives** Shelter monitors to answer hotline calls, shelter screenings, client intake, lead orientation, assign rooms to new clients, transport clients to appointments and help with general office work. Call 423-652-9093

**Amedisys Hospice of Kingsport** Volunteers to visit patients and provide companionship. Call Volunteer Coordinator at 288-9777

♥ **American Red Cross** Extensive volunteer opportunities. Project volunteers planning/staffing educational exhibits, instructors for health & safety courses such as CPR or babysitting, disaster responders and clerical support, etc. For more info, call Judy Fields at 378-8700, ext. 334

♥ **Bloomington Volunteer Fire Department** Volunteer needed to serve as liaison to coordinate attending Board meetings and help with clerical work – great for retirees. Call Bob Ervin at 288-2660

**Crohns and Colitis International Research Foundation** Volunteers to help with community awareness, fund-raisers, support/assistance to those diagnosed and research on new medications and/or trials. Call 863-3911 or 843-810-1271, e-mail [dawneen@earthlink.net](mailto:dawneen@earthlink.net)

♥ **Friends In Need** Volunteers to screen new patient paperwork. Call 246-0010

**Holston Valley Medical Center** Volunteers to work reception desks and gift shop, provide directions and assist in patient care areas. Call 224-6040

**Indian Path Medical Center** Volunteers for new ICU Waiting Room, Gift Shop and other positions. Training required for most positions. Call Vol. Office 857-7570

♥ **Safe House** Shelter volunteers to answer hotline calls, perform shelter screenings, begin client intake, help with office work, provide child care or implement activities with children and assist with residents' needs. Training provided. Call (423) 246-2273

♥ **Salvation Army** Volunteers to sort, fold and hang clothes at Thrift Store, open from 9am–5pm weekdays. Volunteers needed in kitchen to help prepare/serve meals daily. Call at 246-6671

**Smoky Mountain Home Health and Hospice Inc.** Volunteers for office doing mailings, crafts for patients, running errands for patients / families, sitting with patients, reading to patients, playing cards or games, making phone calls, etc. Skin TB test and criminal background check required. Call Volunteer coordinator at 246-1005

## **SENIORS**

**Asbury Place Kingsport** Volunteers to assist with variety of activities: Reading, music, games, bingo, visiting. Call Jimmie Maness 245-0360

**First Tennessee District Long-Term Care Ombudsman** Volunteer ombudsman representatives, as advocates for residents of long-term care facilities. Training is provided for facility in your area. Call 1-800-821-1312 ext. 37 or 928-8311 ext. 37

**Kingsport Senior Center** Volunteers to help serve lunch meals to seniors or deliver meals to homebound seniors from 10:30am-12:30pm. Call Sonya Bingham @246-8060

**Kiwanis Towers** Volunteers to deliver meals to homebound seniors from 10:30-12:30pm. Call Lisa at 246-0120

♥ **Meals on Wheels of Kingsport** needs drivers to help deliver hot meals. Cooks are needed to prepare and box meals. Call Volunteer Kingsport at 247-4511

**Meals on Wheel of Sullivan South** - (Colonial Heights, Rock Springs and Sullivan Gardens area) needs volunteers to prepare and/or deliver meals. Call 239-9071

♥ **Shepherd Center** in Kpt - Volunteers to help seniors by picking up prescriptions, taking them grocery shopping and to doctor's appointments. Help needed distributing brochures. Call Katherine at 392-4514

**Wellington Place at Colonial Heights** Volunteers to work with seniors, arts and crafts instructor, card / board game facilitator, outing assistant, entertainer for seniors, manicurist and front desk monitor. Skin patch test and references required. Call Activities Director at 239-0022

**Wellmont – Hospice** Volunteers for office area, assist at Hospice House. Training required. Contact Patricia, Volunteer Coordinator 844-5257 for more info.

**Wellmont-Madison House** Volunteers to assist with variety of activities (reading, music, games, Bingo, or just visiting) with seniors. Call 224-6900

**Wexford House** Volunteers to assist with variety of activities. Facility orientation required. Call Bernice or Shirley at 288-3988

## **SERVICE NEEDS**

**Good Samaritan Ministries** Volunteers to help with administrative duties, answering phones, clearing message lines, greeting and directing clients, filing and making copies. Volunteers for Thrift Store, Food Pantry and Warehouse (must be able to lift more than 25 pounds). Call 928-0288

**Goodwill Industries** Call 245-0600 for more information

**Holston Habitat for Humanity** Volunteers with building knowledge and skills to help construct homes in the area. Call 239-7689

email: [info@holstonhabitat.org](mailto:info@holstonhabitat.org)  
[www.holstonhabitat.org](http://www.holstonhabitat.org)

**Habitat Resale Store** in Kpt Volunteers from 9:30am to 3:30pm Tues. & Thurs. and 9:30am to 1pm Saturdays. Please leave name/phone number at 378-4760

**Interfaith Hospitality Network of Greater Kingsport** - Volunteers to serve as receptionist, play with children and coordinate children's events and a van driver. Call 246-6500

**Kingsport Theatre Guild** – Seamstresses, child care providers, painters and carpenters needed for construction. Call 392-8427

**Kingsport Tomorrow** Volunteers to help with general office duties on Wed. and Fri. Office hours are 8-5pm. Call 246-2017

**Kitchen of Hope** Volunteers to serve meals and clean up after meals - afternoon hours. Call 247-3735

♥ **Literacy Council of Kingsport** Tutors for adult learners and school children in the Kpt. area. Training required. Needs office and committee volunteers. Call 392-4643 [www.literacycouncilofkingsport.org](http://www.literacycouncilofkingsport.org)

**Second Harvest Food Bank** Volunteers, individuals/groups. Must be 16 years old or older and able to lift at least 10 lbs. Call 477-4053 ext. 205

**SHARE Food Program** Seeking churches, civic organizations and neighborhood groups to act as host for SHARE. Program open to everyone, designed to give a hand to families who might not be financially able to keep food on the table. Training/materials provided. Only four-five hours a month is needed. Call 323-5539

**Vision Production / Billy Wayne Ministries** Volunteers to help with ground work, maintenance, office duties & janitorial work. Call Vision office at 245-1551