

# volunteer opportunities



When you volunteer, you give part of yourself—your time, energy, skills and feelings. You give to your family and friends, to your neighbors, to your community. Giving is one of the reasons why people volunteer. Volunteering is also a way of saying thank you. It's a way of recognizing the countless others who, in big ways and small, have made life richer and better through donations of time and effort. Below you will find a diverse group of volunteer opportunities, all of whom need your help.

## *Missouri Listings*

**A.N.S.W.E.R.S. Assisting Needy Seniors with Equipment Recycled by St. Louisans** - 314-913-4142  
**AARP** - 636-677-0801 (State Coordinator, Quentin Ruchte) - [www.aarp.org/drive](http://www.aarp.org/drive)  
**AARP Foundation** - 314-830-3600 - [www.aarp.org](http://www.aarp.org)  
**ALS Association (The)** - 314-432-7257 or 888-873-8539 - [www.alsa-stl.org](http://www.alsa-stl.org)  
**Alzheimer's Association, St. Louis Chapter** - 314-432-3422 - [www.alzstl.org](http://www.alzstl.org)  
**American Cancer Society** - 314-286-8158 - [www.cancer.org](http://www.cancer.org), [www.acscan.org](http://www.acscan.org)  
**AmHeart Hospice** - 314-894-8189 - [www.amheartospice.com](http://www.amheartospice.com)  
**Arthritis Foundation-Eastern Missouri** - 314-991-9333, 1301 - [www.arthritis.org/chapters/eastern-missouri/](http://www.arthritis.org/chapters/eastern-missouri/)  
**Bethesda Hospice Care** - 314-373-7026 - [www.bethesdahealth.org](http://www.bethesdahealth.org)  
**BJC Hospice** - 314-872-5050 - [www.bjchospice.org](http://www.bjchospice.org)  
**Cardinal Ritter Senior Services Foster Grandparents Program** - 314-918-2297 - [www.cardinalritterseniorservices.org](http://www.cardinalritterseniorservices.org)  
**Cardinal Ritter Senior Services RSVP Program** - 314-918-2294 - [www.cardinalritterseniorservices.org](http://www.cardinalritterseniorservices.org)  
**CID - Central Institute for the Deaf** - 314-977-0163 - [www.cid.edu](http://www.cid.edu)  
**CLAIM (Community Leaders Assisting the Insured of Missouri)** - 800-390-3330 - [www.missouricclaim.org](http://www.missouricclaim.org)  
**Community Council of St. Charles County** - 636 936-8023 x 404 - [www.communitycouncilstc.org](http://www.communitycouncilstc.org)  
**County Older Resident Programs** - 314-615-4516 - [www.co.st-louis.mo.us/dhs/CORP.html](http://www.co.st-louis.mo.us/dhs/CORP.html)  
**Covenant House/CHAI Apartments** - 314- 432-1610 - [www.covenantchaistl.org](http://www.covenantchaistl.org)  
**Express Medical Transporters, Inc.** - 314-781-6400 - [www.rideemt.com](http://www.rideemt.com)  
**Faith Hospice, Inc.** - 314-892-4441 - [www.faithhospicestl.com](http://www.faithhospicestl.com)  
**Food Outreach** - 314-652-3663 x111 - [www.foodoutreach.org](http://www.foodoutreach.org)  
**GO! St. Louis** - 314-727-0800 - [www.gostlouis.org](http://www.gostlouis.org)  
**ITNStCharles** - 636-329-0888 - [www.itnstcharles.org](http://www.itnstcharles.org)  
**Jewish Community Center** - 314-442-3248 - [www.jccstl.com](http://www.jccstl.com)  
**Judevine Center for Autism** - 314-432-6200 - [www.judevine.org](http://www.judevine.org)  
**Kingdom House Senior Companion Program** - 314-421-0400 - [www.kingdomhouse.org](http://www.kingdomhouse.org)  
**Lindenwood Area Senior Ministry** - 314-647-4591 -  
**Long Term Care Ombudsman Program** - 314-918-8222 - [www.ltcop-stl.org](http://www.ltcop-stl.org)  
**Lutheran Senior Services Volunteer Money Management** - 314-446-2474 or 314-446-2523 - [www.lssliving.org](http://www.lssliving.org)  
**Magic House, The St. Louis Children's Museum** - 314-822-8900 - [www.magichouse.org](http://www.magichouse.org)  
**Memory & Aging Project, Washington University School of Medicine** - 314-286-2683 - [www.alzheimer.wustl.edu](http://www.alzheimer.wustl.edu)  
**Mid-East Area Agency on Aging** - 636-207-0847 - [www.mid-eastaaa.org](http://www.mid-eastaaa.org)  
**Missouri Botanical Garden** - 314-577-5187 - [www.mobot.org](http://www.mobot.org)  
**National Council on Alcoholism and Drug Abuse-St. Louis Area** - 314-962-3456 - [www.ncada-st.org](http://www.ncada-st.org)  
**Nurses & Company Hospice Care** - 636-926-3722 - [www.nursesandco.com](http://www.nursesandco.com)  
**OASIS, St. Louis Regional** - 314-862-4859 - [www.oasisnet.org/stlouis](http://www.oasisnet.org/stlouis)  
**OATS, Inc. East Region** - 314-894-1701 - [www.oatstransit.org](http://www.oatstransit.org)  
**Odyssey HealthCare** - 314-275-6100 - [www.odsyhealth.com](http://www.odsyhealth.com)  
**PrimeLife Media, Inc.** - 314-842-6002 - [www.primelifecircuit.com](http://www.primelifecircuit.com)  
**Seniors & Company Adult Day Care** - 636-926-2121 - [www.seniorsandco.com](http://www.seniorsandco.com)

Shepherd's Center of Webster/Kirkwood, Inc. - 314-961-2669 - [www.shepherdscenter-wk.org](http://www.shepherdscenter-wk.org)

Singer Institute (The) - 314-727-9202 - [www.singerinstitute.org](http://www.singerinstitute.org)

Society of St. Vincent de Paul - 314-881-6020 - [www.servingthepoor.com](http://www.servingthepoor.com)

SSM St. Clare Health Center - 636-496-4912 - [www.ssmstelare.com](http://www.ssmstelare.com)

SSM St. Joseph Hospital West - 636-625-7738 - [www.ssmstjosephwest.com](http://www.ssmstjosephwest.com)

St. Andrew's Senior Solutions - 314-726-5766 - [www.standrewsseniorsolutions.com](http://www.standrewsseniorsolutions.com)

St. John's Mercy Skilled Nursing Center - 314-251-6600 - [stjohnsmercy.org](http://stjohnsmercy.org)

St. Louis Area Agency on Aging - 314-612-5918 - [www.slaaa.org](http://www.slaaa.org)

St. Louis County Parks - 314-615-8822 - [www.stlouisco.com/parks](http://www.stlouisco.com/parks)

St. Louis Health Equipment Lending Program - 314-567-4700 - [www.stlhelp.org](http://www.stlhelp.org)

St. Louis Naturally Occurring Retirement Community - 314-442-3859 - [www.jewishinstlouis.org/norc](http://www.jewishinstlouis.org/norc)

St. Louis Society for the Blind & Visually Impaired - 314-968-9000 - [www.slsbvi.org](http://www.slsbvi.org)

STAR Transportation Program - 636-978-3306 - [www.mid-eastaaa.org](http://www.mid-eastaaa.org)

Support Dogs, Inc. - 314-997-2325 - [www.supportdogs.org](http://www.supportdogs.org)

University of MO-St. Louis Volunteer Services - 314-516-4106 - [www.umsl.edu/services/volunteer](http://www.umsl.edu/services/volunteer)

VITAS Innovative Hospice Care - 314-682-3400 - [www.vitas.com](http://www.vitas.com)

Young in Spirit Adult Day Center - 314-645-2411 - [www.Young in Spirit Adult Day Center.com](http://www.Young in Spirit Adult Day Center.com)



## Illinois Listings

Call For Help, Inc. - 618-397-0996 - [www.callforhelpinc.org](http://www.callforhelpinc.org)

Chester Multipurpose Senior Center - 618-826-5108 -

Collinsville Faith in Action - 618-344-8080 - [www.fiacollinsville.org](http://www.fiacollinsville.org)

Faith In Action Edwardsville - 618-692-0480 - [www.fiacollinsville.org/edwardsville.htm](http://www.fiacollinsville.org/edwardsville.htm)

Memorial Hospital - 618-233-7750 - [www.memhosp.com](http://www.memhosp.com)

Minds Eye Information Service - 618-394-6221 - [www.mindseyeradio.org](http://www.mindseyeradio.org)

Programs and Services for Older Persons - 618-234-4410 - [www.swic.edu/psop](http://www.swic.edu/psop)

Senior Services Plus, Inc. - 618-465-3298 - [www.seniorserviceplus.org](http://www.seniorserviceplus.org)

Western Egyptian EOC - 618-965-3458 - [www.weeoc.org](http://www.weeoc.org)



SENIOR CONNECTIONS

### URGENT MESSAGE

**For those concerned about senior citizens in nursing homes**

For a number of years, the Singer Institute's Senior Connection Program has been sending trained volunteers who have committed a year of their lives, to spend 1 hour each week with a nursing home bound senior.

*Many area nursing homes and their residents are benefiting from this much needed service.*

**The Singer Institute needs to raise funds to continue and expand these services.**

Please send tax deductible donations to

***The Singer Institute***

943 Warder Ave.,

University City, MO 63130

or call us at **314-727-9202**

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

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