

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

Alzheimer's Association, St. Louis Chapter - 314-432-3422 - www.alzstl.org

BJC Hospice - 314-273-0762 - www.bjchospice.org

Community Council of St. Charles County - 636 978-2277 x 404 - www.communitycouncilstc.org

County Older Resident Programs - 314-615-4516 - www.co.st-louis.mo.us/dhs/CORP.html



STROKE TARGETS BY COLOR.



Know where you stand. The odds are African Americans are twice as likely to suffer a stroke as white Americans.

Beating the odds isn't about winning, it's about living. You have the power to end stroke. 1-888-4-STROKE / StrokeAssociation.org

Photographed by Sean Kennedy Santos



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

MAKE IT YOUR MISSION

TO FIGHT HEART DISEASE IN WOMEN



Heart disease is still the No. 1 killer of women, taking the life of 1 in 3 women each year.

Give the women you care about the power to save their lives at GoRedForWomen.org.



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VOLUNTEER OPPORTUNITIES - Missouri & Illinois

Memory & Aging Project of the Charles F. & Joanne Knight Alzheimer's Disease Research Center at Washington University School of Medicine

314-286-2683 - www.alzheimer.wustl.edu

Mid-East Area Agency on Aging

636-207-0847 - www.mid-eastaaa.org

Missouri History Museum

314-746-4599 - www.mohistory.org

Nurses & Company Hospice Care

636-926-3722/314-685-3722 - www.nursesandco.com

Oasis - 314-539-4555 - www.oasisnet.org

Odyssey Hospice - 314-275-6100 - www.odsyhealth.com

Shepherd's Center of Webster/Kirkwood, Inc.

314-395-0988 - www.shepherdscenter-wk.org

SSM St. Clare Health Center

636-496-4912 - www.ssmstclare.com

SSM St. Joseph Hospital West

636-625-7738 - www.ssmstjosephwest.com

St. Louis Area Agency on Aging

314-612-5918 or 877-612-5918 - www.slaaa.org

St. Louis County Parks

314-615-8822 - www.stlouisco.com/parks

St. Louis Naturally Occurring Retirement Community (NORC)

314-442-3859 - www.jewishinstlouis.org/norc

The Singer Institute/Senior Connections

314-727-9202 - www.singerinstitute.org

United Way of Greater St. Louis

314-421-0700 - www.stl.unitedway.org

University of MO-St. Louis Volunteer Services

314-516-4106 - www.umsl.edu/services/volunteer

Visiting Nurse Association

314-918-7171 - www.vnastl.com



Collinsville Faith in Action - 618-344-0276 - www.fiacollinsville.org