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301.663.5214

**Inspiring, strengthening, and
supporting volunteerism in
Frederick County.**



Quarterly Newsletter

Fall 2006

HOLIDAY VOLUNTEERING

The holidays—a time to celebrate, see family and friends, and... volunteer. Charitable giving jumps 50% during the holiday season and organizations depending on volunteers see a similar leap in donations of time. It can be difficult for volunteers not previously affiliated with an organization to find opportunities that they want, so listed below are a few suggestions to help find the perfect holiday volunteering opportunity.

Start Early. Volunteer organizations can be flooded with volunteers during the holiday season. Many already have regular volunteers that still want to be involved and are given first choice at activities. Try to plan early, especially if you are involved with a large group. Keep in mind some organizations have long standing commitments with some religious groups or other civic organizations for their own holiday volunteering activities. Call a few weeks or months in advance and ask about opportunities.

Be Creative. If you can't find a volunteer opportunity that fits or is open, consider creating your own. Take your family, a group you're involved in, or even just yourself and start brainstorming what you can do to help out others during the season of giving. What can you do with a local retirement home's residents? How about grabbing co-workers and organizing a gift drive with the proceeds going towards Toys for Tots? Is there a family in the neighborhood that appears to be struggling financially that would appreciate a random act of kindness?

Be Flexible. When trying to volunteer over the holidays, remember to be flexible and

Continued on page 2



Agency Profile:

Seton Center, Inc.

Caring and Compassionate Services for Those in Need

The squat building across from the sweeping grounds of the Seton Shrine Center looks unassuming, but walk into the Seton Center, Volunteer Frederick's spotlight agency of the month, and you'll find a bevy of activity.

A single mother needing money for a medical emergency, an unemployed man needing gas money to get to that important job interview, an elderly couple facing increasing prescription costs and struggling to pay for heat are real life examples of people turning to the Seton Center for help.

In northern Frederick County, where the poverty rate is 12% (versus 3% in the remainder of the county), the Seton Center is busy filling a void many government, schools and other nonprofit agencies cannot meet.

"We can't do it all, but we can do part of it," said Sister Mary Pavonarius, Coordinator of Services at the Center.

The Seton Center is located in Emmitsburg, run by the Daughters of Charity of St. Vincent de Paul, and supported in part by the United Way. Throughout the year, the Center reaches approximately 5,000 people, the majority being the working poor that are ineligible for public assistance.

The Center's services address basic human needs, such as shelter, food and clothing, all within the framework of their core values of respect, quality service, advocacy, simplicity, and creativity. The Seton Center also provides supportive visits to those in the hospital or nursing homes.

The adjoining, self-sustaining thrift shop serves more than 15,000 people a year and allows anyone to purchase quality clothing and household goods at affordable prices.

"Everything I ever have loved and made me feel good, came from a thrift store because it has character and it meant something to someone," said Helena Madison, a volunteer with the thrift shop. Madison, already involved with volunteer work for years, answered an article in the Frederick News Post about the thrift shop because she thinks it's important to be involved. The Seton Center and thrift shop can use help with volunteers in multiple capacities. Volunteers are needed to act as receptionists at the Center, drive people to doctor visits, sort and hang clothing at the thrift shop, help with holiday activities, and adopt other families during the holidays.

To learn more about the Seton Center or offer your time or resources, please contact Sister Ellen Eisenberg at (301) 447-6102. ♡



Volunteer Helena Madison sorts and hangs clothes at Seton Center's Thrift Shop.

SummerServe Celebrates 9th Successful Year

Murals are brightening the halls of Goodwill, organic produce is being harvested from seeds planted earlier this summer, residents of the Beacon House are planning a Christmas reunion party. . and the lives of almost 80 area youth have been changed during the 9th year of Volunteer Frederick's SummerServe and SummerServe Express Programs.

Volunteer Frederick's SummerServe wrapped up this August with youth ages 11-17 putting almost 4,000 hours of volunteer work into six short weeks.

Robin Stone of Brunswick had two children participate in the program. "It exposes the kids to a lot of different possibilities," she said of SummerServe.

Stone's daughter, Katie Mitchell, was involved with the Montevue Home project, where SummerServe youth worked with the elderly organizing picnics, painting and playing card games.

"I liked Montevue Home because the old people can tell you their stories of when they were little," she said. Mitchell plans to keep volunteering with the elderly beyond this summer.

One of the projects the youth worked with was the Beacon House, a Christ-centered life recovery program for men in Frederick. SummerServe did multiple jobs at the house: planting a garden, interacting with residents and working in the chapel and pantry.

Reverend Calvin Chambers of Beacon

House said the SummerServe kids will be missed.

"They brought a sense of joy to a group of men in search of something. It was remarkable," he said. "I saw a rough and tough old guy take a 180 degree turn when a girl kissed him on the cheek."

SummerServe, and its condensed version, SummerServe Express, are youth service-learning programs, designed to promote self-esteem and leadership with youth too mature for babysitters, but too young for work. The programs pair volunteering for different nonprofit agencies with afternoon recreational activities.

Many of the youth in the program complete 82 hours of service over the six week period.

The program also broadens the youth's knowledge of the world around them. When asked what they learned this summer, one participant said he discovered that just because people look different "they can still be really cool and fun."

SummerServe students met everyday at a base, then youth and counselors headed to their respective sites to spend the morning engaged in service, then regrouped in the afternoon for recreation activities. ◊



Volunteer Frederick thanks the sponsors and supporters that helped make SummerServe and SummerServe Express 2006 a huge success:

THE SHARON HOOPER FUND

OF THE COMMUNITY FOUNDATION OF FREDERICK COUNTY

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UNCLE RALPH'S COOKIES



Thanks!

Holiday Volunteering continued from Page 1

open to new ideas. If you are in a large group, it may need to be split to accommodate different shifts and needs. If you want to work a soup kitchen, remember a gift wrapping booth may need your help more. Organizations, such as the Frederick County Animal Control, not associated with the holidays still need help. If you don't have time during November or December, consider holiday volunteering for New Year's or Easter.

Be sure to check out Volunteer Frederick.org for information on various volunteering opportunities during the holidays and the rest of the year. Every volunteer is appreciated, and the holidays are a great time to continue or start volunteering. ◊

Volunteer of the Month: Jim Cox and RSVP



A year ago the Brunswick Park Heights Cemetery lay almost overlooked, a few patches of well maintained family plots surrounded by an expanse of tall weeds and vandalized tombstones.

Lifelong Brunswick resident Jim Cox attended a meeting being held to determine action for the historic site. "I went to a meeting and walked out as a lot salesman. I went home and told my wife 'I'm a lot salesman.' 'What is that?' she asked. 'I have no idea.' I said."

More than a year later the cemetery is just one of the organizations for whom the retired CIO of IBM and Lockheed Martin major business units is volunteering and making a difference.

Cox said his wife, Sandy, a 2005 Community Foundation Wertheimer Fellow for Volunteer Excellence, got him interested in volunteering. "It's a natural thing to be involved in, and I didn't want all my life to be defined by work," he said.

Volunteering is proven to improve communication skills, confidence and health. Volunteers often address important needs that commonly can go unnoticed. "I am struck by the incredible need in our own backyard." said Cox. "You can miss it even when it is right there in front of you."

In addition to the cemetery, Cox is involved with his church, Brunswick Main Street, the Brunswick Medical Center, Brunswick Food Bank, Frederick Community College, and the new Pro-Bono Consulting program with RSVP at Volunteer Frederick. "I'm 62 and I'm in a learning mode like high school," he said when talking of the various nonprofits he is involved with and the volunteering he does with each. Besides his volunteer activities, Cox enjoys sports, 1950's automobiles, his grandson, all of his nieces and nephews, and kayaking local waterways.

Whether through its many programs, or volunteer database opportunities, VF is a great place for residents like Cox to get started addressing issues they care about through volunteerism. 🍷

New Staff Join VF

Jennae DuBois comes to Volunteer Frederick from Southern Illinois University with her Masters in Science and Education. Jennae has focused her career thus far on service-learning and nonprofit management. As the Executive Director of a non-profit called Beautify Southern Illinois, Jennae worked with seventeen counties in southern Illinois to develop environmental stewardship strategies, service learning projects, fundraisers, and teacher education workshops. As the Youth Service Director for Volunteer Frederick, Jennae will lead the Youth Engaged in Service (YES!) after-school programs, Volunteer Frederick's BIG Sweep, SummerServe, and many other initiatives to engage youth in service to their community.

Samantha Stiles is taking a year off between her sophomore and junior years at the University of North Carolina to volunteer as an AmeriCorps*VISTA. Sam's position as Youth At-Risk - Youth Service Coordinator involves developing and expanding Volunteer Frederick's youth service programs to make them more accessible to youth from lower income families

Angie Cochrun is the Marketing and Fund Development Coordinator AmeriCorps *VISTA. Her position involves brand development, acquiring grants and helping to coordinate and implement special community service and fundraising events. Angie recently graduated from Central Michigan University with a Bachelors degree in Journalism and Public Affairs. 🍷



Samantha Stiles, Angie Cochrun and Jennae DuBois



VIPs Enlist for the 2006 VIPs at Your Service Dinner!

What do the following people have in common? They are all committed to supporting Volunteer Frederick by serving up food and fun at the December 1st VIPs at Your Service dinner! To find out how you can join in the fun (and we mean FUN!), contact Lisa Orr at lisaorr@volunteerfrederick.org or (301) 663-5214, ext. 3#.

RaeAnn Butler & Stacey Collins
Cindy Cantrel
Ken Coffey
Michael Cronin & Dusty Rood
Kathy Davis & Barb Walker
Marie Floyd
Mary Ford Naill
Marilyn & Dan Herbert

Ellen Leiby & Friends
Michael Planz & Ike Wilson
Chris Remsburg & Kelly McGill
Dan Schiffman & Michael Kurtanyk
Samantha Servey
Lorrie Tripp
Margie Weaver
Patti Wolf

Two ways to make a difference for Volunteer Frederick!

#1 GoodSearch

Searching the internet can help raise funds for Volunteer Frederick

Fantasy football, where to find the closest Starbucks, the weather... all common internet searches you have probably used. But now your everyday internet searches can benefit Volunteer Frederick.

Volunteer Frederick recently registered with GoodSearch.com, a new search engine that donates half of its advertising revenue from every search to the user's designated charity.

You can help Volunteer Frederick by using this search engine that is powered by Yahoo and gets the same reliable and high quality results.

This is how it works:

1. Go to www.goodsearch.com (you can even make it your homepage)
2. Type "Volunteer Frederick" in the "I'm supporting" box.
3. Click Verify.
4. Search away.

Be sure to spread the word!

STAFF

Lisa Orr

Executive Director

Debbie Bauer

RSVP Coordinator

Angie Cochrun

AmeriCorps VISTA, Marketing and Fundraising

Jennae DuBois

Youth Service Director

Carol Haag

RSVP Project Director

Jeanne Mahoney

Volunteer Service & BIG Sweep Coordinator

Linda Quinn

Finance & Development Manager

Samantha Stiles

AmeriCorps VISTA, Youth Service

#2 Workplace Giving Campaigns

This fall, remember Volunteer Frederick when you consider giving through your employee giving campaigns.



United Way ID # 10

Combined Federal Campaign ID #5516



Combined Charities Campaign ID # 0109

April 21: Save the Date!



This county-wide beautification program and fundraiser for nonprofits raised over \$50,000 last year. Start thinking about putting a team together to earn money for your nonprofit and beautify Frederick County roadsides. Call Jeanne at (301) 663-5214 for information.

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Visit our web site at:

www.VolunteerFrederick.org

Holiday Volunteering!

If you want to volunteer during the holidays, check out our list of holiday volunteer opportunities/donations. There are plenty of local opportunities, though you may have to be flexible about what you do and when you do it. Also consider making a donation to a local nonprofit - many agencies are holding gift drives, and others also need donations of canned food, clothing and other items. Your donation can be as valuable as your time during the holidays.

◆ Alan P Linton Emergency Shelter

Contact Milt Higgins or Angie Hamlin at 240-629-6501 or funeperson@yahoo.com.

Assist at Emergency Cold Weather (homeless) shelter – brief training required.

◆ Big Brothers Big Sisters

Contact Sushil Bhattacharjee at bbbs@crosslink.net or 301-694-9455.

Help out at BBBS holiday party for children on December 16.

Assist BBBS Holiday Gift-wrap at the Fredericktowne Mall from the day after Thanksgiving to Christmas Eve.

◆ Care Wear Volunteers

Contact Bonnie Hagerman at Hagerman@hood.edu or 301-696-3550.

Knit and crochet clothes, blankets and toys for hospitalized premature infants, larger infants, children & geriatric patients.

◆ City of Frederick – Office of Special Events

Contact Susan Whiting at swhiting@cityoffrederick.com or 301-228-2841.

Friday, December 1 - Kris Kringle Procession, 5 - 8:30 p.m. Assist with line-up and walk the parade route.

Friday, December 15 - Festival of Lights, 6:30 - 8pm. Assist with set-up, serving and clean-up of refreshment).

◆ Community Living Inc.

Contact Marty Young at MartyY@communitylivinginc.com or 301-663-8811, ext. 204

Help clients decorate their homes for Christmas

◆ Downtown Frederick Partnership

Contact Joanna Lubbes at joannalubbes@downtownfrederick.org

Help make and put out the luminaries for First Saturday Gallery Walks on November (11/4) and December (12/2).

Help with hot cocoa stands and gift wrapping stations at Frosty Friday on November 24.

◆ Frederick County Animal Control

Contact Diana Clement at dclement@fredco-md.net or 301-694-1319.

Assist staff with animal care (including Thanksgiving and Christmas), orientation required.

◆ Frederick Rescue Mission

Contact Helen Kim at hkim@therescuemission.org or 301-695-6633, ext. 102

Serve meals in the Bread of Life Community Kitchen.

Help with clerical tasks in the office (stuffing, folding envelopes).

Help with Special Events.

Hold Hope Drives (clothing, canned food, toiletries).

Help pick up donated food from local food providers.

◆ Glade Valley Nursing Home

Contact An-Lorraine Hertzog at

AHertzog@adventisthealthcare.com or 301-898-4334.

Visit residents around holidays, including Christmas Day.

◆ Historical Society of Frederick County

Contact Julie Bryan at jbryan@hsfcinfo.org or 301-663-1188.

Bookstore volunteers are needed during the holiday time. The bookstore is open Monday-Saturday 10-4.

◆ Hospice of Frederick County

Contact Jen Dickson at jdickson@fmh.org or 240-566-3038.

Put together Caregiver Gift Baskets (See donations list).

Make 'comfort pillows' for patients.

Make lap blankets to keep patients warm.

Make lavender scented neck wraps for stress relief.

Deliver thank you gifts to doctor's offices that refer Hospice patients.

◆ MissionServ

Contact Carina Franca at carina@grantops.com.

Participate in short-term international mission trips to Brazil.

Anyone can create their own mission.

◆ Museums by Candlelight

Contact Liz Shatto at lshatto@fredco-md.net or 301-644-4042

Volunteer for Museums by Candlelight on Dec. 9 in the afternoon and evening. Volunteer needs vary at each site.

◆ Religious Coalition for Emergency Human Needs

Contact the office staff at 301-631-2670.

Sing at the 7th Annual Hymn-A-Thon Benefit.

Attend an open house to learn more about volunteering at the Religious Coalition and Alan P. Linton Shelter November 14 from 4:00 p.m. – 9:00 p.m.

Package gifts and coordinate supply distribution mid-December.

◆ Salvation Army

Contact Crystal Pruitt at Crystal_Pruitt@uss.salvationarmy.org or 301-662-2311.

Process applications from people requesting presents October 23 – 27 and November 27 – 30.

Collect donations at Salvation Army kettles November 17 – December 23 (except Sundays).

Distribute "Angel Tags" and receive gifts at the Angel Tree at FSK Mall November 13 – December 11.

Set up "Toy Shop" (December 14 – December 16) and help distribute gifts on December 19.

Organize a canned food drive.

Holiday Volunteering!

◆ Small Angels Rescue

Contact Angela Moxley at armoxley@gmail.com or 301-668-3117
Become a foster care providers and care for small animals such as gerbils, guinea pigs, hamsters, etc. who have been rescued from animal shelters.

◆ ThorpeWood Environmental Education Center

Contact Cindy Radulovich at 301-271-2823 or cindy@thorpewood.org.
Tree Trimming prior to their Holiday Party
Assist with parking, food, children's activities, etc. at their Holiday Party, Friday December 8 (evening) and Saturday December 9 (afternoon).

◆ Toys for Tots

Contact Sgt. Dane at 301-619-7513 or DaneCG@mfr.usmc.mil
Assist in toy warehouse (dates to be announced).
Collect toys from drop off sites.

◆ Up-County Family Center

Contact Rita Carroll at 301-447-2810, x3009 or rcarroll@cc-md.org.
Assist with holiday gift wrapping.

◆ Way Station

Contact Vicki Bate at wvbate@sheppardpratt.org or 301-662-0099, ext. 1756.
Help out at the Thanksgiving Day Turkey Trot 5k and 1k held at Baker Park on Thanksgiving morning starting at 7.00 a.m. and ending about 10.00 a.m.

DONATIONS NEEDED! - contact agencies for deadlines

◆ Big Brothers Big Sisters

Contact Sushil Bhattacharjee at bbbs@crosslink.net or 301-694-9455
Cash donations or in-kind support for toys and food items.

◆ English Language Learner Department in collaboration with Families Plus!

Contact Joanne Harrington, 240-236-8766 or Joanne.harrington@fcps.org.
New or gently used clothing.

◆ Frederick County Department of Social Services - Holiday Gift Project

Contact John Bertulise at 301-600-4540
Gifts for DSS clients and families. You will receive information about the person or family for whom you will purchase and wrap gifts.

◆ Frederick County Mental Health Association - Operation Santa Claus

Contact Cindy Burdette at 301-698-4974 or cburdette@fcmha.org
Gifts for in-patients of psychiatric hospitals and treatment centers (children as well as adults). Contact Cindy or visit www.fcmha.org/events.htm for a gift wish list. DEADLINE: Mid-December.

◆ Frederick Rescue Mission

Contact Helen Kim at hkim@therescuemission.org or 301-695-6633 ext. 102.
Hygiene items, clothes, canned food, gently used furniture. Contact Helen for a wish list.

◆ Hospice of Frederick County

Contact Jen Dickson at jdickson@fmh.org or 240-566-3038.
Baskets, gift cards for restaurants or grocery stores, journals, stress balls, crayons, coloring books or sketch pads, relaxation CDs.

◆ MissionServ

Contact Carina Franca at carina@grantops.com.
Musical instruments for children participating in MissionServ's programs in Aquiraz, Brazil.

◆ Religious Coalition for Emergency Human Needs

Contact the office staff at 301-631-2670.
Food or hygiene items – contact the office staff for a list and drop off locations.

Salvation Army

Contact Crystal Pruitt at Crystal_Pruitt@uss.salvationarmy.org or 301-662-2311.

Food for Thanksgiving; contact the shelter for a list.
Adopt-A-Family – provide food (or food card), clothing, and gifts for a needy family. DEADLINE: December 8.
New and unwrapped gifts. DEADLINE: December 14.

◆ Angel Tree Gifts – Buy a gift for the Angel Tree at the FSK Mall. DEADLINE: December 11.

Dress-A-Bear OR Stuff-A-Stocking – supplies available at Salvation Army office. DEADLINE: December 11.

◆ Small Angels Rescue

Contact Angela Moxley at armoxley@gmail.com or 301-668-3117
Specific brands of small animal bedding and food. Only certain brands can be accepted. For a wish list, please visit www.smallangelsrescue.org.

◆ Toys for Tots

Contact Sgt. Dane at DaneCG@mfr.usmc.mil or 301-619-7513
New unwrapped toys for all ages, but particularly for girls aged 7-17, contact Sgt. Dane for more details.

Up-County Family Center

Contact Rita Carroll at 301-447-2810, x3009 or rcarroll@cc-md.org.
Baby items, toys and food, books for adults. Contact Rita for a complete list.



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301-663-5214 / info@volunteerfrederick.org

Volunteer with a United Way Agency!

United Way of Frederick County addresses critical social needs in Frederick County by bringing volunteers, nonprofit agencies and employers together. Their Annual Campaign is going on now - consider giving your time and skills to an United Way Agency. We've listed United Way agencies below, with contact information and a very brief description of their volunteer needs. Please contact the agency for more information.

American Cancer Society

Contact Person: Dawn Richards

888-535-4555 / DawnRichards@cancer.org
www.cancer.org

Volunteers are needed to help plan for and participate in fundraisers like *Daffodil Days* and *Relay for Life*

The Arc of Frederick County

Contact Person: Beate Frankel

301-663-0909 / BFrankel@arcfc.org
www.arcfc.org

Volunteers at the ARC can participate in *Parents Morning Out* once a month, or serve as mentors, companions or advocates for ARC clients.

Big Brothers Big Sisters of Frederick County

Contact Person: Sushil Bhattacharjee

301-694-9455/bbbs@crosslink.net
www.bbbsfrederick.org

Big Brothers Big Sisters needs volunteer mentors and tutors, as well as people who can help plan fundraisers and other events.

Boy Scouts of America, Catoclin Mountain and Appalachian Trail Districts

Contact Person: Greg Pollack

240-395-9605/gpollack@boyscouts.ncac.org
www.boyscouts-ncac.org

The Boys Scouts prepare young people to make ethical and moral choices over their lifetimes. Contact Greg to learn more about getting involved with the Boy Scouts.

Catholic Charities of Frederick County - Villa Maria

Contact Person: Ray Rother

301-898-7900 /rrother@catholiccharities-md.org
www.catholiccharities-md.org

Catholic Charities of Frederick County needs volunteers to help plan special events.

Community Living, Inc.

Contact Person: Marty Young

301-663-8811 x 204/MartyY@communitylivinginc.org
www.communitylivinginc.org

Community Living needs volunteers to serve as companions, or share their skills in art, music, woodworking, and photography, among other things. Holiday opportunities are also available - check the holiday insert.

Daybreak Adult Day Services, Inc.

Contact Person: Leslie Schultz

301-696-0808/ daybreakads@earthlink.net
www.daybreakadulthoodservices.org

Groups and individuals can visit Daybreak participants and assist with activities such as music, recreation, and art.

Frederick Community Action Agency

Contact Person: Bruce Gourley

301-694-1506/BGourley@cityoffrederick.com
www.cityoffrederick.com

At the Frederick Community Action Agency, volunteers help serve meals, and assist in the food bank and warehouse.

Gale Houses, Inc.

Contact Person: Phil Tuohey

301-662-7003/info@galehousesinc.org
www.galehousesinc.org

Gale Houses, Inc is reviewing their volunteer program and policies; contact Gale Houses directly for more information.

Goodwill Industries of Monocacy Valley, Inc.

Contact Person: Suzie Harrison

301-662-0622/SHarrison@gimv.org
www.goodwill.org/Frederick

Goodwill Industries provide vocational services to individuals with disabilities and vocationally disadvantaged conditions. Contact Suzie for more information about volunteering at Goodwill.

Volunteer with a United Way Agency!

Heartly House, Inc.

Contact Person: Michelle Remick

301-662-8800/hotline@heartlyhouse.org

www.heartlyhouse.org

Heartly House needs volunteers to staff their hotline and provide childcare.

The Learning Tree

Contact Person: Marcia Crowl

301-834-7577

Volunteers at the Learning Tree can serve as chaperones or substitute teachers (with the proper training). Contact Marcia for more details.

Mental Health Association of Frederick County

Kids on the Block. Contact Person: Beth SantaMaria

301-663-0011 x 19/bsantamaria@fcmha.org

Volunteers put on children's puppet shows on a variety of social and mental health topics. Training provided.

Telephone Reassurance Program. Contact Person: Linda Myers

301-663-0011/lmyers@fcmha.org

Volunteers are needed to make telephone calls to home bound seniors. Training provided.

Court Appointed Special Advocates CASA. Contact Person: Jennifer Fuss

301-663-0011 x 118/jfuss@fcmha.org

www.fcmha.org

Volunteers are needed to serve as advocates for children entering the foster care system or court system. Training provided.

Penn Laurel Girl Scout Council, Inc.

Contact Person: Donna Oliver

301-662-5106/Doliver@plgsc.org

www.pennlaurel.org

Volunteers are needed to serve as troop leaders and provide outreach.

The Religious Coalition for Emergency Human Needs

Contact Person: Office Staff. 301-631-2670

The Religious Coalition needs volunteers to help out in their office answering phones, providing office support, and working with clients. Volunteers are also needed at the Alan P. Linton Emergency Shelter. See the holiday insert for their holiday volunteer opportunities.

The Salvation Army

Contact Person: Raymond Pruitt/Crystal Pruitt

301-662-2311/raymond_pruitt@uss.salvationarmy.org
www.salvationarmy.org

The Salvation Army needs volunteers for their thrift shop, and they have many holiday volunteer opportunities available as well - see the holiday insert for more opportunities.

Seton Center, Inc.

Contact Person: Doris Slavey

301-447-6102/setoncenterinc@doc.org

The Seton center needs volunteers to serve in their thrift shop.

Up-County Family Center

Contact Person: Rita Carroll

301-447-2810/rcarroll@catholiccharities-md.org
emmitsburg.net

Up-County Family Center has a variety of volunteer opportunities available, everything from serving as a tutor, helping with transportation to providing office support.

Volunteer Frederick

Contact Person: Jeanne Mahoney

1-888-535-4555 / jeannem@volunteerfrederick.org
www.volunteerfrederick.org

Volunteer Frederick needs volunteers for special events (VIPs at Your Service - Dec.1 and The BIG Sweep - April 21) as well as volunteers to help out in the office.

YMCA of Frederick County

Contact Person: Kim Hart

301-663-5131/khart@frederickymca.org
www.frederickymca.org

Contact Kim for more information about volunteering at the YMCA of Frederick County.



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