

# Monthly Volunteer Connection

February 2010

A monthly listing of volunteer opportunities in Sedgwick County

## Biggest Youth Volunteer Event of the Year

The United Way Volunteer Center is preparing for the annual Youth Days of Caring. Hundreds of area youth volunteer at nonprofit agencies all over the Wichita area during the entire week of Spring Break, March 15–19. This week gives youth the chance to help. Minimum age is 12 (depending on the project). Registration begins Friday, February 12. A complete listing of projects is available after Wednesday, February 10, at [www.unitedwayplains.org](http://www.unitedwayplains.org) or by contacting the United Way Volunteer Center at 267-0202.



## Almost March Madness

Don't miss out on helping Special Olympics Kansas with this fun event. A group of 10-15 volunteers is needed to help with the South Central Area Basketball Tournament, Saturday, February 27, 9:00 a.m.–2:00 p.m. Minimum age is 13, unless accompanied by an adult. Contact Mitch Guthrie at 263-1181.



## Give Kids A Smile

Volunteer at the second annual Give Kids A Smile Event on Saturday, March 6, at GraceMed Clinic, 1122 N. Topeka. This one-day event provides free dental services to children between birth and 10 years old without insurance. Volunteer “angels” are assigned to each child and stay with them while they see a hygienist and eventually a dentist. Orientation provided. Minimum age is 14. Contact Amber Sellers with Child Start at 682-1853 ext. 269.



**Find more  
volunteer  
opportunities  
or get more  
information:**

**PHONE:**  
**Dial 2-1-1**

**VOLUNTEER ON-  
LINE:**  
[www.unitedwayplains.org](http://www.unitedwayplains.org)

Click on “Volunteer Center” and then “Volunteer Online” to search by areas of interest, times available, length of commitment and more.

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### Eat Smart–Play Hard

Body Venture is a unique educational program designed to involve K-5 grade students in learning the skills and choices for a healthy lifestyle. Body Venture consists of a 35 foot by 40 foot walk-through exhibit representing the inside of the human body, such as heart, lungs and bones. Body Venture is coming to Oaklawn Elementary on Tuesday, March 2, from 8 a.m.–3 p.m. There are a number of opportunities to help. Volunteers are needed to help with set up on Monday, March 1, be a presenter at one of the 11 stations on March 2, or help with tear down. Contact Bev Zuba at 554-0039.



**Please tell agencies that United Way referred you!**

### Lunch Buddy Mentors Needed

Compeer Mentoring, a program of the Mental Health Association, is seeking caring mentors (ages 18+) to be a Lunch Buddy friend to a youngster. Lunch Buddies spend 40 minutes a week together during the school lunch time visiting, playing games or taking a walk on school grounds. “Jimmy” is 9 years old and likes science, space and Star Wars, video games, and Lego-building. He is funny, kind, polite, likes to play and do crafts, enjoys movies, pets, super heroes and cooking. Won’t you consider making a positive difference in the life of a young person in our community by simply being a friend? Volunteers receive training and ongoing staff support. Please call Compeer at 652-2541 today --- your Compeer Buddy is waiting for you!



### Give Back to the Community

Volunteer with the ESOL (English Speakers of Other Languages) program at St. John’s Episcopal Church, 402 N. Topeka. No experience necessary, training is provided. This is a very rewarding opportunity! Volunteers needed Monday, Wednesday and Thursday evenings from 6 p.m.8 p.m. Child care helpers are also needed. Contact Larry Heeren at 706-3087.



### United Way of the Plains

245 N. Water  
Wichita, KS 67202  
Phone: (316) 267-1321  
Fax: (316) 267-0937

**United Way Volunteer Center:**  
(316) 267-0202

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

## Tips for volunteers

- Wear appropriate clothing for outdoor activities.
- If you would like to bring young children, please check with the organization to make sure supervision is available.
- Check with the organization prior to the activity about what you need to bring (tools, lunch, safety gear, etc.)
- Give the organization enough advance notice if for some reason you cannot participate.
- Please let the contact person know United Way Volunteer Center referred you.
- Give the organization and United Way Volunteer Center feedback on the project.
- **Most importantly, have lots of fun!**