



United Way of Goodhue,  
Wabasha & Pierce Counties

## Virtual and In-Person Volunteer Opportunities

If this year has taught us anything, it's that we are all in this together. There is so much we can do to help make a difference in our world and in the lives of our neighbors. We all come from different backgrounds and have many different skills and interests. When we Unite Together and support our local nonprofits with our time and our donations, we create a community where all people thrive regardless of income, race or place.

Here's a list of current volunteer opportunities. Choose one that's right for you.

### **Benedictine Living Community**

Several volunteer projects available:

- Volunteers needed for their "Summer getaway" themed event on August 26. Tasks would include serving food, drinks, and engaging with the residents.
- Individuals needed for one on one visits with residents to just sit and talk with.
- Performers to share their gifts of singing, playing musical instruments and storytelling.
- Gardening help in our Memory Care Garden and Care Center Patio Garden.
- Help with some exterior painting.
- Someone to lead simple exercises and/or Yoga.
- Towards the end of each month, volunteers are needed for planning birthday celebrations and happy hours with food, drinks, and music.
- Volunteers needed to lead craft groups - crocheting, knitting, pottery, or any useful crafts.
- Volunteer needed for calling for the Bingo games.
- Drivers needed to deliver the Meals-on-Wheels to folks in our Red Wing area.

Contact: Ashley Jeranek, [Ashely.Jeranek@benedictineliving.org](mailto:Ashely.Jeranek@benedictineliving.org)

### **CARE Clinic**

Several volunteer projects available:

- Helping build social media following
- Tallying Family Fare receipts given to CARE Clinic
- Dental volunteers any time (Monday-Thursday)
- Interpreters (Spanish speaking) for clinic days

Contact: Julie Malyon, [julie@careclinicrw.com](mailto:julie@careclinicrw.com), 651-388-1022

### **Faith in Action Red Wing**

Looking for volunteer drivers for people who need help getting to their local appointments that they would otherwise miss if not for having a ride. Please call FIA Office for more details.

Contact: Marcia Hislop, [fiastaff@redwing.net](mailto:fiastaff@redwing.net), 651-327-2400

### **Goodhue County Habitat for Humanity**

Several volunteers needed for a build in Red Wing. Shifts available Monday through Sunday with 2-6 hour shifts. COVID-19 safety precautions in place with temperature checks and a wash station.

Contact: Jodi Beach, [jodihabitat@gmail.com](mailto:jodihabitat@gmail.com), 507-403-7868

### **Hispanic Outreach**

Several volunteer projects available:

- Need volunteers for annual Hispanic Heritage Festival on Saturday, September 11 from 2-7pm to help with set up and teardown of the festival as well as other various activities.
- Volunteers needed for the Fall season for their Youth and Family Program. This may include mentorship, activities, tutoring in math, science, and language arts.

Contact: Michelle Bangasser, [michelle@hispanicoutreach.org](mailto:michelle@hispanicoutreach.org), 651-301-2184

### **Hiawatha Valley Adult Education**

Looking for volunteers to work one-to-one with an adult learning English. Fluency in additional languages is not required, english speakers of all levels are welcome and encouraged. Online training is provided and time commitment is approximately 2-3 hours a week. Sessions may be online or in-person and volunteer must be at least 18 years old.

Contact: Mary Gastner, [mmgastner@rwps.org](mailto:mmgastner@rwps.org)

### **Red Wing Area Seniors**

Help at the donation door at Annadee's Closet. Flexible schedule. Will be moving around and doing some lifting.

Contact: Kim Wojcik, [rwasdirector@gmail.com](mailto:rwasdirector@gmail.com), 651-327-2255

### **Three Rivers Community Action**

If you are interested in helping out others within your community by transporting individuals for medical, dental or leisure we would love to have you join our team! We can transport individuals who reside in Goodhue, Rice or Wabasha Counties. In response to COVID-19, we are still limiting the number of individuals per transport, and all non-vaccinated drivers and riders must still wear a face covering/mask. We continue to conduct multiple COVID screenings to help ensure the safety of drivers and riders, and sanitation/cleaning supplies are provided.

Contact: Dianne Ford, [dford@threeriverscap.org](mailto:dford@threeriverscap.org), 507-216-9126

**Meals on Wheels**

Deliver meals to senior citizens and people with disabilities. Make a huge impact in a short amount of time by bringing nutrition and independence to your neighbors.

Volunteer opportunities available for Cannon Falls, Faribault, Goodhue, Mazeppa, Pine Island, Wabasha and Wanamingo communities.

Contact: Nicole Pelzl, 507-421-6067, [npelzl@threeriverscap.org](mailto:npelzl@threeriverscap.org)

**United Way of Goodhue, Wabasha & Pierce Counties**

- Volunteer at our monthly Fare for All event – first Tuesdays from 3 – 5pm.
- Verify and update resources listed in the People’s Pamphlet.
- Count and sort school supply donations.

Contact: Sarah Lindner, [sarah.lindner@uw-gwp.org](mailto:sarah.lindner@uw-gwp.org), 651-388-6309

**YMCA Camp Pepin**

Volunteers for Camp Pepin to support special events and on-site projects. Indoor and outdoor opportunities available.

Contact: Martha Harris, [mharris@redwingymca.org](mailto:mharris@redwingymca.org), 651-800-9316