Remote or Limited In-Person Contact Volunteer Opportunities

SLU students, faculty and staff are encouraged to contact the person listed for any opportunities they are interested in. This list is updated often, so check back for more ways to continue to serve the community!

**Name of Organization:** Fit and Food Connection, assisting low-income families in St. Louis with healthier eating habits and living a more active lifestyle.

**Short Description of Opportunity(ies):** Volunteer Delivery Drivers needed. We have multiple families on our waiting list to receive food donations - we understand the seriousness of the Coronavirus, and will do our best to keep you safe, while helping to feed our families in need.

Our new food delivery process is as follows: Volunteers should pick up food outside of Believers Temple in Ferguson and deliver the food outside of the homes of our families without any interactions/contact. More information will be provided.

**Contact Information:** Gabi Cole at 314.312.2746 or info@fitandfoodconnection.org.

**Name of Organization:** SLU Care and SSM Health

**Short Description of Opportunity(ies):** Volunteers are needed to provide childcare, petcare, or grocery delivery to healthcare workers at SLU Care and SSM who are on the front lines of battling COVID-19. Interested students should [sign up here](#) - please read the information tab before committing.

**Contact Information:** Lou Vinarcsik, lindsay.vinarcsik@health.slu.edu.

**Name of Organization:** Metropolitan Congregations United, a consortium of churches in the City of St. Louis working for social justice.

**Short Description of Opportunity(ies):** Senior Check-Ins - assist with a phone bank of making calls to homebound senior citizens. Ask them how they are, if they have any health or other needs, share resource numbers and JUST LISTEN. Many of our seniors are living isolated and unable to connect with family who might be in other states.

**Contact Information:** Jai Johnson, jai@mcustl.com

**Name of Organization:** Employment Connection, assisting people who are seeking gainful employment through skill development, interview practicing, and resume-building.
Short Description of Opportunity(ies): Volunteer from home or complete volunteer orientation virtually so you can volunteer in-person in the future! We're especially seeking people who can help in these roles:

- Mentors - Check in weekly with your mentee by phone, email or video chat to offer encouragement and a listening ear. We'll help you prepare for the role through a virtual mentoring training before you get started.
- Mock interviewers - Share a few hours to help participants practice their interview skills over the phone or through video chat.

Contact Information: Tandra Parks at tparks@connectionstosuccess.org

Name of Organization: Emmaus Homes - Provides housing and community for people living with disabilities.

Short Description of Opportunity(ies): Call for Presenters (audition required). With many of the women and men of Emmaus staying home during these times of uncertainty, we are looking for ways to entertain and engage them through our social media outlet. We are looking for volunteers who will be able to provide a class or lesson in a variety of areas. These areas may include cooking, live music, yoga, meditation, drawing, etc. Volunteer must have access to a smart device to host a live event that Emmaus can share as a “live contributor” on Facebook. Volunteer must be able to have access to all supplies needed. It would be ideal that some areas (drawing or cooking), clients could do in their home that day or follow along with.

Contact Information: MacKenzie Barber, barbermackenzie@emmaushomes.org, 314-585-8682.

Name of Organization: St. Patrick Center

Short Description of Opportunity(ies): Prepare bagged breakfasts or lunches. Bagged lunch consists of sandwich, fruit (banana or orange), chips/pretzels and bottle of water. Meat and cheese (no condiments) preferred, peanut butter and jelly accepted. For breakfast, bags could include any or all of the following – breakfast bar, instant oatmeal cup, disposable spoon, bottle of water, piece of fruit (oranges and bananas are best), and small single serving of donuts or muffins.

Package either in brown bag or gallon size Ziploc bag. We anticipate needing 150+ each day. Breakfasts or Lunches can be dropped off at the St. Patrick Center, 800 N. Tucker.

Contact Information: Sarah Webb, spcvolunteers@stpatrickcenter.org, 314-802-0681

Name of Organization: HealthVisions Midwest, providing support to older adults in the St. Louis region with their health and well-being.

Short Description of Opportunity(ies): Telephone Reassurance Calls (TRC)
The objective of our Telephone Reassurance program is to provide psychological reassurance, promote independence and safety, healthier living and access to needed services. The Telephone Reassurance program services will enable older adults to remain independent and live in their own homes. Telephone Reassurance helps improve their quality of life by connecting them with a volunteer who cares about their well-being. Through telephone reassurance, older adults are empowered to access medical, social services and take care of personal business. A phone call to check in provides socialization services enabling seniors to remain connected to the outside world, while remaining safe in their homes.

**Contact Information (Name, Email, Phone):** Vera Jones, vjones@hvusa.org or 618-514-5276.

**Name of Organization:** St. Louis Quarantine Support, a group committed to aiding those who are currently sick and those who are preemptively quarantining, especially those who are immunocompromised, those who are 65 or older, and caretakers of these groups.

**Short Description of Opportunity(ies):** Phonebank Sign-Up: Phonebankers will call through a list of people to recruit volunteers and assess the needs of people in the community, checking up on the elderly, sick, etc..

**Contact Information:** Sign up online by clicking here, and visit their Facebook page for more information.

**Name of Organization:** Urban Strategies, Inc. - Supports youth education programs in low-income urban areas of North St. Louis.

**Short Description of Opportunity(ies):**
- Supporting our VP of Educational Initiatives (She is based in Atlanta)
  - Volunteer should know how to use PowerPoint, Excel and know how to graphically make flow charts.
  - One that understands statistics and how to do research is a plus.
- Supporting our Communications/Marketing Manager (I am based in St. Louis)
  - Assist in merging multiple Facebook pages into one
  - Setting up multiple dummy Instagram accounts
  - Compiling national updates surrounding COVID19
- Supporting the national USI system
  - Research
  - Data managing, improvement to LEARN and
  - Other general support.

**Contact Information:** Erika Wilson, Manager of Communications/Marketing at 314.425.0784 or Erika.Wilson@UrbanStrategiesInc.org.
Name of Organization: Smart Kids, Inc.
Short Description of Opportunity(ies): We are in need for volunteers to call our past clients, private and corporate partners/donors and ask them for their financial support for the 2020 Give STL Day. Give STL Day is a 24 hour giving campaign (fundraiser) that is put on every year by the St. Louis Foundation Organization to help St. Louis nonprofits to receive funds to support their organizations. At this time, you will be given contact information to contact our clients to ask for their support for this event.
Contact Information: Renada Chandler, stlsmartkidsinc@gmail.com or 314-884-1486.

Name of Organization: DeSales Community Development
Short Description of Opportunity(ies): Social Media Ambassador: Give STL Day-- This volunteer will aid DeSales in its outreach for Give STL Day, which is on May 7th. This 24-hour day of giving is very important for our non-profit, especially amidst the coronavirus situation. The volunteer will be asked to aid in remote peer-to-peer fundraising throughout April and into May. We will award between 1 and 5 hours of credit depending on the consistency of story sharing. Funds raised will go towards the development and management of affordable housing and community programming in Fox Park and Tower Grove East. All instructions, graphics, and content materials will be provided.
Contact Information (Name, Email, Phone): Kate Grindstaff, kate@desalescd.com, 314-312-2977.