



VolunteerBloomington!

QUOTE OF THE WEEK: "To improve is to change; to be perfect is to change often."

~ Winston Churchill

July 29, 2015

Midwest Pages to Prisoners Orientation – Aug. 9

The Midwest Pages to Prisoners Project is an all-volunteer effort that strives to encourage self-education among prisoners by providing free reading materials upon request. They hope to promote rehabilitation and reintegration and to stimulate critical thinking. The project is developing volunteers who are able to stay involved for an extended period of time. The next orientation will be from 6-8 p.m. on Aug. 9, at Boxcar Books, 408 E. 6th St. You will learn about the project's goals, structure, functions, and volunteer expectations. Please contact them at mwpp@pagestoprisoners.org to RSVP for the orientation session. (pagestoprisoners.org)

Drool in the Pool – Aug. 12-13

Don't let the dog days of summer get you down! After Mills Pool closes for humans, it will be open for two more days for our canine friends - from 4:30-8:30 p.m. on Aug. 12 and 13. Drool in the Pool features dog paddling fun and a variety of contests and giveaways. Volunteers, who will assist with giveaways and contests or serve as dog lifeguards, are particularly needed on Aug. 13. You will not get in the pool but should be prepared to get wet! Minimum age is 16; 14 if with an adult. Go to bit.ly/DroolinthePool to sign up or contact Kim Ecenbarger, Bloomington Parks and Recreation, at (812) 349-3739 or ecenbark@bloomington.in.gov. (www.bloomington.in.gov/parks)

Volunteers for 'Tea and Health during Aging' Study

This tea and health study through the Indiana University School of Public Health examines how green tea affects brain function and oxidative stress. They are recruiting subjects who are women, 18-30 years old or 50-70 years old, nonsmoking, healthy, Caucasian, not pregnant or lactating, and free of chronic diseases and psychological disorders. A 30-minute preliminary screening will determine eligibility. Three other visits, each 2.5 hours long, will be scheduled a week apart, on weekdays or weekends, at your convenience. Volunteers will play thinking games; researchers will collect dietary information and take blood draws. Volunteers will receive data from their blood work as well as up to \$150 worth of Target gift cards. Minimum age is 18. Please contact Yibin Liu at (812) 343-1431 or yibliu@umail.iu.edu. (www.indiana.edu/~aphealth/)

'Each One Feed One' Food Drive – Aug. 21-23

Be a part of Monroe County United Ministries' "Each One, Feed One" Community Food Drive to restock their depleted food pantry shelves. This huge undertaking will take place from Aug. 21-23, at grocery stores across the county, with volunteers filling more than 200 slots. Volunteers will collect donations at the stores, and transport them or sort them. Shifts are available on Friday between 4-9 p.m., Saturday between 9 a.m.-6 p.m., and Sunday between 1-4 p.m. Individuals, families, and groups are welcome. Minimum age is 16; 5 if with an adult. Please sign up at: bit.ly/EachOneFeedOne or contact Erin Predmore at (812) 339-3429 ext. 11 or mcum@mcum.org. (www.mcum.org)

Food Pantry Volunteers

The Grace Center food pantry is seeking volunteers to stock, set up, clean up, and fill-in during their open hours, which are 3-7 p.m. on Thursdays. The Center offers a place where the people of Clear Creek, Indian Creek, and Polk Townships (Harrodsburg, Kirksville, and Smithville) can gather to strengthen community by providing programs that create a balance between social, recreational, and cultural activities. They place a special emphasis on providing and distributing food to those in need and offering hot nutritious meals for those with low incomes. Minimum age is 18. Please contact Matt Hinshaw at (812) 272-9472 or gracecenterinc@gmail.com. (www.gracecenterindiana.org)

The City of Bloomington Volunteer Network is your source for information about volunteering locally. For a complete listing, visit BloomingtonVolunteerNetwork.org or call 812-349-3433. The inclusion of an organization in this list does not imply City endorsement or support of the organization's activities or policies.

Community Wish List Spotlight

LIFEDesigns

Provides quality services and supports to people with disabilities in south central Indiana. Services are tailored to each individual based on their interests and support needs. One service is assisting people with getting jobs, and helping them prepare their resumes. To grant a wish, contact Stephanie Shelton at (812) 332-9615 or sshelton@lifedesignsinc.org. (200 E. Winslow Rd.; www.lifedesignsinc.org)

Wishes: resume paper (32 lb. ivory 100% cotton paper)

Use the Community Wish List to start a drive within your school, faith community or other group or take the list along shopping and add a few extra items to your cart. It WILL make a difference to those served by this organization.

