

Alpha Epsilon Delta

Volunteer Service Opportunities:

Health-related service opportunities:

- Camp Smile-A-Mile
- Capstone Village
- DCH Health System
- Forest Manor Nursing Home
- Good Samaritan Clinic
- Hospice of West Alabama
- Nicaragua Medical Mission
- Ronald McDonald House (Birmingham)
- United Cerebral Palsy of West Alabama
- University Medical Center
- VA Medical Center
- West Alabama AIDS Outreach
- West End Health Project

Alternative service opportunities:

- Al's Pals
- Best Buddies
- Discovery Buddies: Exploring the Fun in Science (Matthews Elementary School)
- FocusFirst (Impact Alabama)
- Habitat for Humanity (Tuscaloosa)
- Miracle League of Tuscaloosa
- Red Cross (West Alabama Chapter)
- STEAM Alabama Math and Science Education Initiative
- Tuscaloosa Community Soup Bowl
- Tuscaloosa One Place (Elementary School Tutoring)
- UA Women and Gender Resource Center

Health-Related Opportunities:

Camp Smile-A-Mile

Website: www.campsam.org/volunteers

Contact: Madison Monday

Email: madison.monday@campsam.org

Mission: “Camp Smile-A-Mile’s mission is to provide year round challenging, unforgettable recreational and educational experiences for young cancer patients, their families as well as young adult survivors from Alabama at no cost to the families. Our purpose is to provide these patients, families and survivors with avenues for fellowship, to help them cope with their disease, and to prepare them for life after cancer.”

What you will do: “We believe a week of summer camp is the best possible way to fully train and orient a new volunteer to understand the needs of our campers and their families and to understand the mission of Camp Smile-A-Mile.

During orientation, the following will be explained in great detail: job responsibilities, volunteer expectations, medical procedures, emergency procedures, camp schedules, programs, camp traditions, policies and rules.

After a volunteer has completed a week long camp session, they can participate in our weekend camps, one day activities and trips.”

Capstone Village

Website: www.capstonevillage.ua.edu

Contact: Rene Katsinas

Phone: (205) 331-3535

Mission: “The mission of Capstone Village is to provide premier retirement living in an atmosphere that promotes independence and lifelong learning. We seek to enhance the physical, emotional, cultural and spiritual well-being of our residents, calling upon the resources of a caring professional staff and a cohesive relationship with The University of Alabama.”

What you will do: Contact Rene Katsinas for more information.

DCH Health System (Regional Medical Center and Northport Medical Center)

Website: www.dchsystem.com

Contact: Pam Kirkley

Phone: 205-759-7174

E-mail: pkirkley@dchsystem.com

Mission: “DCH Health System provides high-quality, compassionate community-based health services to the communities we serve through our employees, physicians and volunteers in a financially responsible manner.”

What you will do: Each of the volunteers at DCH participates in a hospital orientation session with the Volunteer Director or Coordinator of Volunteer Services. It is during this time that volunteers can choose the areas in which they would like to work and set up schedules. DCH tries to place volunteers in the areas that are consistent with their skills and interests.

Opportunities include mail and flower delivery, escort service, helping with pediatric patients, admission/discharge assistance, DCH gift shop, information desk, office work, intensive care waiting rooms, surgical waiting rooms, Manderson Cancer Center, Phelps Outpatient Center, DCH Home Health Care Agency, and acting as patient representatives. **Online application accepted.**

Forest Manor Nursing Home (Northport)

Address: 2215 32nd Street, Northport, AL 35476

Contact: Belinda Edwards

Phone: 205-339-5400

E-mail: fmactivitydept@live.com

Mission: “Forest Manor, Inc. is a skilled nursing facility offering specialized services such as physical therapy, occupational therapy, speech therapy and Alzheimer’s care. We have a highly qualified staff of nurses, therapists, dieticians and social workers who believe in the philosophy of quality of life.”

Contact Belinda Edwards for more information.

Good Samaritan Clinic

Address: 3880 Watermelon Road, Suite A, Northport, AL 35406

Contact: Sharon Hester

Email: goodsamclinic.volunteer@gmail.com

Mission: “The Good Samaritan Clinic is an interdenominational Christian ministry that provides free primary health care, medication, health information and spiritual support to people of every race, creed and gender who are indigent and do not have health insurance.”

What you will do: You will work closely with doctors, nurses, and clinic staff as you provide care to patients. Hands-on opportunities involving the assistance of physicians and nurses, filing patient charts, working in the social eligibility office, handling medications in the dispensary, and working with patients in the lab are available.

Hospice of West Alabama

Address: 3851 Loop Road, Tuscaloosa, AL 35404

Website: www.hospiceofwestalabama.com

Phone: 205-523-0101

Contact: Sandy Milling

Email: smilling@hospiceofwestalabama.org or kgibson@hospiceofwestalabama.org

Mission: “Hospice of West Alabama (HOWA) provides support and care for persons in the last phases of incurable disease so that they may live as fully and as comfortable as possible.”

What you will do: “Volunteers are needed daily at HOWA throughout the year, and in all areas of service. You can choose the type of volunteering you’d prefer based upon your background and area of interest, including: patient care, grief support, community outreach, and administrative support.” Contact the Hospice of West Alabama at the phone number provided in order to set up an appointment with the volunteer coordinator. **Online application accepted.**

Nicaragua Medical Mission

Contact: Audrey Morris

Email: anmorris@crimson.ua.edu

During spring break, AED offers the opportunity to attend a volunteer trip to Nicaragua, where attendees serve on a team bringing medical care to impoverished and underserved communities. During the week, students work closely with doctors, translators, and their teammates to interview patients, perform physical exams, diagnose illnesses and provide medication. During the evenings and on recreation day, there are opportunities to relax and enjoy the Nicaraguan culture and food. If you are interested in serving the people of Nicaragua and learning a great deal about medical care in the process, we strongly encourage you to take part in this transforming experience! For more information, please contact Audrey Morris.

Ronald McDonald House (Birmingham)

Website: www.rmhca.org/volunteer/

Contact: Emily Wright

Email: emily.wright@rmhca.org

Mission: “With diligence, integrity and compassion, Ronald McDonald House Charities of Alabama joins and aids families in their efforts to find hope, healing, happiness and growth, regardless of obstacles placed before them.”

What you will do: Please visit www.rmhca.org/volunteer/ to find a list of the various types of volunteer activities you may experience and what they entail.

United Cerebral Palsy of West Alabama (UCPWA)

Website: www.ucpwa.org

Contact: Erin McIntyre

Phone: 205-345-3031

Mission: “UCPWA creates opportunities for people with disabilities by providing a full array of services designed to promote independence, facilitate opportunities to exercise rights and empower people to live a quality and productive life.”

What you will do: A comprehensive list of volunteer opportunities is available on the website.

University Medical Center

Website: www.umc.ua.edu

Contact: Lisa Kidd

Email: lkidd@ua.edu

Mission: “UMC is operated by The University of Alabama College of Community Health Sciences, which also functions as a regional campus of the University Of Alabama School Of Medicine. We provide direct health care services to the community as well as train medical students and resident physicians under the supervision of skilled and dedicated College clinicians. From two locations, one on the UA campus and the other in Northport in the Fitness One building on McFarland Boulevard, we provide patient-centered care in the areas of: primary care, including family medicine, internal medicine, pediatrics and geriatrics; psychiatry and behavioral medicine; women’s health, including obstetrics and gynecology; and sports medicine.”

What you will do: Please contact Lisa Kidd for more information.

VA Medical Center

Address: 3701 Loop Road, Tuscaloosa, AL 35404

Website: www.tuscaloosa.va.gov

Contact: Deborah Cain (Voluntary Services Coordinator)

Phone: 205-554-3550

E-mail: deborah.cain@va.gov

Mission: “To serve America’s Heroes by improving their health and well-being through Veteran and Family Centered Care.”

What you will do: There are many opportunities available, depending on your skills and interests. You will be required to go through a *background check* and provide proof of a recent negative *TB test*, or have a test performed at the Medical Center. You will also need to go through a volunteer orientation at the Voluntary Services Office. After you have completed this process, you will help the Coordinator determine where you are best suited to volunteer.

Positions filled by volunteers include: volunteer van driver, information desk volunteer, parking lot golf cart driver, volunteer office assistant, pharmacy assistant, volunteer menu assistant, volunteer patient reminder caller, discharge patient survey caller, patient escort volunteer, hospitality beverage cart, amenity relief volunteer, magazine / book cart, and others. Students may also choose to spend time in the Community Living Center, where they will interact with retired patients who reside at the Medical Center.

West Alabama AIDS Outreach

Website: www.waao.info

Contact: Billy Kirkpatrick

Phone: (205) 759-8470

Mission: “WAAO strives to promote a healthy, aware, and compassionate community through EDUCATION, SUPPORT, SERVICE, and ADVOCACY for people living with or affected by HIV/AIDS.”

What you will do: Opportunities vary and are offered on an “as-needed” basis. Requests may include assistance with promoting upcoming events, lending a hand to fill Christmas boxes for clients, or donating food or hygiene items. Contact Billy Kirkpatrick for more information.

West End Health Project

Email: westendhealthproject@gmail.com

Mission: “WEHP aims to bring awareness and provide education to the issues of diabetes, hypertension and obesity. WEHP strives to provide basic health counseling services to the Tuscaloosa community, including those without direct, frequent access to quality healthcare services.”

What you will do: “The West End Health Project (WEHP) is a weekly volunteer-based clinic on Thursdays from 7-8 pm at the McDonald Hughes Center. All health assessments, monitoring, and evaluations are free-of-charge and are supplementary to current medical treatments.”

Alternative opportunities:**Al's Pals****Contact:** Lynette Campos**Email:** alspals@sa.ua.edu**Mission:** "Al's Pals is The University of Alabama Mentoring Program sponsored by the Ferguson Center and the Community Service Center. Alabama students work weekly with a Tuscaloosa elementary school student, grades K-5, as their mentor to serve as a role model, assist in school work, and complete other enrichment activities."**What you will do:** "Al's Pals offers UA students and opportunity to serve as mentors and tutors for under-served children providing academic assistance, enrichment and recreation activities for them."**Best Buddies****Website:** <https://bestbuddies.org/find-programs/alabama/>**Contact:** Michael Day**Email:** bamabestbuddies@gmail.com**Mission:** "Best Buddies International is a nonprofit 501(c)(3) organization dedicated to establishing a global volunteer movement that creates opportunities for one-to-one friendships, integrated employment and leadership development for people with intellectual and developmental disabilities (IDD)."**What you will do:** Please contact Michael Day for more information.**Discovery Buddies: Exploring the Fun in Science****Contact:** Brennan Fitzgerald**E-mail:** mebrint@crimson.ua.edu**What you will do:** This is a service opportunity orchestrated by our own co-director of volunteering, Brennan Fitzgerald, to spark interest in the sciences at Matthews Elementary School. As a tutor, you will guide young students through their very own experiments, teaching them the importance of the scientific method and explaining the amazing things that happen in the world around us. Please do not hesitate to contact Brennan about this invaluable service opportunity.

FocusFirst (Impact Alabama)

Website: <http://www.impactalabama.org/ffhome.php>

Contact: Lindsey Thomas

Email: lmthomas@alan.ua.edu

Mission: To provide a cost-effective direct response to the vision problems of children who live in urban and rural areas.

What you will do: Under the supervision of Impact staff, undergraduate and graduate students ensure that children, six months to five years of age, in Head Starts and daycares are screened for vision problems using technologically advanced photo optic scan cameras. All children failing the screenings receive subsidized follow-up care through our partner nonprofit Sight Savers of Alabama.

Habitat for Humanity (Tuscaloosa)

Contact: Cassie Davis

Email: cassie@habitattuscaloosa.org

Website: www.habitattuscaloosa.org

Mission: “Our mission is to rebuild Tuscaloosa by partnering with volunteers, donors, sponsors, and families to provide housing solutions and ongoing community development. We do this by building attractive, affordable, and sustainable new homes for hard-working families. As well as rehabbing and repairing existing homes in critical need and serving as a catalyst for a wide range of community strategies that will transform lives and neighborhoods.”

What you will do: There are opportunities available which involve construction, but students may also volunteer in the office if they desire. All volunteers are a critical part of the organization. Contact Cassie Davis or fill out an [online volunteer interest form](#).

Miracle League of Tuscaloosa

Website: www.miracleleagueoftuscaloosa.com

Contact: Matt Hood

Email: volunteer@miracleleagueoftuscaloosa.com

Mission: "Miracle League of Tuscaloosa provides children and adults with mental and physical challenges an opportunity to play the great American sport of baseball. No longer does anyone have to sit on the sidelines and watch. EVERYONE DESERVES A CHANCE TO PLAY BASEBALL!"

What you will do: The Miracle League of Tuscaloosa needs volunteers to help out in many areas, including umpiring, information/check-in, concession stand, clean-up, and awards & fundraising events. For more information, please contact Jerry Mims.

Red Cross - West Alabama Chapter

Address: 325 Skyland Boulevard East; Tuscaloosa, AL 35405

Website: www.westalarc.org

Contact: Emerald Autrey

Phone: 205-758-3608

Email: emerald.autrey@redcross.org

Mission: The American Red Cross is a Humanitarian organization, led by volunteers, that provides relief to victims of disaster and helps people prevent, prepare for, and respond to emergencies. In an average year the American Red Cross West Alabama Chapter aids 500 people affected by single family fires, and trains 3000 people in First Aid/CPR.

What you will do: You will receive disaster services training and become a member of the disaster action team. Your responsibilities will include taking call and responding to disasters (fires, storms, floods, tornadoes) in Tuscaloosa and surrounding areas. You will work closely with clients and provide immediate assistance as a part of the greatest humanitarian organization in the world.

STEAM Alabama Math and Science Education Initiative

Contact: Renee Stulich

E-mail: bamaaedvicepresident@gmail.com

Mission: To instill a love of the STEM disciplines in 3rd-5th grade students by providing an exceptional educational opportunity, helping them to achieve academic success in the short term and inspiring them to develop personal goals for the future.

What you will do: Volunteers will spend 1-2 hours per week tutoring 3rd-5th grade students at Holt Elementary School in math, with the goal of improving standardized testing scores and building confidence along the way.

Tuscaloosa Community Soup Bowl

Website: www.tuscaloosasoupbowl.com

Contact: Amy Grinstead

Email: soupbowl@bellsouth.net

Phone: (205) 752-2421

Mission: “We seek to provide warm, inviting atmosphere by opening our doors seven days a week to welcome and feed the hungry. We seek to offer volunteer opportunities for the Christian community of Tuscaloosa as they act as the hands and feet of Christ.”

What you will do: While substantial financial and volunteer support still comes from the five founding churches, the Soup Bowl is blessed to receive monetary and volunteer support from countless others who are called to ensure the continuation of this vital ministry. Please consider financially supporting the Community Soup Bowl. Donations may be made by sending a check to P.O. Box 2277, Tuscaloosa, AL 35403, or via the PayPal link. For more information, please contact Amy Grinstead.

Tuscaloosa One Place

Website: www.tuscaloosaoneplace.org

Contact: Torre McDonald

Email: tmcdonald@tuscaloosaoneplace.org

Mission: Tuscaloosa's One Place is a Family Resource Center that empowers communities and families by providing support services that prevent child abuse and neglect and develop skills and resources designed to improve the family's quality of life, prepare their children for success in a competitive society, and allow each individual to realize his or her potential for self-sufficiency.

What you will do: The role of UA volunteers is to act as mentors to at-risk elementary school students by working with after school programs at elementary schools around town. Contact Torre McDonald for more information.

UA Women and Gender Resource Center

Website: <https://wgrc.sa.ua.edu/>

Contact: Mollie Tinney

Email: metinney@sa.ua.edu

Mission: “The mission of the Women and Gender Resource Center is to address gender inequity and foster a community that values social justice, safety, leadership, mentoring, education, multiculturalism, partnership and research. This is accomplished by gender-related outreach, advocacy and support to individuals and communities of all identities.”

What you will do: Whether you want to volunteer at a single event or a couple of hours each week, the best place to start is with a volunteer orientation! Please contact Mollie Tinney for more information.
