Agenda:

1. Clinical
   a. Carle
   b. OSF
   c. Avicenna
   d. Champaign County Christian Health Center
   e. Be the Match

2. Non-Clinical
   a. SOAR
   b. WRC
   c. RACES
   d. Courage Connection
   e. Books to Prisoners
   f. Urbana Middle School
   g. Crisis Nursery
   h. Salvation Army
   i. Be the Match

3. Virtual Volunteering
   a. Crisis Text Line
   b. WeCU
   c. Paper Airplanes
   d. Rapid Rona
   e. Upchieve
   f. Pre-dental volunteering
   g. Camp Kemem
Carle Hospital

- Near Springfield - Busey, 15 minutes away by bus from union
- Can preference different departments or the same one each semester
- Patient interaction to Administrative/Organizational work, depends on the department
- Various departments:
  - Pediatrics, Cardiovascular, Speech and Hearing Clinic, Emergency department
- Letter of Recommendation from doctors and nurses on the floor
- If you want to shadow, contact doctors individually, not through the volunteering program
- Camp Healing Hearts
OSF Heart of Mary Medical Center

- Non-profit, Catholic-based medical center in Urbana, IL
- **University Volunteer Program**
  - Can be involved with a variety of different departments
  - Three to four hour shift once per week
  - Deadline: **April** for the summer semester, **August** for the fall semester
- **University Internship Program**
  - 8-20 hours per week for the duration of the 16-week semester
  - Deadline: **Feb 28th** for the summer semester, **April** for the fall semester
- [https://www.osfhealthcare.org/](https://www.osfhealthcare.org/)
Avicenna

- Free health clinic in downtown Champaign
  - Open Sunday 1-4
- Completely volunteer run - currently operating via Telehealth
- Numerous volunteer roles
  - Intake: ~ 1 shift every month
  - Operations: ~ 1 shift every month
  - Outreach: ~ 10 hours every semester
  - Nutrition: on hold for now
  - Case Management - recently formed by a UIUC student
  - Interpretation: changing volunteering schedules
  - Pharmacy: ~ 1 shift every month
- Interact closely with physicians and medical students
- http://www.avicennahealth.org/mission
Champaign County Christian Health Center

- Telehealth model currently
  - Patient Triage (EMT or CNA license needed)
    - Have direct contact with underserved patients
    - Take vitals, blood pressure, background info, record patients charts
  - Hospitality
    - Check in on patients
    - Organize patient charts and schedule appointments
    - Work on other projects for the health center
- Other volunteering options: spiritual care, social work, food services
Be The Match

- College branch of national Be the Match organization dedicated to registering donors onto the national bone marrow registry
- Raise awareness, work swab kit drives, fundraise, and more!
- Currently needs leadership and member retention (UIUC chapter is quite small)
- You can still advocate and push people to register during the coronavirus pandemic!
  - Kits can be mailed to participants’ homes
  - Need help campaigning now more than ever
- Website: beathomatch.org
SOAR

- Tuesdays, Wednesdays and Thursdays from 2:00-3:15
  - At International Prep Academy
  - ~10 minutes away from campus but transportation will be figured out!
- Tutoring program for bilingual elementary school students
  - Each tutor is paired with 1 student for the semester
  - Opportunities for involvement in organizational level
- Not occurring Spring 2021, but will be restarting for Fall 2021
Women’s Resources Center

- On campus: above McDonalds on Green Street
- Volunteering and Internship opportunities
  - Volunteer: help with FYCARE projects, advertise for WRC, data collection
    - 2 hours a week
    - Temporarily halted due to covid
  - Internships: specific tasks throughout the semester
    - 10 hours a week
    - Applications for Spring 2021 are over, but Fall 2021 applications coming soon
- https://oiir.illinois.edu/womens-center/get-involved
RACES

- Remote volunteering opportunity
- Provide support to those affected by sexual trauma and prevention education programs that promote consent
  - Volunteer opportunities: serving twice a month on our on-call Crisis Hotline.
- 40-Hour Crisis Intervention training required before you can begin volunteering
- [https://www.cu-races.org/volunteer/](https://www.cu-races.org/volunteer/)
Courage Connection

- Domestic violence shelter in Champaign, IL
  - Provides housing and support services to individual/families who are victims to domestic violence
- Can volunteer individually, or as a group
  - Positions: Office work, fundraising, crisis hotline (40-hour training)
- Some volunteer work can be done virtually
- [https://courageconnection.org/individual-volunteer-application/](https://courageconnection.org/individual-volunteer-application/)
Books to Prisoners

- A project providing books to Illinois inmates at no cost by mail
- Volunteer location not at a prison!
- Read letters from inmates requesting certain books/genres/topics
- Choose a selection of books to send from B2P Library
- Write short note back to prisoner and package the order
- No sign up needed, training at first session
  - Volunteer sessions 3x a week but no commitment needed
- Website: [http://www.books2prisoners.org/](http://www.books2prisoners.org/)
Urbana Middle School

- In person tutoring off campus (would need a ride)
- Help teachers through the duration of their class
  - More of a class assistant than a dedicated tutor
- Once a week for about 1-2 hours
- In future semesters if you are interested email Tom Howley, who is in charge of their tutoring program
  - thowley@usd116.org
Crisis Nursery

- Crisis Nursery creates an "Island of Safety" dedicated to the prevention of child abuse and neglect by providing 24-hour emergency care for children and support to strengthen families in crisis.

- Two types of volunteering - can apply at any time
  - Safe children program - work with child care
  - Strong families program - work with family specialists

- Internships:
  - For the Fall 2021 semester, apply by March 1st

- More information here: https://crisisnursery.net/opportunities/
Salvation Army Canteen Run

- Not occuring this semester, but keep in mind for next semester
- Ride in repurposed ambulance around Champaign and Urbana to provide clothing, information and company to individuals at poverty level
  - Illinois Terminal
  - Westside Park—not when it starts getting dark earlier because of the safety of the volunteers
  - Campus
  - Urbana Library
  - Downtown Champaign
- Sign up to volunteer: [http://tinyurl.com/canteenrun1](http://tinyurl.com/canteenrun1)
  - Sunday, 3:00-5:00
  - Monday, 6:30-8:30 or 9:00
  - Tuesday, 6:30-8:30 or 9:00
  - Thursday, 6:30-8:30 or 9:00
Online Volunteering Opportunities
Crisis Text Line

- 24/7 national text hotline for people in crisis
- Application:
  - 3 references needed
- 4 hour/week requirement and 200 hours in a year
  - Requires 30 hours of online training
  - Flexible scheduling
- [https://www.crisistextline.org/become-a-volunteer/](https://www.crisistextline.org/become-a-volunteer/)
We CU

Volunteering
- Working directly with an organization or small locally owned business to meet their needs (e.g. designing surveys, translating materials)
- Working on broad community needs (masks, phone calls to elderly neighbors)

Research
- Must address social issues and community needs related to COVID-19

Advocacy
- Promoting human rights and community welfare (e.g. nonpartisan voter drives, public awareness campaigns)

Internships (unpaid)
- Unpaid work for a nonprofit or public agency that addresses social issues and community needs
Paper Airplanes

● Tutoring Middle Eastern men and women affected by conflict
● Weekly lessons either one-on-one or group speaking lessons
  ○ Semester long commitment of about 1.5 to 2 hours per week
● Training + scheduling occurs in the weeks leading up to the start of the semester (has a spring, summer, and fall semester)
  ○ Training is long, around 10 hours
● https://www.paper-airplanes.org/
Rapid Rona

- Can complete volunteer hours at home!
- Make calls to labs to expand COVID-19 testing capacity
  - You are trained and given labs to contact
  - 10 calls = 1 volunteer hour credited
  - Easy hours and essential during this time
- [https://www.rapidrona.com/source](https://www.rapidrona.com/source)
Upchieve

- Connect low-income youth with live academic support
  - free, 24/7 math tutoring to high school students
  - Provide mentorship as well
- You’ll work one-on-one with low-income high school students who need your help.
  - Extremely flexible scheduling
  - You will be trained before you can volunteer
    - Don’t need formal tutoring experience, you will be given all the material needed
- https://upchieve.org/volunteer
Pre- Dental Volunteering

- Virtual Classroom Visit
  - Teach C-U area elementary school kids about dental hygiene
- Online Knitting event
  - Knit small squares to donate to Warm Up America and local nursing homes
- Creating oral health education videos for the CU community with CUPHD

http://uiucpredental.weebly.com/
illinoispredental@gmail.com
Camp Kesem

● Serve children who have lost a parent to cancer, have a parent undergoing cancer treatment, or whose parent is a cancer survivor
  ○ Serve children ages 6 - 18

● Need camp counselors for a virtual 5 day program
  ○ 34-50 counselors for 100 camper

● Other ways to get involved
  ○ Outreach opportunities

● Applications due by **Feb 24th!** : kesem.force.com/login
  ○ Log into Kesem Central / create an account → “Pick a Camp” → Select “Illinois” as the location → Scroll down to “University of Illinois” →“Register” →“Begin Application”
Virtual Volunteering

Here is a list of virtual/remote opportunities you do not have to be on campus for!

https://docs.google.com/spreadsheets/d/15RFpJHZwrRWrqEal-Y_laCM6-qIOAsFM1-r39T18Glw/edit?usp=sharing