

**Community Agency Guide
2011-2012**

A bronze sculpture of three Native Americans, likely representing the Kickapoo people, is mounted on a stone base. The figures are in dynamic poses, with one standing and holding a bow and arrow, another crouching, and a third kneeling. The stone base is inscribed with the text "La Crosse welcomes you" in a stylized, metallic font. In the background, there are two flagpoles: one with the American flag and another with a blue flag. The scene is set against a backdrop of dense green trees under a clear blue sky.

**La Crosse
welcomes you**

**UW-L
Leadership and Involvement Center**

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The Leadership and Involvement Center

The Leadership and Involvement Center seeks to promote student involvement, volunteerism and leadership development. The office serves to link UW-La Crosse students, faculty, staff, student organizations, and the Seven Rivers Region community agencies in order to promote a strong relationship in the UW-La Crosse community, as well as in the City's community. It is our hope that the 2011-2012 Community Agency Guide will provide you with information regarding volunteer opportunities in the Seven Rivers Region community.

Leadership & Involvement Center Staff 2011-2012:

Kristin Ammerman
Alison La Grange
Lindsay Nevins
Andy Peitz
Kristine Schill

Kara Good and Natalie Magnus—Graduate Advisors
Kaye Schendel—Leadership and Involvement Center Director

Please contact us in any of the following ways:

221 Cartwright Center
1725 State Street
La Crosse, WI 54601
(608)785-6600

involvement@uwlax.edu
www.uwlax.edu/uc/involvement

ⁱⁱⁱ *The Leadership and Involvement Center operates as a division of University Centers, and the University of Wisconsin-La Crosse. We are committed to providing equal educational and employment opportunities regardless of race, creed, religion, sex, origin, disability, ancestry, age, sexual orientation, pregnancy, marital, and parental status.*

2011-2012 Leadership & Involvement Center Events!

Campus Blood Drive

September 7th - 8th, 11:00 a.m. - 6:00 p.m., Valhalla, Cartwright Center

Fall Involvement Fest I

September 15th, 2011, 11:00 a.m. - 5:00 p.m., Valhalla, Cartwright Center

Campus Blood Drive

November 1st - 3rd, 11:00 a.m. - 6:00 p.m., Valhalla, Cartwright Center

Spring Involvement Fest II

February 2nd, 11:00 a.m. - 6:00 p.m., Valhalla, Cartwright Center

Campus Blood Drive

February 7th - 9th, 11:00 a.m. - 6:00 p.m., Valhalla, Cartwright Center

Random Acts of Kindness Week

February 13th - 19th

Celebration of Involvement and Leadership

April 17th, 4:30 p.m., Valhalla, Cartwright Center

What Can the Leadership & Involvement Center Do for You?

The Leadership & Involvement Center has a variety of services and resources to provide you. Our staff consists of highly involved and trained peer advisors. Our present services include the following:

- **Special Events:** From the Involvement Fest to our Celebration of Involvement and Leadership, we seek out opportunities for UW-L and the Seven Rivers Region to interact, exchange ideas, and exchange information. See the previous page for the dates of our special events during the 2009-2010 school year.
- **Individual Advising:** Whether you are a student, an instructor, a community leader, or a student organization president, we are able to talk with you about involvement needs for yourself, your classroom, your organization, or your agency. We have current volunteer opportunities, local projects that need attention, national and regional alternative service opportunities, campus organization information, co-curricular planning ideas, area events, and resources to connect your academic pursuits with your involvement. We are equipped to listen to your needs and share this valuable information with you!
- **Resources:** This Community Agency Guide is just one of the resources we provide. We may also publicize incoming volunteer opportunities through the *Racquet*, the *Campus Connection*, the *Eagle Connection*, our website, and through e-mail. We also have:
 - A Student Organizations listing all of the 150+ student organizations on campus
 - Student Interest Survey: A check list to indicate your interests in specific organizations and community options
 - Local and national volunteer opportunities
 - Service-learning resources
 - Presentation brochures
- **Current Volunteer Opportunities:** We are always collecting an assortment of current volunteer opportunities in the Seven Rivers Region.
 - Stop by our office to get information about current volunteer opportunities
 - Sign up for our list serve to receive weekly e-mails about current volunteer opportunities
 - Check out our website for current volunteer opportunities.
- **Presentations:** We offer ten minute to one-hour presentations on the following topics:
 - The “how to” and the benefits of involvement
 - How to plan a service project event for your group or class
 - General information about the Involvement Center
 - Volunteer and service opportunities

When considering your involvement...

- When reflecting on what you would like to do on- or off-campus, keep in mind your past experiences, your interests and hobbies, your available time, your special skills, your career goals, your major area of study, the purpose of your involvement, and a part of yourself you hope to develop further.
- Consider the reality of how much time you can truly commit to whatever you choose. Always remember there are both long-term and short-term opportunities in which to get involved.
- Utilize the Involvement Center to keep track of your involvement on our database. You can do this by keeping in touch with us about what it is you are doing. Ask us about our co-curricular profile and how you can use it to track your experiences.

Why do you want to volunteer?

- To learn something about the world, about others, and about yourself.
- To have fun while doing something meaningful for a great cause that you believe in!
- To share ideas and energy that is uniquely yours.
- To develop leadership, communication, and problem-solving skills which foster self-confidence.
- To gain experience in your academic field of interest.
- To develop new friendships and connections with people from all walks of life.
- To gain an appreciation and respect for your own life and those that you serve.
- To take a risk and try new and different experiences outside of the campus environment.
- To feel involved and part of the action as a world citizen.
- To make a contribution and know that **YOU MAKE A DIFFERENCE!!!**

American Cancer Society

Contact Name Kathryn Murphy	Title Community Relations Coordinator	Address 1285 Rudy St. Suite 103		
Website www.cancer.org	City Onalaska	State WI	Phone (608) 783-5001 x102	FAX (608) 783-5005
Email kathryn.murphy@cancer.org	Operation hours 8:00 a.m. – noon, 1:00 p.m. - 4:30 p.m.			

Organization Purpose:

The American Cancer Society is the nationwide, community-based, voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives from cancer, and diminishing suffering from cancer through research, education, advocacy, and service.

Special Events

- Run/Walk of Trempealeau (September 18th, 2011)
- Relay for Life: Relay For Life of La Crosse Colleges (February 24th-25th 2012)
- Relay For Life of West Salem (April 2012)
- Daffodil Days Program (March 2012)
- American Cancer Society and United Healthcare 5K Family Run/Walk (April 2012)

Volunteer Opportunity 1

Relay for Life

The American Cancer Society Relay For Life is a unique community event that celebrates cancer survivors and honors the memory of those who have passed away from cancer. Relay For Life is a “huge compassionate support group” and offers families, friends, neighbors, and community members a place to come together to help in the fight against cancer. Relay For Life involves teams of 8-15 people who take turns walking or running around a track all night long. These teams are made up of students and faculty from UW-La Crosse, Viterbo University, WWTC and Globe University. A party-like atmosphere prevails as team members camp out on the surrounding grounds for the duration of the event to enjoy music, food, fun entertainment and activities while building camaraderie with fellow teammates and participants. Money is raised through team commitment fees of \$150 per team and an individual fundraising goal of \$100 per participant in donations. Each team member who raises \$50 receives a Relay For Life t-shirt. Last year’s Relay For Life of La Crosse Colleges event had over 85 teams and raised over \$73,000 in the fight against cancer. Join us on February 24th and 25th 2012 for another grand event!

Volunteer to help with this year’s Relay For Life in numerous ways by helping in our office prior to the event , Being a Team Capitan, Being A Part of the Planning Committee, or helping the day of with set-up/ clean up and logistics/registration.

Volunteer Opportunity 2

Daffodil Days

One of the first flowers of spring, the daffodil is a symbol of hope. To the American Cancer Society, the flower represents the hope of a world free from cancer. In the Midwest Division, Daffodil Days is held during the month of March, and raises more than \$2 million annually. Over its 30 year history, the American Cancer Society Daffodil Days program has become one of our constituent's most beloved fundraising campaigns. Each January and February, individuals, corporations, schools, places of worship, and other community organizations support the American Cancer Society by collecting donations for daffodils. The program generates significant income for the Society. Over the last 12 years, it has raised more than \$176 million nationwide.

**Volunteer to help with the coordination of collecting daffodil orders, fax campaigns, organizing daffodils and assembling the flower orders, and helping to deliver the flowers when they come.
Make someone's day with a delivery of daffodils!**

Volunteer Opportunity 3

American Cancer Society & United Healthcare 5K Family Run/Walk

A 5k walk/run where participants can either walk or run along a course that travels through a community with a designated start and finish line. This event takes place in Onalaska, in front of the United Healthcare building, by Home Depot and Wal-Mart area.

Volunteer to help with the coordination of volunteers, working the course the day of through various opportunities.

Volunteer Opportunity 4

American Cancer Society Run/Walk of Trempealeau

A 3.5 mile walk through picturesque Perrot State Park. The event will begin and end at the historic Trempealeau Hotel with food, fun, entertainment and activities. Volunteers are needed to help with the event at registration, on the course, and various other opportunities.

Special Note

There are many volunteer and internship opportunities. Please inquire about the many opportunities that can fit into your schedule. Please contact us with any questions/interests that you may have in any of the following opportunities.

American Red Cross - Scenic Bluffs Chapter

Contact Name	Title	Address	
Natalie Linders	Volunteer Coordinator	2927 Losey Blvd.	
City	State	Phone	FAX
La Crosse	WI	(608) 787-8500	(608) 787-8507
E-mail	Website		
nlinders@arcscenicbluffs.com	www.arcscenicbluffs.org		

Organization Purpose:

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. It does this through services that are consistent with its congressional charter and the fundamental principles of the International Red Cross and Red Crescent Movement.

Volunteer Opportunity 1

Disaster Services

- **DAT (Disaster Action Team):** Do you enjoy helping others in their time of need? Can you handle emergency situations, inconvenient hours and conditions? If so, you may be a candidate for the Disaster Action Team, our first line of defense in the event of a disaster. Members rotate serving *on call* and respond to disaster. Our Red Cross DAT provides food, clothing, shelter and referrals to people affected by disaster.
- **DV (Disaster Volunteer):** These volunteers are trained to respond to Red Cross emergencies and would go into action in situations where larger numbers of people are affected.

Volunteer Opportunity 2

Community Disaster Preparedness

Would you like to teach others how to prepare before a disaster happens? We will teach you how with materials prepared jointly by Red Cross and Emergency Management.

Volunteer Opportunity 3

Blood Services

Blood drives are fun and there's a volunteer job for everyone! You can help to set up and bring equipment needed, transport blood, cook the BBQ, serve in the canteen, escort donors, register, thank donors and award gallon pins. Shifts are available from one to four hours long (depending on the job) making it easy to schedule in some volunteering time and help save someone's life.

Volunteer Opportunity 4

Office Assistant

Volunteers support activities and programs by handling phone calls, answering questions, helping with mailings and record keeping, including data entry. You don't have to do it all. We have volunteers that specialize in doing one part of the office work such as being on call for bulk mailings. Other volunteers have their own on-going projects.

Volunteer Opportunity 5**Health and Safety Services**

We will train you free to become a certified CPR and First Aid Instructor if you'll volunteer to teach for us. Teach others how to save a life, prevent disease transmission, baby-sit and more. You must have a current basic CPR/First Aid Certification before you can take an instructor course. Instructors are needed for daytime and evening classes.

Volunteer Opportunity 6**FAST (First Aid Service Team)**

The purpose of a Red Cross First Aid Service Team is to provide immediate and temporary first aid care. Team members receive the necessary training to respond to victims of injury or sudden illness at gatherings such as festivals, parades or sporting events.

Bethany on Cass

Contact Name	Title	Address	
Kelly Schneider	Manager	1315 Cass St.	
City	State	Phone:	FAX:
La Crosse	WI	(608) 796-1091	(608) 784-1006

Operation hours
9:00 a.m. - 3:00 p.m.

Organization Purpose:
This is an assisted living facility.

Volunteer Opportunity 1
Manicures

Volunteer Opportunity 2
Resident Outings: Push wheelchairs

Volunteer Opportunity 3
Call Bingo for residents

Volunteer Opportunity 4
Music students: Perform for residents

Volunteer Opportunity 5
Help set up and oversee a "Casino Night"

Volunteer Opportunity 6
Assist or plan any recreational activity (i.e. crafts, games, large group parties...etc).

Bethany Riverside

Contact Name Kris Fry	Title Director of Recreational Therapy/ Volunteer Coordinator	Address 2575 S. 7 th St.			
E-mail klfry@gundluth.org	City La Crosse	State WI	Zip 54650	Phone (608) 775-8226	FAX (608) 775-8270
Website www.bethanylutheranhomes.org	Operation Hours 7:30 a.m. - 4:00 p.m.				

Organization Purpose:

Bethany Riverside is a modern 123-bed skilled nursing home community, located near Gundersen Lutheran Medical Center in La Crosse. This spacious community is beautifully situated along the Mississippi River and offers a unique environment for skilled care and rehabilitation. Bethany Riverside offers short-term and specialized care on our Lighthouse for persons with mid to late stage dementia. Regardless of the length of stay, Bethany Riverside's team of dedicated staff is eager to assist residents in maintaining their quality of life.

Bethany Riverside provides a wide variety of volunteer experience for both individuals and groups. We utilize volunteers in a wide variety of ways and have volunteer opportunities available seven days a week at a variety of times. Volunteers play an integral part in contributing to the resident's social, emotional, and spiritual needs.

Volunteer Opportunity 1

Assisting with Recreational Activities

Volunteer Opportunity 2

Assisting with Special Events

Volunteer Opportunity 3

Assisting with Weekly Outings

Volunteer Opportunity 4

Manicures/Hand Massages

Volunteer Opportunity 5

1-1 Visits

Volunteer Opportunity 6

Sing-along

Volunteer Opportunity 7

Outdoor Yard/Garden Work

Volunteer Opportunity 8

Mail Delivery

Volunteer Opportunity 9
Crafts

Volunteer Opportunity 10
Play Cards/Games

Volunteer Opportunity 11
Computer Assisting

Volunteer Opportunity 12
Errands/Shopping

Volunteer Opportunity 13
Walks Outside

Volunteer Opportunity 14
Teach a Special Talent

Volunteer Opportunity 15
Pet Therapy Visits

Volunteer Opportunity 16
Office Work

Bethany St. Joseph Care Center

Contact Name **Title**
Kim Scholze CTRS, Recreation Therapy Director and Volunteer Coordinator

Address **City** **State** **Phone**
2501 Shelby Rd. La Crosse WI (608) 788-5700

FAX **Email**
(608) 788-4030 kims@bsjcorp.com

Operation hours
7:00 a.m. – 3:30pm. (Occasional weekends and evenings)

Organization Purpose:

To assist each resident in attaining their highest level of functioning, well-being and comfort level.

Special Events

- Setting up Christmas trees (call and we can let you know)

Volunteer Opportunity 1

Various opportunities are available: A varied weekly recreation schedule allows for experience in implementing and observing a variety of programs

Volunteer Opportunity 2

Assist with a variety of recreational programs. If you have a talent, you can share that with us, assist us with special events

Volunteer Opportunity 3

One-on-one visits with residents, fingernail painting

Volunteer Opportunity 4

Special events held by a class or organization, or coming out once a week or bi-weekly to play card or games or if you have an idea that you would like to share

Volunteer Opportunity 5

Assist residents to and from spiritual services

Volunteer Opportunity 6

Attend resident staffing (for Recreational therapy students)

Volunteer Opportunity 7

Internships in Recreation Therapy

Volunteer Opportunity 8

Escort volunteer – ride with residents to and from medical appointments, escort them to the dept., wait for them and escort them back to the van pick up, ride back to BSJ with resident in our van (no driving or transferring of residents)

Volunteer Opportunity 9

Volunteer with our memory care residents

Volunteer Opportunity 10

Seasonal Outdoor work

Big Brothers/Big Sisters of the 7 Rivers Region

Contact Name	Title	Address		
Beth Twiton	Executive Director	1707 Main St. Suite 438		
Website	City	State	Phone	FAX
www.7riversbbbs.org	La Crosse	WI	(608) 782-2227	(608) 782-2390
Email	Operation hours			
info.lacrosse@7riversbbbs.org	9:00am-5:00pm			

Organization Purpose:

Our mission is to effectively match children with caring mentors to share time, experiences, friendship and fun that help children become caring, confident, and competent adults.

Special Events

- Match Activities (throughout the year)
- Catered for Kids Sake (Spring)
- Bowl for Kids Sake (March)
- Golf Scramble (Summer)

Volunteer Opportunity 1

Big Brother, Big Sister, or Big Couple: Be a friend and a mentor to an area child

Volunteer Opportunity 2

Community Based Program: Must be 18 years old and have access to an insured reliable vehicle. Time commitment: 2-3 hours per week for at least 1 year. Spend time with a Little Brother or Little Sister participating in everyday activities such as sports, bike riding, baking, etc.

Volunteer Opportunity 3

Site Based Program: Must be at least a sophomore in high school. Time commitment: 1-2 hours per week for at least a school year. Spend time with a Little Brother or Little Sister right at a specific site/location doing activities such as playing on playground, reading, or playing board games. Sites include: Emerson Elementary YMCA Surround Care afterschool program, Hamilton Elementary "Lunch Buddies" program, Ho Chunk Youth & Learning Center After School program, Erickson Boys & Girls Club after school program, or Mathy Boys & Girls Club After School program.

Volunteer Opportunity 4

Office Assistant: To help with miscellaneous office work

Volunteer Opportunity 5

Volunteer to help with a special event or serve on one of our committees.

Bluff Country Family Resources

Contact Name

Robin Yaffe Tschumper
Kathy Lawson

Title

Executive Director
Program Coordinator and Advocate

Address

114 Main St.

City

Hokah

State

MN

Website

www.bluffcountry.org

Phone

(507) 894-2676

FAX

(507) 894-2678

Email

bctr.kathy@acegroup.cc
bctr.robin@acegroup.cc

Operation hours

9:00 a.m. - 5:00 p.m.

Organization Purpose:

BCFR provides community education and non-judgmental, confidential crisis intervention, advocacy, support, and resources to victims of domestic violence, sexual assault, child abuse, and homelessness.

Special Events

- Bowl-a-thon (April)
- Child Abuse awareness/sexual assault awareness month (April)
- Safe Families 5k walk/10k run (May)
- Garden tour (July)
- Domestic Violence Awareness Month (October)

Volunteer Opportunity 1

Crisis Line Advocate, Battered Women's Advocate, Sexual Assault Advocate, Children's Advocate

Volunteer Opportunity 2

Co-Facilitator for children's groups, women's group, art therapy group

Volunteer Opportunity 3

Safe home provider

Volunteer Opportunity 4

Social Media volunteer

Volunteer Opportunity 5

Board of Directors

Volunteer Opportunity 6

Internships

Volunteer Opportunity 7

Landscape, cleaning, upkeep at transitional housing complexes

Volunteer Opportunity 8

Family mentor or After-school tutor, reading to children

Boys & Girls Club of Greater La Crosse

Contact Name Nicole Brei	Title Erickson Site Director	Address 1331 Clinton St.		
Website www.bgcgl.org	City La Crosse	State WI	Phone (608) 782-3926	FAX (608) 782-3933
Email nicole.brei@bgcgl.org	Operation hours Monday - Friday 3:00 p.m. – 6:00 p.m., Summer: Monday- Friday 8:00 a.m. - 5:00 p.m.			

Organization Purpose:

The mission of the Boys and Girls Clubs of Greater La Crosse is to inspire and empower all young people, especially those who need us most, to realize their full potential as productive, responsible, and caring citizens.

Special Events

- McDonald's Basketball Tournament
- La Crescent Basketball Tournament
- La Crescent Basketball Tournament
- Men's Basketball Tournament
- Baseball/Softball Tournament
- Golf Benefit
- High School Girls Basketball Tournament
- PLAY Program
- Benefit Auction
- Tri-Quest Event
- Halloween Party
- Christmas Party

Volunteer Opportunity 1

Tutors: Assist members with daily homework or special projects. Tutoring occurs both in the schools during the day or at the club after school.

Volunteer Opportunity 2

Coaching: Basketball, baseball, softball, football, wrestling, soccer

Volunteer Opportunity 3

After School Program: Assist staff in general programming such as gym, computers, games, playground, etc.

Volunteer Opportunity 4

Athletic Trainers

Boys & Girls Club of Sparta

Contact Name	Title	Address
Wendy Franke	Executive Director	1000 E. Montgomery St.
Jennifer Simunich	Program Director	
Beth Jerman	Volunteer Coordinator	

Website	City	State	Phone	FAX
www.bgcofsparta.org	Sparta	WI	(608) 269-2592	(608) 269-7969

Email

wfranke@bgcofsparta.org
jsimunich@bgcofsparta.org
bjerman@bgcofsparta.org

Operation hours at the Club

Monday - Friday 10:00 a.m. - 6:00 p.m. (School Year)
 Monday – Friday 6:00 a.m. - 5:30 p.m. (Summer)
 Weekend volunteer hours are available as well!

Organization Purpose/Mission:

To inspire and enable all young people, especially those from disadvantaged circumstances, to realize their full potential as productive caring citizens.

Special Events: House of Shadows, Oktoberfest Brats Sale, Kampaign for Kids, Sparta Stampede, Ticket Raffle and Golf Outing.

Volunteer Opportunities at the Club:

(For Full position descriptions, please visit the Club website.)

- Program Youth Mentors
- Program Aids
- Office Assistants
- Volunteer-Volunteer Coordinators
- Marketing Assistant Interns
- Fund Raising Interns
- Homework Tutors
- Stretching & Toning Instructors
- Zumba Instructors
- Sports Clinic Instructors
- Archery Instructors
- Guitar Instructors
- Fishing Instructors
- Teen Programming Interns
- Program Event Coordinators
- Fund Raising Event Coordinators

House of Shadows – Meet Wednesday evenings in August & September.

Production nights are October 2, 8, 9, 15, 16, 22, 23, 28, 29, 30 & 31.

- Set designers
- Custom designers
- Character actors
- Make-up application assistants
- Ticket stand assistants, greeters
- Concession stand assistants
- Crowd control assistants
- Marketing coordinators
- Volunteer coordinator assistants
- Logistics assistants
- Room section leaders
- Photography

Causeway Interfaith Volunteer Caregivers, Inc.

Contact Name	Title	Address		
Sara Wrobel	Executive Director	420 West Ave. S. (3 rd Floor)		
Website	City	State	Phone	Fax
Causewaycaregivers.org	La Crosse	WI	(608)775-9999	(608)785-9997
Email	Operation Hours			
causewayivc@gamil.com	Monday – Friday 9-12pm			

Organization Purpose:

To provide free volunteer services to elderly and disabled adults, to remain active and independent in La Crosse County

Special Events

- Classics for a Cause: March 2012

Volunteer Opportunity 1

Causeway offers many ways you can volunteer with flexible hours, set between you and the person with whom you are matched. Causeway services include: Arts Buddy, Errands, Shopping, Home Repair, Non-routine Lawn/Garden Care, Reading, Writing, Visiting and Outings.

Special Note

All new volunteers will have orientation prior to being matched so you will know what to expect and be comfortable within your volunteering experience!

Children's Museum of La Crosse, Inc.

Contact Name	Title	Address		
Christina Knudsen	Project Director	207 5th Ave. South		
Website	City	State	Phone	FAX
www.funmuseum.org	La Crosse	WI	(608) 784-2652	(608) 784-6488
Email	Operation hours			
christina@funmuseum.org	Tuesday – Saturday 10:00 a.m. - 5:00 p.m., Sunday noon - 5:00 p.m.			

Organization Purpose:

The Children's Museum of La Crosse is a hands on, interactive environment for children; a family place where children can explore, create, experiment, learn and exercise their imagination.

Volunteer Opportunity 1

Exhibit Guide: Interact with museum guests on exhibit floors.

Volunteer Opportunity 2

Education/Workshop Volunteer: Assist with planning, set-up and conducting of various workshops, presentations, demonstrations, and special events

Volunteer Opportunity 3

Face Painter: Help children feel special by having their faces painted. Whether it is for a birthday party or on a Saturday or Sunday afternoon.

Volunteer Opportunity 4

Climbing Wall Belay: Instruct and secure Museum visitors as they face the challenge of "Mt. Le Kid" or just help harness and helmet.

Volunteer Opportunity 5

Summer Camp Volunteer: Assist with summer camps for ages 4-12.

Special Note

All current opportunities can be found on the website: www.funmuseum.org.
Please call or e-mail for many more volunteer opportunities!!

Coulee Children's Center

Contact Name	Title
Terry Knothe-Lash	Director of Early Intervention Program
Katie Boehlke	Director of Child Care

Address	City	State	Phone
2935 East Ave. South	La Crosse	WI	(608) 787-5572

Website	Email
www.couleechildrenscenter.com	couleechildrensmain@hotmail.com

Operation hours
8:30 a.m. - 5:00 p.m.

Organization Purpose:

Coulee Children's Center offers services to children of all abilities with programs including: child care for children of all abilities from ages 4 weeks through 12 years; Early Intervention Program services including Physical Therapy, Occupational Therapy, Speech/Language Pathology and Special Instruction; Birth-to-3 Service Coordination.

Volunteer Opportunity 1

Helping in child care classrooms with children, and possible experience working with special needs who need one-on-one time (contact Katie)

Volunteer Opportunity 2

In-service presentations about cultural and racial studies for staff (contact Terry)

Volunteer Opportunity 3

Learning more about the Birth to Three services and possibly to do some research or satisfaction surveys (contact Terry)

Coulee Council on Addictions

Contact Name	Title	Address		
Kam Sturm	Office Manager	921 West Ave. South		
Website	City	State	Phone	FAX
www.couleecouncil.org	La Crosse	WI	(608) 784-4177	(608) 784-6302
Email	Operation hours			
cca@couleecouncil.org	8:00 a.m. - 4:30 p.m.			

Organization Purpose:

The Coulee Council on Addictions (CCA) is a grass-roots community-based agency that strives to provide information and referral services concerning substance abuse and addiction. CCA provides confidential assistance, information, education, and services to all people dealing with substance abuse and other addictions. Coulee offers a variety of services for the community, including prevention and drug presentations, intervention resources, a Drop-In Center, assessments, and a resource library.

Special Events

- Turned Leaf Fest Date: September 24th 2011

Volunteer Opportunity 1

Resource Center

Volunteer Opportunity 2

Fundraising

Volunteer Opportunity 3

Special Events Volunteer

Volunteer Opportunity 4

Coalition Work

Coulee Region Humane Society

Contact Name	Title	Address		
Heather Schmid	Executive Director	911 Critter Ct.		
Website	City	State	Phone	FAX
www.couleehumane.com	Onalaska	WI	(608) 781-4014	(608) 781-1646
Email	Operation hours			
heather.schmid@couleehumane.com	Mon., Wed., Fri. 9:00 a.m. - 5:00 p.m., Tues., Thurs. 9:00 a.m. - 7:00 p.m., Sat. & Sun. 1:00 p.m. - 5:00 p.m.			

Organization Purpose:

Actively promotes the human treatment of animals and positive human-animal relationships. We offer the following services/programs; stray animal control, adoption, housing for surrendered pets, humane education, pet therapy, dog training, lost and found, pet assistance, and volunteer opportunities.

Special Events

- Bark in the Park (Second Saturday in August)
- Annual Adopt-a-Thon (contact the Humane Society for details)
- Pet Photos with Santa (December)
- Cause for Paws Banquet (contact the Humane Society for details)

Volunteer Opportunity 1

Dog Kennel Assistant: Responsible for spot checking and cleaning dog's kennel, refilling water bowls (in some cases, food bowls), exercising and socializing dogs in an enclosed area, grooming and bathing.

Volunteer Opportunity 2

Cat Kennel Assistant: Responsible for spot checking and cleaning cages, replacing wet or dirty newspapers and bedding, scooping litter pans, filling water and food bowls, socializing with cats by brushing and playing, and stocking supplies.

Volunteer Opportunity 3

Housekeeping/Laundry: Miscellaneous cleaning duties. Sweeping floors and mopping floors, washing walls, windows and blinds, maintaining order in the garage area, sorting newspapers, washing, drying, folding and stacking laundry.

Volunteer Opportunity 4

Grounds Maintenance: Raking, trash removal, weeding and watering plants, sweeping sidewalk and parking areas, and snow removal.

Coulee Region Literacy Council (CRLC)

Contact Name	Title	Address
Sandra Kawatski	CRLC President	401 North 3rd St. c/o La Crosse Tribune

City	State	Phone	FAX
La Crosse	WI	(608) 791-8308	(608) 791-8475

Email

sandra.kawatski@lee.net

Organization Purpose:

We provide free one-on-one tutoring for adults using the Laubach reading method. All tutors are volunteers. Services are provided free of charge.

Volunteer Opportunity 1

Tutor: Tutor an adult student one-on-one for an hour a week, based on his/her educational goals. Be willing to work with adults with disabilities.

Crossfire Youth Center

Contact Name	Title	Address
Joshua Walden	Operations and Finance Director	422 Main Street

City	State	Phone	Email
La Crosse	WI	(608) 784-6565	joshua@crossfire4u.com

Website

www.crossfire4u.com

Operation hours

Monday – Thursday, 9:00 a.m. - 3:00 p.m.

Organization Purpose:

Crossfire is a party alternative for youth between the ages of 14 to 20. We are a Christian-based, non-profit teen center. We work with those youth caught in the daily “crossfire” of destructive influences and behaviors. It is our goal to assist youth to live out their God-given potential and become productive citizens through our programming. Our volunteer staff keep our programming running.

Special Events

- Camping trips
- Sports outings
- In-house concerts

Volunteer Opportunities

Help out with open recreation events, mentorship programs, tutoring programs, adventure based initiatives, gender specific small groups, Bible studies, jail ministries, teen mom’s group, and various other programs

Crossroads United Campus Ministry

Contact Name		Title	Address	
Rev. Laura Hoglund		Campus Minister	13 th and Pine	
City	State	Phone	Cell-Phone	FAX
La Crosse	WI	608-784-7600	630-728-4676	
Email		Agency Website	Operation hours	
lshoglund@gmail.com		crossroadsumc.com	Monday - Thursday	

Organization Purpose

Crossroads seeks to provide a Christian community on campus where individuals can explore, question, understand and affirm their relationship with God, each other and the world.

- *Sponsors gatherings with key spiritual leaders and professors where a variety of traditions meet and embrace*
- *Explores our roles as peacemakers in areas of conflict*
- *Gathers for food, music, and fun*
- *Struggles with social justice issues*
- *Reaches out locally to learn about our community and serve those in need*
- *Welcomes everyone no matter what their background*
- *Builds a community held together by strong friendships*
- *Provides pastoral care, spiritual direction, and vocational discernment*

Special Events

- Patio Party: A big welcome to campus on move in day with free food (Corner of 14th and Pine)
- Involvement Fest: Great plant give away
- First Cup: Get free coffee on us as we plan future ministry from this brand new site.
- Every Wednesday night Community meal: noon-2pm on the corner of pine and 13th (look for picnic tables)
- Sunday Night Dinner and Student Led Worship. Everyone welcome no matter what their faith background (or lack of). We like to say we are face to face ministry NOT ministry in your face..
- Mission projects
- Habitat for Humanity Monday night meal at the local shelter

Volunteer Positions

Invitation to anyone interested in joining a brand new Leadership Team. Are you looking for something different (not your same old, same) campus ministry? Crossroads is all about Extravagant Welcome, Radical Inclusion. Noted...there is room for lots of ministries on campus. If you have an idea what is missing in your growth of mind/body/spirit we want to talk with you! We are building something new, different, vital for today. Be a part of it. Call anytime.

Franciscan Skemp Hospice

Contact Name	Title	Address		
Angie Ruppert	Volunteer Coordinator	212 S. 11th St.		
Website	City	State	Phone	FAX
www.franciscanskemp.org	La Crosse	WI	(608) 791-9790	(608) 791-9548

Email
ruppert.angela@mayo.edu

Operation hours
 8:00 a.m. - 5:00 p.m.

Organization Purpose:

Hospice is a philosophy of care that focuses on the physical, emotional, and spiritual needs of a person facing a life threatening illness when a cure is not likely. Hospice care is provided in the person's place of residence.

Volunteer Opportunity 1

Companion: Reminisce, write or read, and support

Volunteer Opportunity 2

Bereavement: Emotional support to families who have had a loved one die

Volunteer Opportunity 3

Clerical Support: Assist with mailings

Great Rivers United Way

Contact Name	Title	Address
Karyn Ruhl	Community Impact Director	1855 East Main St., Suite A

Website	City	State	Phone	FAX
www.gruw.org	Onalaska	WI	(608) 796-1400	(608) 796-1410

Email	Operation hours
info@gruw.org	8:00 a.m. - 4:30 p.m.

Organization Purpose:

To improve the quality of life in our region by assessing community needs, by raising and distributing resources to respond to those identified needs, and by providing leadership to solve community problems.

Great Rivers United Way raises and distributes funds for 28 Partner Agencies located in the five surrounding counties (La Crosse, Monroe, Vernon, Trempealeau, and Houston).

Volunteer Center's Purpose (A resource of Great Rivers United Way):

The Volunteer Center “connects good people to good organizations.” Great Rivers United Way seeks to be a regional leader in promoting and facilitating volunteer activities to enhance the quality of life for those in need.

Volunteer Opportunity 1

Community Investment Volunteer: A great opportunity to find out how Great Rivers United Way invests into the community! Join a team of community volunteers to review and rate programs submitted by our 28 Partner Agencies. These reviews lay the groundwork for funding community programs that change lives. This is a one-time volunteer opportunity generally occurring in December and January.

Volunteer Opportunity 2

Letter Carriers Food Drive Volunteer: The annual “Stamp Out Hunger” drive plays a critical role in America’s effort to aid families in need. The local partnership between the Letter Carriers, the AFL-CIO, Great Rivers United Way and the local food pantries is a great opportunity to volunteer to assist carriers at collection points around the city of La Crosse.

Volunteers are needed to transfer food, can, and boxes from the letter carriers’ vehicles into large distribution trucks. It is the largest one-day food drive in the nation, having delivered over 70 million pounds of food to community food banks, pantries and shelters in each of the past four years. This is a one-time volunteer opportunity that occurs in May every year.

Special Note

MANY other volunteer opportunities on our website! Visit www.gruw.org and click on ‘volunteer.’

Gundersen Lutheran Medical Center

Contact Name	Title	Address		
Karla Korish	Volunteer Resource Coordinator	1900 South Ave.		
Website	City	State	Phone	FAX
www.gundluth.org	La Crosse	WI	(608) 775-3294	(608) 775-3183
Email	Operation hours			
kakorish@gundluth.org	8:00 a.m. - 4:00 p.m.			

Organization Purpose:

Gundersen Lutheran strives to be a Health System of excellence, nationally recognized for improving the health and well-being of our patients and their communities. We distinguish ourselves through excellence in patient care, education, research and through improved health in the communities we serve.

Training

Call to schedule a pre-interview appointment. A one-time, Monday orientation session is required.

Volunteer Opportunity 1

Escort Services: great opportunity for those desiring patient interaction. Assist with wheelchair transports and delivery of specimens and paperwork throughout the medical center. Work with a super group of peers while gaining exposure to the medical center setting.

Volunteer Opportunity 2

Child Life: hospital and clinic roles with our pediatric population.

Volunteer Opportunity 3

Physical Therapy: opportunities in inpatient and outpatient settings.

Volunteer Opportunity 4

Rehab: interact with patients recovering from strokes and traumatic injuries.

Volunteer Opportunity 5

CCU or ICU/Surgery Family Waiting Rooms: assist family members while gaining critical interaction skills.

Volunteer Opportunity 6

Radiation Oncology or Hematology Oncology: assist with departmental functions and provide a presence for patients and families in the waiting areas.

Volunteer Opportunity 7

Trauma emergency center: assist with transporting patients and families to TEC or Urgent care. Oversee waiting room. Provide customer service/support to families. Round to patient rooms.

Volunteer Opportunity 8

Clinic Pediatrics: Assist medicine assistants and nursing staff. Oversee waiting area, clean toys, stock exam rooms with books, markers etc. Occasionally read/color with a child.

Special Note

Other opportunities are also available. Call to inquire.

Habitat for Humanity-La Crosse Area

Contact Name	Title	Address
Katrina Fanning	Volunteer Coordinator/VISTA 2011-2012	P.O. Box 2123

Website	City	State	Phone
www.habitatlacrosse.org	La Crosse	WI	(608) 785-2373

Email	Operation hours
volunteer@habitatlacrosse.org	Monday – Thursday 10:00 a.m. - 4:30 p.m.

Organization Purpose:

To eliminate poverty housing in the La Crosse community by partnering with people in need to build decent, affordable housing.

Special Events

- Fundraising and special events are ongoing. Check website for updates and details.

Volunteer Opportunity 1

Construction Volunteers: Time commitment is flexible. Contact volunteer@habitatlacrosse.org for more information or to register.

Volunteer Opportunity 2

Fundraising Committee: Time commitment is flexible. Contact volunteer@habitatlacrosse.org for more information

Volunteer Opportunity 4

Volunteer at Habitat ReStore program. Duties include cashiering, customer service, and inventory. Store hours are Wednesday- Friday 10am-6pm and Saturday 9am-3pm. Contact volunteer@habitatlacrosse.org for more information.

Hillview Health Care Center

Contact Name	Title	Address
Kim Haskey	Volunteer Coordinator	3501 Park Lane Dr.

City	State	Phone	FAX
La Crosse	WI	(608) 789-4800	(608) 789-4860

Email	Operation hours
haskey.kim@co.la-crosse.wi.us	8:00 a.m. – 8:00 p.m.

Organization Purpose:

We are a long term facility consisting of 199 residents. We strive to help the residents achieve their maximum potential through socialization and recreation/leisure programs. Students have an opportunity to work with a mostly geriatric population as well as residents with Alzheimer's and Dementia.

Special Events

- Safe Trick or Treat: Saturday, October 29th (need 50 volunteers from 1:30-3:30pm) to assist residents handing out candy, passing bags to the children, giving directions, etc.
- Holiday Craft & Gift Show:
 - Wednesday, November 9th (assist with set-up; assist vendors in carrying in their merchandise, etc.)
 - Thursday, November 10th 8am-5:30pm (assist vendors with carrying in items/residents shopping/serving a lunch/clean-up/welcoming visitors/handing out maps and giving directions, etc.)
- Resident Christmas Store: Monday, December 12th 1:30-4:00pm. (Assist residents with shopping, wrapping gifts, transporting residents back to their rooms, clean-up)
- Senior Prom (May): assist in decorating, dancing with the residents, and taking down decorations
- Courtyard Clean-up: wash windows on the outside of the facility, raking leaves, and pulling weeds (needed both in the Fall & Spring)

Volunteer Opportunity 1

Recreation Therapy Volunteer: Work with recreation department to implement programming (i.e. exercise, group games, current events, social hour, men's group, cards, etc.)

Volunteer Opportunity 2

Friendly Visitor: Visit one-on-one with assigned residents

Volunteer Opportunity 3

Pet Therapy Volunteer: Take animals to resident's rooms for visits

Volunteer Opportunity 4

Physical Therapy Volunteer, Occupational Therapy Volunteer, Speech Therapy Volunteer: Work with Physical Therapy staff and residents, work with Occupational Therapy staff and residents, or work with Speech Therapy staff and residents.

Volunteer Opportunity 5

Pretty Nails Volunteer: Assist the recreation department with polishing resident nails on Wednesday's from 1:15-2:15 p.m.

Volunteer Opportunity 7

Entertainer: Provide music to our residents (i.e. playing a musical instrument or singing).

Volunteer Opportunity 8

Program Leader: Lead a recreational program for our residents. It could be sharing a hobby, leading a discussion, bringing in items to share, leading a book club, etc.

Volunteer Opportunity 10

Reader: Read to our residents either in a group setting (i.e. a book); or individually 1:1. This may include reading stories, the newspaper, scripture, poems, etc.

Volunteer Opportunity 12

Outing Assistant: Ride along with one of our male residents to/from the YMCA in a taxi cab. Provide socialization and directions to the location of the programs of interest.

Volunteer Opportunity 13

500 & Euchre Card Players: Play 500 or euchre cards with the residents. The day and time is flexible; however a consistent date and time is preferred.

Volunteer Opportunity 14

Community Outing Assistants: Assist the Recreation Therapy staff on community outings. Outings may include: shopping; festivals; zoo; etc.. The volunteers would assist by assisting the residents 1:1 by helping them shop, pushing their wheelchairs, pushing the shopping cart, etc..

Volunteer Opportunity 15

Games: Play 1:1 with the residents (yahtzee, chess, checkers, scrabble, etc.)

Ho-Chunk Youth & Learning Center

Contact Name	Title	Address
Marian Blackdeer	Teacher	724 Main Street

City	State	Phone	FAX
La Crosse	WI	(608) 796-1550	(608) 785-7490

Website

www.Ho-chunknation.com

Email
marian.blackdeer@ho-chunk.com

Operation hours
9:00 a.m. – 5:30 p.m.

Organization Purpose:

To provide recreational activities and academic support and opportunities for La Crosse area Native American K-12 students in a safe and positive environment. We focus on four types of activities: Cultural, Educational, Recreational, and Preventive. Our goal is to enhance our children's personal growth through these activities.

Special Events

- Family Nights Monthly
- Field Trips As scheduled
- Community Activities As scheduled

Volunteer Opportunity 1

Tutor: Any areas of interest are welcomed. Math and Science (especially middle and high school) are particular needs. You are welcome to share your avocation or expertise with the students.

- Tutoring hours do count towards diversity requirements or field experience for university classes.
- We would love to have you meet our students and staff. Call and set up a visit to our center! Tutoring hours are 3-5 Monday Through Thursday. Center hours start at 9am and go through 5:30pm.

Special Note

The Youth Services, HCN, requires complete background checks before volunteers can tutor our students. We will accept checks done by other agencies such as Big Brothers Big Sisters, Boys and Girls Club, and Scouts.

HorseSense for Special Riders, Inc.

Address 400 La Crosse St., City Hall (3rd Floor) **City** La Crosse **State** WI

Phone (608) 791-4868 **FAX** (608) 789-7501

Organization Purpose:

HorseSense is an organization committed to enriching the lives of children and adults with disabilities through safe, therapeutic, and recreational interaction with horses.

Special Events

- Annual Chair Event: Horse Show at La Crosse County Fair Grounds (May)
- Volunteer Orientation Meeting: Call to find out more information (volunteers are required to attend one of these meetings)

Volunteer Opportunity 1

Lesson Volunteer: Work with individual riders and their horses as a leader or a side walker. Volunteers help the riders reach their personal goals under the direction of an instructor and therapist. Time commitments: 1-4 hours a week per 5-7 week sessions; 3-4 sessions seasonally.

Volunteer Opportunity 2

Fundraising: Assist in our annual fund-raising efforts. Time commitments: a 2-4 hour shift at a fundraising event.

Volunteer Opportunity 3

Assist with volunteer recruitment.

Hunger Task Force of La Crosse

Contact Name	Title	Address		
Shelly Krause	Executive Director	403 Causeway Blvd.		
Website	City	State	Phone	FAX
www.lacrossehtf.org	La Crosse	WI	(608) 793-1002	(608) 793-1003
Email	Operation Hours			
lacrossehunger@centurytel.net	Monday, Tuesday 8:00 a.m. – 12:00 p.m. Thursday, Friday 8:00 a.m. – 1:00 p.m.			

Organization Purpose:

To reduce hunger in the Coulee Region

Volunteer Opportunity 1

Garden Work: Various gardening responsibilities, please inquire

Volunteer Opportunity 2

Food: pick-up and delivery

Volunteer Opportunity 3

Office Work: stuffing and addressing envelopes, computer work, etc.

Kickapoo Valley Reserve

Contact Name	Title	Address
Sadie Urban	Events Coordinator	S3661 State Hwy 131

City	State	Phone	FAX
La Farge	WI	608-625-2960	608-625-2962

Agency Website	Email
http://kvr.state.wi.us	sadie.urban@wisconsin.gov

Organization Purpose:

The land in the Kickapoo Valley Reserve shall be protected, preserved, and enhanced so that its unique environmental, scenic, and cultural features provide opportunities for the use and enjoyment of visitors to the Reserve. The Reserve will be promoted as a unique example of the Driftless Area Ecoregion and as a destination for low-impact tourism and education.

Special Events

- Kickapoo Reserve Dam Challenge Triathlon (October)
- Kickapoo Reserve Winter Festival (January)

Volunteer Opportunity 1

Give instruction and assistance to racers (Kickapoo Reserve Dam Challenge Triathlon) <http://kvr.state.wi.us/damchallenge>

Volunteer Opportunity 2

Help plan and run winter games and activities for kids at the Kickapoo Reserve Winter Festival. Specifically outdoor physical activities and games and indoor arts and crafts for kids.

La Crescent Animal Rescue

Contact Name

Terry Schleifer,
Robin Miller, OR
Heather Sayers

Address

523 South Chestnut Street P.O. box 112
La Crescent, MN 55947

Website

Lacrescentanimalrescue.org
Lacrescentanimalrescue.blogspot.com

Phone

(507) 895-2066 (shelter)
(608) 792-9482 (Terry)
(608) 406-0433 (Robin)
(507) 313-3393 (Heather)

Email

info@lacrescentanimalrescue.org

Operation Hours

Monday, Wednesday, Friday 12pm-6pm
Tuesday, Thursday – by appointment
Saturday 10am-3pm
Sunday 12pm-3pm

Organization Purpose:

To rescue domestic cats and dogs, strays and abandoned animals.

Special Events:

- Fundraising

Volunteer Opportunity 1

Cleaning: Cat room cleaning

General office, backroom cleaning, exam room

Volunteer Opportunity 2

Organizing: General organization of office area, exam room, cat rooms, laundry and kitchen area

Volunteer Opportunity 3

Vet Care: Weekly help with vet care

Volunteer Opportunity 4

Animals: Fostering animals, dog walking, dog room cleaning, socializing with cats and dogs, feeding babies without mothers.

Volunteer Opportunity 5

Schools: Go into schools and talk about the shelter and animal care

La Crescent - Hokah Community Education

Contact Name Rande Gustafson		Title Community Education Director	Address 703 S. 11th St.
City La Crescent	State MN	Phone (507) 895-5153	FAX (507) 895-8560
Agency Website www.isd300.k12.mn.us		Email rande.gustafson@isd300.k12.mn.us	Operation Hours Monday - Friday

Organization Purpose:

We offer lifelong learning opportunities by providing educational, cultural, social, and recreational experiences. We develop programs with K-12 teachers and staff, community members from business, government, non-profit, and volunteer sectors. We're interested in programs that address a variety of needs and interests from early childhood to senior citizen programming, and from programs in the arts to environmental education areas. We do a lot with early childhood, youth development, and education.

Volunteer Opportunity 1

Program development: Inter-agency/volunteer organization which involves leadership and collaboration to put together instruction and supervision for all ages

Volunteer Opportunity 2

Finance-asset-based community development, grant development, fundraising, evaluation of needs

Volunteer Opportunity 3

Internships are available

La Crosse Area Family YMCA

Contact Name	Title	Address		
Jackie Ripp	HR Director	1140 Main St.		
Website	City	State	Phone	FAX
www.laxymca.org	La Crosse	WI	(608) 782-9622	(608) 782-9616
Email	Operation hours			
jripp@laxymca.org	8:00 a.m. – 4:00 p.m.			

Organization Purpose:

To put Christian principles into practice through programs that build healthy spirit, mind and bodies for all.

Volunteer Opportunity 1

Special Events: Assist with set-up, registration, course marshals and tear down.

Contact: Jamie Klonowski 608-782-9622 ext. 236 jklonowski@laxymca.org

Volunteer Opportunity 2

Youth Sport Coaches: Work with youth in developmental sports programs including basketball, soccer, flag football, baseball, and t-ball.

Contact Jen Barber at jbarber@laxymca.org

Volunteer Opportunity 3

Community Teen Center: Work with area teens on homework and be a role model for them.

Volunteer Opportunity 4

Friday Night Live Program: Middle School Program, 2 Fridays during the months of September-May. Activities include basketball, racquetball, swimming, etc.

Contact Jen Barber at jbarber@laxymca.org for the YMCA- North in Onalaska.

La Crosse Community Theatre

Contact Name	Title	Address
Greg Parenter	Artistic Director	118 5 th Avenue N.
Amanda Wiese	Director of Patron Services	

Website	City	State	Phone
www.lacrossecommunitytheatre.org	La Crosse	WI	(608) 784-9292

FAX	Email	Operation hours
(608) 784-9285 p.m.	boxoffice@lacrossecommunitytheatre.org	11:00 a.m. - 5:00

Organization Purpose:

To improve and enrich the quality of life in the 7 Rivers Region through theatre education and live performances.

Special Events

- *The Wizard of Oz* by L. Frank Baum, Adapted by John Kane, Music and Lyrics by Harold Arlen and E.Y. Harburg
September 9th-October 2nd 2011
- *Leaving Iowa* by Time Clue and Spike Manton
October 28th -November 13th 2011
- *The Last Christmas Gift*
December 9th-18th 2011
- *The Glass Menagerie* by Tennessee Williams
January 27th -February 12th 2012
- *Leading Ladies* by Ken Ludwig
March 9th - 25th 2012
- *Blood Brothers* by Willy Russell
May 4th-20th 2012

Volunteer Opportunities

Actors, Costume Crew, Set Crew, Running Crew, Light Board Operator, Props Coordinator, Sound Operator, Production Stage Manager, House Manager, Ushers, Concessions, Publicity, Office Work.

Special Note

Descriptions and time commitments can be found at
<http://www.lacrossecommunitytheatre.org/>

La Crosse County Historical Society

Contact Name	Title	Address
Nancy Rabe	Volunteer Coordinator	P.O. Box 1272

Website	City	State	Phone
www.lchsweb.org	La Crosse	WI	(608) 782-1980

Email	Operation hours
lchsevents@centurytel.net	10:00 a.m. - 4:00 p.m.

Organization Purpose:

The mission of the La Crosse County Historical Society is the collection, preservation and providing for education, the historical legacies of the Three Rivers Region. In order to achieve this goal, we operate three museums, (Hixon House, Swarthout and Riverside) and maintain the archives of donated artifacts with the emphasis being on La Crosse County History.

Special Events

- Hixon House Ice Cream Social: July 9th, 2011
- Silent City Cemetery Tour: September 17th, 2011

Volunteer Opportunity 1

Opportunities to volunteer occur throughout the year. We are always recruiting Hixon House docents/tour guides. Please call the Historical Society's offices for more information of our current needs, or send a resume highlighting your education, experience, or interests.

La Crosse County Housing Authority

Contact Name
Patrick Dienger

Address
615 Plainview Rd. La Crosse, WI 54603

Website
www.lcha.net

Phone
(608) 781-5365

FAX
(608) 781-5379

Email
Patrick@lcha.net

Operation hours
8:00 a.m. – 4:00 p.m.

Organization Purpose:

To provide quality affordable housing for seniors, disabled, and low-income families.

Volunteer Opportunity 1

Hmong Translator: Translate letters, the Resident Handbook and the lease for Hmong residents.

Volunteer Opportunity 2

Internet/Computer Teacher: Teach Internet and e-mail usage to our seniors. Teach New Software programs to office staff: Access, Excel, Power Point, etc.

Volunteer Opportunity 3

Spanish Translator: Translate letters, the Resident Handbook and the lease for Spanish-speaking residents, and translation of housing brochures

Volunteer Opportunity 4

Painting

Volunteer Opportunity 5

General Maintenance

La Crosse Storytelling Festival

Contact Name	Title	Address
Sara Slayton	Volunteer Coordinator	2116 31 st St. South

Website	City	State
www.lacrossestoryfest.com	La Crosse	WI

Operation hours

9:00-5:00 Monday – Friday

Organization Purpose:

It is the mission of the La Crosse Storytelling Festival to be the premier storytelling event in the upper Midwest celebrating the art of storytelling, edifying, educating and entertaining people of all ages and from all walks of life.

The mission of the La Crosse Storytelling Festival will be accomplished through:

...hiring top quality national, regional and local storytellers

...providing educational workshops lead by trained professionals

...providing entertaining events for adults and children

...reaching out to communities in Wisconsin, Minnesota, Iowa, Illinois and Michigan

Special Events

- The Storytelling Festival: held annually during the first weekend after Labor Day. Volunteers are needed from 10:00 a.m. - 10:00 p.m. on that Friday and Saturday, and from 10:00 a.m.-1:00 p.m. on that Sunday.

Volunteer Opportunity 1

The Festival uses volunteers in a variety of ways including; ticket-taking, food & beverage service, working with children, playing storybook characters, selling books & crafts, taking photos, assisting storytellers and musicians, setting up the grounds and stages, working light & sound boards, and other miscellaneous tasks.

Special Note

For every 3 hour shift worked a volunteer receives a free 1/2 day admission.

La Crosse Symphony

Contact Name Tracy Fell	Title Executive Director	Address 201 Main St. Suite 230		
Website www.lacrossesymphony.org	City La Crosse	State WI	Phone (608) 783-2121	FAX (608) 783-3121
Email tracyf@lacrossesymphony.org	Operation hours 8:00 a.m. - 5:00 p.m.			

Organization Purpose:

The mission of the La Crosse Symphony Orchestra is to enhance the quality of life in the tri-state region by providing excellent symphonic music for the pleasure of the public, educating people of all ages in symphonic tradition, and encouraging student and professional musicians to develop and share their musical talents and skills.

Volunteer Opportunity 1

Marketing

Volunteer Opportunity 2

Usher/box office

Volunteer Opportunity 3

Development

Volunteer Opportunity 4

Office/administration

Volunteer Opportunity 5

Concert and Event Planning

Lakeview Health Center

Contact Name	Title	Address
Kay Stewart	Volunteer Outreach Specialist	902 Garland St. East

City	State	Phone	FAX
West Salem	WI	(608) 786-1400	(608) 786-1419

Email	Operation hours
stewart.kay@co.la-crosse.wi.us	8:00 a.m. – 4:30 p.m.

Organization Purpose:

A commitment to excellence in providing long term care and rehabilitation for adults of all ages. The residents have various physical, mental health and other related challenges. We work together to assure the best possible quality of life in each individual who lives at Lakeview Health Center.

Special Events

- Outings to June Dairy Days
- Outings to La Crosse Interstate Fair
- Half Day Fishing Trips
- Holiday decorating and parties

Volunteer Opportunity 1

Work with the Recreation Therapy Staff to implement programming (i.e. group exercise, men's group, fine dining, games, cards, play pool...etc.)

Volunteer Opportunity 2

Visit one on one, read or letter write to an assigned resident

Volunteer Opportunity 3

Give residents a manicure, makeover or new hairdos

Volunteer Opportunity 4

Assist Recreation Therapy staff with taking residents out on outings, (i.e. shopping, restaurant dining, parades, library and various other events)

Volunteer Opportunity 5

Provide entertainment through music playing, singing or comedy

Volunteer Opportunity 6

Help transport residents to in-house activities or church services

Volunteer Opportunity 7

Help with monthly birthday bashes, ice cream socials or holiday parties, etc.

Meadow Wood Assisted Living

Contact Name	Title	Address		
Michelle Meil	Recreation Therapy Director	2904 East Ave. South		
Website	City	State	Phone	FAX
www.meadowwood.org	La Crosse	WI	(608) 788-7489	(608) 788-0857
Email	Operation hours			
michelle.meil@crsinc.org	8:00 a.m. - 4:00 p.m.			

Organization Purpose:

Meadow Wood is apartment-style housing for seniors which is combined with supportive and nursing care, and recreational opportunities. The goal of our facility is to provide care for our tenants and to improve their quality of life physically, recreationally, and spiritually.

Special Events/Community Outings

- Training: To be set up with Recreation Therapy Director

Volunteer Opportunity 1

Transportation: Transporting tenants to the chapel for church on Sundays between 10:00 a.m. - 11:15 a.m.

Volunteer Opportunity 2

Manicures: Tuesday afternoons and Thursdays 1:00 p.m.-2:00 p.m.

Volunteer Opportunity 3

Happy Hour: Fridays at 3:00 p.m. Volunteers needed from 2:30 p.m. - 4:30 p.m.

Volunteer Opportunity 4

Bingo: Assistance with Bingo on Wednesdays from 12:30-2:15p.m.

Volunteer Opportunity 5

General Volunteer: Assisting with large and small group activities, community outings, transport to religious activities, pet therapy, room visits, reading to tenants with poor vision, taking tenants outdoors/wheelchair rides during nice weather.

Volunteer Opportunity 6

Monthly Birthday Parties/Socials

Myrick Hixon EcoPark

Contact Name	Title	Address
Michelle Nelson	Operations Manager	789 Myrick Park Drive

City	State	Phone	FAX
La Crosse	WI	(608) 784-0303x.221	(608) 784-0322

Website	Email
www.mhecopark.org	volunteer@mhecopark.org

Operation hours

9:00 a.m. – 4:00 p.m. Monday- Friday and 10:00a.m. – 4:00p.m. Sat- Sunday

Organization Purpose:

Our mission is to empower individuals and communities to experience and explore healthy, vibrant, safe, and sustainable lifestyles. Myrick Hixon EcoPark is primarily an environmental education facility serving elementary schools within a 90-mile radius. The EcoPark also manages the trail systems in the 800-acre Hixon Forest and bluff top prairies. The EcoPark is developing a set of adventure playscapes focused on water, forest, prairie, and farm ecosystems.

Training

Training for school group leaders.

Education/Outreach

Volunteer Opportunity 1

Naturalist Assistant: If you have a genuine desire to share your love of nature, become a school program leader! Thousands of children participate in hands on activities and develop a basic understanding of our environment. Training seasons are available Sept/Oct, Jan/Feb, April/May.

Volunteer Opportunity 2

Public Program Presenter: We'd love to have you present a public program, usually weekends or weekday evenings. The program can be directed towards adults and/or children.

Volunteer Opportunity 3

Frog Call Survey: Learn about frog vocalizations and their population trends. Listen for frog calls at the La Crosse River marsh from April until August.

Volunteer Opportunity 4

Other: Help with Children's Summer Nature Play Programs.

Natural Areas

Volunteer Opportunity 5

Prairie & Trail Work: Help us restore our native prairies on top of the bluff. Work on burns, seed collecting, planting and cutting of woody invasives. Help maintain our trail system.

Volunteer Opportunity 6
Landscaping & Gardening

Promotional

Volunteer Opportunity 7

River To Ridge Run/Walk: This annual run/walk from the Mississippi River to the top of the bluff needs volunteers for registration, course marshals, water stations and fish. Get a t-shirt and a delicious burger for your hard work.

Volunteer Opportunity 8

Enchanted Forest: Dress up as a storybook character and hand out goodies to young trick-or-treat hikers, help set up or help with treats.

Volunteer Opportunity 9

Event Representative: At conferences, festivals and other event booths.

Volunteer Opportunity 10

Other: Photography, videography, parades, mascots, concerts, bartender

Volunteer Opportunity 11

Rental Supervisor: We need volunteers that are willing to manage the building during events and weekends. Duties include: opening and closing the building, monitoring guests, and being available to answer questions.

Administrative

Volunteer Opportunity 12

Guest Services: Staff the reception desk weekdays and weekends, greet visitors and answer phones. (Weekday and weekend opportunities)

Volunteer Opportunity 13

Other: Mailings, data entry, IT, aquarium care, snow removal, cleaning, handiwork/repairs etc...

National Multiple Sclerosis Society – WI Chapter

Contact Name	Title	Address
Kristin Raeber	Volunteer Coordinator	1120 James Drive, Suite A

City	State	Phone	Email
Hartland	WI	(262) 369-7165	kristin.raeber@nmss.org

Website	Hours
www.wisMS.org	8am-4:30pm

Organization Purpose:

Multiple sclerosis (MS) stops people from moving. The National MS Society exists to make sure it doesn't. Through ground-breaking research initiatives, programs designed to address the challenges of living with MS, and the advocating for improved public policy, the society is dedicated to a world free of MS.

Volunteer Opportunities

There are various opportunities with the National Multiple Sclerosis Society throughout the state of Wisconsin including volunteering for Walk MS in La Crosse.

The 2011 walk will be held during mid April 2012. For more information on volunteering, please contact Kristin Raeber.

Possible positions include;

- Set-up
- Registration
- Greeters
- Volunteer check-in
- Breakfast or lunch set-up/clean-up
- Route support (SAG) drivers
- Ham Radio Operator
- Rest Stop
- Traffic control
- Photography
- Professionals
- Medic support
- Spirit at Milestones
- Take down

New Horizons Shelter & Outreach Centers

Contact Name	Title	Address
Sharon Radford	Volunteer/Intern Coordinator	PO Box 2031

City	State	Phone	FAX
La Crosse	WI	(608) 791-2610 ext.301	(608) 791-2619

Email	Operation hours
nhvolcoor@centurytel.net	M-F 9:00 a.m. - 4:00 p.m.

Agency Website:
www.nhagainstabuse.org

Organization Purpose:

New Horizons Shelter and Outreach Centers provide safety and services to adults and families who have experienced domestic violence, sexual assault, stalking and harassment so that they can make decisions about their lives in a supportive, non-judgmental and empowering atmosphere. We promote the concept of non-violence and equality through intervention, prevention, and education.

Special Events

- Volunteer/Intern Training (September, February, May) 1st night mandatory for all
- April: Child Abuse Awareness Month Events
- May: Postal Worker's Food Drive
- October: Domestic Violence Awareness Month Events
- Various fundraisers held throughout the year

Volunteer Opportunity 1

Bilingual Translation: Transitional verbal and written communications between our staff and clients.

Volunteer Opportunity 2

Children's Advocate: Temporary child care, structured play, support groups

Volunteer Opportunity 3

Computers: Data entry and statistics program

Volunteer Opportunity 4

Crisis Advocate: Answering the crisis line, assisting shelter clients, providing general information.

Volunteer Opportunity 5

Donations: Accept, sort, and process donations, greet and assist visitors, stock the boutique and storage areas.

Volunteer Opportunity 6

Legal Advocate: Assist with restraining orders, client call backs and follow ups, court support.

Volunteer Opportunity 7

Office Assistant: Data entry, errands, written correspondence, assist with special projects and agency events.

Volunteer Opportunity 8

Resource Advocate: Resources and referrals, support groups, outreach projects within the community.

Norskedalen Nature and Heritage Center

Contact Name

Christine Hall
Tammy Potaracke

Address

P.O. Box 235

Website

www.norskedalen.org

City

Coon Valley

State

WI

Phone

(608) 452-3424

FAX

(608) 452-3157

Email

info@norskedalen.org
norsk.edu@mwt.net

Operation hours

Hours vary from season to season

Organization Purpose:

The mission of Norskedalen Nature and Heritage Center, Inc., a non-profit corporation, is to preserve and interpret the natural environment and cultural heritage of the region, to make people aware of and sensitive to these natural and cultural resources, and to provide educational opportunities at all levels through its arboretum, nature and heritage centers, and staff - both volunteer and professional.

Special Events

- Trainings are arranged as needed
- Sweet, Sweet Spring (March)
- Mid-Summer Fest (June)
- Art Fair & Ice Cream Social (July)
- Twilight Tours (September)
- Threshing Bee (September)
- Civil War Heritage Weekend (October)
- Ghoulees in the Coulees (October)
- Old Fashioned Christmas (December)

At Norskedalen, our opportunities for volunteer experience are limited only by imagination and budget. We have a huge range of opportunities for people to explore their interests, build their skills and résumés. We encourage you to contact us directly to talk over the possibilities, but here are just a few:

Volunteer Opportunity 1

Visitor Host: Greet visitors and show center and museums; collect admission. (Less than 7 hours a week.)

Volunteer Opportunity 2

Historical Guide: Escort visitors through historic buildings. (Less than 10 hours a week.)

Volunteer Opportunity 3

Hike Leader: Lead school children on nature hikes/groups. (Less than 5 hours a week.)

Volunteer Opportunity 4

Special Events Volunteer: Collect admission/ fees, park cars, and food preparation and serving, demonstrate, lead tours, information, etc. (Less than 10 hours a week, usually weekends.)

Volunteer Opportunity 5

Gift Shop: Clerk in small gift shop. (Less than 8 hours a week.)

Volunteer Opportunity 6

Trail Maintenance: Assist staff with trail maintenance on scheduled dates and others. (Less than 10 hours a week.)

Volunteer Opportunity 7

Garden: Assist other volunteers in planting, weeding, caring for garden. (Less than 10 hours a week.)

Volunteer Opportunity 8

Invasive Species Eradication: The tools are all set, in need of volunteers to come help cut, spray, or pull the various invaders.

Volunteer Opportunity 9

Create Informational Displays: Always in need of help putting together informative displays, publicizing our programs etc.

Volunteer Opportunity 10

Living History Demonstrations: Educate school children via Pioneer crafts, baking or farm tool demonstrations (less than 10 hours a week); participate in corresponding events showing the demonstration.

Volunteer Opportunity 11

Ghoulees in the Coulees: Be a part of Ghoulees in the Coulees scare stations, pumpkin carving, setting jack-o-lanterns out on the trail, be a fortune teller, with or other scary character

Onalaska Care Center

Contact Name Casandra "CJ" Cooley **Title** Recreation Therapy Asst./Volunteer Coordinator

Address 1600 Main St. **City** Onalaska **State** WI

Phone (608) 783-4681 **Fax** (608)781-8148 **Website** www.bsjcorp.com

Email casandrac@bsjcorp.com **Operation hours** 8:00 a.m. – 8:00 p.m.

Organization Purpose:

To provide a well-rounded daily living experience for our aging population.

Special Event:

- Christmas Decorating: Decorating the facilities for Christmas. This occurs before or the day after Thanksgiving. Contact for more information.

Volunteer Opportunity 1

Visiting: One-to-one visiting with the residents including reading, manicures, and/or helping the residents write letters and cards. Helping the residents decorate their rooms for the holidays. Assist staff with a variety of recreation programs. Times of availability to choose from are Monday-Friday 9:30 a.m. to 8:00p.m. and/or Sunday 9:00a.m. to 12:00p.m, 1:00p.m to 4:00p.m.

Volunteer Opportunity 2

Pet Therapy Volunteer: This program is through the Humane Society or you can bring your own pet. Two times monthly for 1-2 hours depending on the animal.

Volunteer Opportunity 3

Sunday Helper: Short time on Sundays from 9:00a.m. to 11:00a.m. assisting the residents to and from church services.

Volunteer Opportunity 4

Music Programs: Programs created and put on by the volunteer. Sing or play any musical instrument.

Volunteer Opportunity 5:

Game Helper: Assisting and playing game including Euchre, 500, Bridge, Cribbage, Dominos, Kings Korner, Skip Bo, Scrabble, and more.

Volunteer Opportunity 6:

Library Helper: Assist residents from obtaining books from the public library on a bi-weekly basis. Including pick up and drop off of books. Also includes conversing with resident to get information about the book they would like.

The Parenting Place

Contact Name	Title	Address		
Deb Cowan	Assistant Director	1500 Green Bay Street		
Website	City	State	Phone	FAX
www.theparentingplace.net	La Crosse	WI	(608)784-8125	(608)796-0098
Email	Operation hours			
debcowan@theparentingplace.net	Monday: 10-5, Tuesday: 9-5, Wednesday: 10-4 Thursday: 10-5, Friday: 9-5			

Organization Purpose:

The Parenting Place specializes in prevention of child abuse and neglect through parent education and support.

Special Events

- Children's Festival: Late August
- Golf Outing: June

Volunteer Opportunity 1

Helping in parent education, clerical, part time receptionist

Peace and Coffee

Contact Name	Address	City	State
Joseph Roraff	422 Main St.	La Crosse	WI

Website

peaceandcoffee.com and <http://www.youtube.com/watch?v=LLBTPd-3nIk>

Email	Operation hours	Phone
joeroraff@gmail.com	Monday-Friday: 11:00am-1:00pm	(608)385-6558

Organization Purpose:

Peace and Coffee is an organization that serves food Monday through Friday from 11:00am until 1:00pm. It is an incredible group of people that is fueled by volunteers. The experience is one of a kind because the customers have the option to pay or not while sharing with the Peace and Coffee community. The food is also unique in that the customers receive panini sandwiches and coffee drinks as opposed to the generalized food received at soup kitchens.

Pump House Regional Arts Center

Contact Name Toni Asher	Title Executive Director	Address 119 King St.		
Website www.thepumphouse.org	City La Crosse	State WI	Phone (608) 785-1434	FAX (608) 785-1432
Email info@thepumphouse.org	Operation hours Tuesday - Friday noon - 5:00 p.m., Saturday noon – 4:00 p.m.			

Organization Purpose:

The Pump House Regional Arts Center, located in the historic La Crosse, Wisconsin water pumping station, offers a wide range of visual and performing arts activities. The Pump House contains three visual art galleries, the 140 seat Dayton Theatre, art education classrooms with kiln and ceramics workspace, a conference room, and meeting areas.

The Pump House is a non-profit organization that has maintained this building as a cultural center since 1977. The mission of the Pump House is to enhance the quality of life in the region by maintaining the Pump House as a cultural center, and by promoting a wide range of visual and performing arts activities including performance, participation and appreciation.

Special Events

- The Pump House has a full calendar of visual and performing arts activities including exhibits, poetry readings, concerts, plays, art classes, open clay studio and more.

Volunteer Opportunity 1

Event and/or Exhibit Assistant: Ticket sales, exhibit installation and/or removal, gallery host during events, gallery preparation for new exhibits

Volunteer Opportunity 2

Public Relations Assistant: Help promote events, distribute posters, write press releases, etc.

Volunteer Opportunity 3

Theatre Assistant: Numerous opportunities in all areas of producing a play

Riverfront, Inc.

Contact Name Karen Carter	Title Volunteer Coordinator	Address 3000 South Ave.	
Website www.riverfrontinc.org	City La Crosse	State WI	Phone (608) 785-3515
Email karen.carter@riverfrontinc.org	Operation hours 8:00 am and 3:00 pm	Fax (608) 784-5345	

Organization Purpose:

To provide a continuum of innovative support for individuals with disabilities so they may live meaningful lives.

Special Events

- Golf outing
- Sand sculpting festival
- Assorted picnics and banquets.

Volunteer Opportunity 1

Clerical Support Activities include: filing, copying, putting together training manuals, data entry, and assisting with special mailings, purging old files, and other assorted projects as they come up. Must work with a variety of office equipment, including a computer, printers, and copy machines.

Volunteer Opportunity 2

Employment Support: Provide assistance in the Production Plant between the hours 10:00 a.m. - 2:00 a.m. Activities include: Providing training and support to help participants with disabilities perform job tasks. The goal is to increase each participant's level of capability and independence at the job. Providing quality control on products going out of the production plant. Special skills required: Willingness to receive specialized training. Willingness to work with adults with disabilities in Riverfront's Work and Community Center. Flexibility in scheduling.

Volunteer Opportunity 3

Lunch Room Assistant: Assist in the Production Plant Cafeteria between the hours 11:00 a.m. - 1:30 p.m. Activities include: helping participants heat up their lunches, providing restroom maintenance and monitoring, helping in the vending room, washing dishes, wiping tables, helping people eat.

Volunteer Opportunity 4

Activities Planner: Recreation/Day and After Hours Programs. We have day service and after hours programs in-house and a recreation program to provide recreational and social activities in a group setting. We are looking for a volunteer to help plan and hold various activities such as arts projects, musical activities, yoga, pet therapy, etc. Activities include: Planning activities for Day Services and Tuesday Night Specials. Making arrangements necessary for carrying out these activities. Facilitating and assisting with these activities. Assist with miscellaneous recreational events and trips as they are planned.

Volunteer Opportunity 5

Riverfront Singers: The Riverfront Singers are a group of friends, many with disabilities, who come together to raise a joyful voice. The group practices Wednesday night, 6:00 pm – 7:00 pm in the Riverfront cafeteria and performs at churches, community gatherings, ball games, nursing homes and La Crosse's Riverfest, Irishfest and Oktoberfest celebrations throughout the year.

Activities include: Joining the singers for Wednesday night practices and performances whenever possible.

Volunteer Opportunity 6

Arts Program: The purpose of this new program is to provide accessibility and opportunities for Riverfront participants and those with a genuine love of art to experience the world of the arts. Mentors are needed in the areas of drama, photography, writing, music and all art mediums.

Volunteer Opportunity 7

After Hours Group: We have a consumer driven After Hours program in La Crosse as part of our Choice Mental Health Services that plans activities to increase socialization and community involvement. The group meets every Tuesday and Thursday afternoon from 3:00 p.m. - 6:00 p.m. We are looking for volunteers to engage people in social activities, i.e. board games, community based activities, etc.

Volunteer Opportunity 8

Financial Support: Provide assistance for financial operations between the hours of 8:00 a.m. and 4:30 p.m. Activities could include work on capital budgeting, cost benefit analysis, risk management or an area of special need for the volunteer. Qualifications required: flexibility in scheduling, skills in Microsoft Office and Excel, spreadsheet knowledge and experience and financial experience (budgeting and research skills).

Volunteer Opportunity 9

Facilities Management Support: Assist the Facilities Manager with inside or outside maintenance projects (picture hanging, exterior caulking, etc.). Qualifications required: ability to work independently or with limited supervision, flexibility in work hours, positive teamwork attitude and rudimentary skills in carpentry, building maintenance, repair, painting and exterior work. Ownership or access to hand tools a plus.

Volunteer Opportunity 10

Human Resources Support: Project based internship—assist with installation of new applicant tracking system and communicate with employees on the new system. This includes working through a project, developing a timeline, resources, etc.

Volunteer Opportunity 11

Human Resources Support: Project based internship—create online a Supplemental Hiring Process, Wage Proposal and New Hire Orientation. This includes working through a project, developing a timeline, resources, etc.

Volunteer Opportunity 12

Assistant Behavior Support Specialist: Assist the Behavior Support Specialist with assessments and plan development

Rotary Lights, Inc.

Contact Name

Pat Stephens

Title

President

Address

P.O. Box 215

Website
www.rotarylites.org
City

La Crosse

State

WI

Phone

(608)784-9993

FAX

(608) 785-6868

Email
stephens.pat@uwlax.edu
Operation hours

8:00 a.m. – 5:00 p.m.

Organization Purpose:

The purpose of Rotary Lights is to help feed the hungry in the Tri State Area. The annual holiday lighting display in Riverside Park is the vehicle to collect food and contributions for this purpose.

Volunteer Opportunity 1

Display: We need help with planning, fixing, and repairing. The building of displays begins in September. On sight training.

Sagen Centre

Contact Name	Title	Address
Tiffany Dolesy	Program Coordinator	2221 Sims Place

Website	City	State	Phone	FAX
www.bethanylutheranhomes.org	La Crosse	WI	(608) 775-4704	(608) 775-4763

Email
tmdolesy@gundluth.org

Operation hours
 Monday – Friday 9a.m.– 5:00 p.m.

Organization Purpose:

Residential living for 10 elderly residents who enjoy socializing with young people. Perfect setting for recreational therapy, psychology, sociology, social work, and physical therapy students.

Volunteer Opportunity 1

Volunteers needed to assist with activities, crafts, music, games, gardening, walks, exercise classes, manicures, baking projects, reminiscing. Also need assistance with outings to community. A staff person is always available to give guidance/supervision.

The Salvation Army

Contact Name	Title	Address	
Jeff Hoch	Volunteer Coordinator	223 8 th St. North	
City	State	Phone	Fax
La Crosse	WI	(608) 782-6126	(608) 782-7377

Website

www.salvationarmylacrosse.org

Email

Jeff_Hoch@usc.salvationarmy.org

Operation hours

8:30 a.m. - 4:30 p.m. Monday-Friday

Organization Purpose:

The Salvation Army's mission is focused on helping people by providing programs and services that meet physical, emotional and spiritual needs. We have an emergency shelter with 65 beds, a meal program that serves meals 365 days a year, a food pantry, thrift store, disaster services canteen, and church and Sunday School services.

Look for us on Facebook!

The La Crosse Salvation Army has its own Facebook page. Listed there are reminders of volunteer opportunities, special needs that come up from time to time, and other information about our organization and programs.

Volunteer Opportunity 1

Meal Program: Meals are served 7 days a week, 365 days a year.

Lunch: 11:30 Monday-Friday, 12:30 Saturday-Sunday.

Dinner: 4:30 every day.

Volunteers needed to help with food preparation, serving, and cleaning up after meals

Volunteer Opportunity 2

Office: Volunteers are needed from 9:00am-5:00pm, Monday-Friday to help answer phones, greet clients, pull files, re-file files, write thank you cards, prepare mailings and enter data.

Volunteer Opportunity 3

Pantry: Mondays - Fridays 1:00 p.m. – 4:00 p.m. Pack groceries for the food pantry.

Volunteers are also needed to keep records and inventory of the pantry as well as meet with clients to determine their need.

Volunteer Opportunity 4

Drivers and Driver Helpers: Monday - Friday 9:00 a.m. – 2:00 p.m. Food donation pick-ups from local businesses. Drivers are needed at various times during the times listed.

For more detailed information please call the Volunteer Coordinator.

Volunteer Opportunity 5

Custodial help needed Monday - Friday anytime from 9:00 a.m. – 5:00 p.m. Other hours may be available, depending on schedule of events. Janitorial work, yard work, shoveling snow and other custodial and maintenance type work.

Volunteer Opportunity 6

Thrift Store: Monday - Saturday anytime from 10:00 a.m. – 6:00 p.m. Other hours may be available, depending on schedule of events. Volunteers are needed to sort and organize clothes and stock shelves.

Volunteer Opportunity 7

Canteen: On-call volunteers needed to drive and supervise the emergency canteen during house fires and other local emergencies.

Volunteer Opportunity 8

Seasonal opportunities include bell ringing at the red kettles, Coats for Kids distribution, registering people for food baskets and Caring Tree items, helping with Christmas distribution, driving to pick up food donations at Rotary Lights.

School District of La Crosse

Contact Name	Title	Address
Randy W. Nelson	Superintendent	807 East Ave. South

Website	City	State	Phone	FAX
www.lacrosseschools.org	La Crosse	WI	(608) 789-7600	(608) 789-7960

Email	Operation hours
ranelson@lacrosseschools.org	7:45 a.m. - 4:30 p.m.

Organization Purpose:

Students will discover their talents and abilities and will be prepared to pursue their dreams and aspirations while contributing effectively to their local, national and global communities

Volunteer Opportunity 1

Tutors

Volunteer Opportunity 2

Mentors

Volunteer Opportunity 3

High Performance Learning Program Volunteers (HPL)

Special Olympics Wisconsin – La Crosse Parks and Recreation

Contact Name **Title**
Kerry Gloede Special Recreation Supervisor

Address	City	State
Mailing: 400 La Crosse St. 1st Floor City Hall	La Crosse	WI
Office: 1433 Rose Street	La Crosse	WI

Website	Phone	FAX
www.specialolympicswisconsin.org	(608) 789-7596	(608) 789-7501
www.cityoflacrosse.org		

Email	Operation hours
gloedek@cityoflacrosse.org	8:30 a.m. - 5:00 p.m.

Organization Purpose:

The Special Olympics Wisconsin-La Crosse Parks and Recreation program offers year-round sports training and competition in Olympic-type sports for individuals 8 years old and older with a cognitive disability. Sports include bowling, volleyball, basketball, gymnastics, soccer, and power lifting to name a few.

Special Events

- DuRunRun Kids (September)
- Area Bowling Tournament (October)
- Area Basketball Skills Tournament (March)
- Polar Plunge (March)
- District Softball-Tennis-Bocce Tournament. (July)

Volunteer Opportunity 1

Volunteer and paid positions are available! Coaches and volunteers are needed to help with weekly practices for various sports. Chaperones are also needed with all extra activities and committee members are needed for fundraisers.

Special Note

Volunteer orientation required. Call or email to set up an orientation. Volunteer orientations are not required for special events.

St. Joseph's Rehabilitation Center

Contact Name

Jenny Knudson CTRS

Title

Recreation Therapy Director/Volunteer Coordinator

Address

2902 East Ave. South

Website
www.stjosephrehabcenter.org
City

La Crosse

State

WI

Phone

(608) 788-9870 ext 216.

FAX

(608) 787-8889

Email
jenny.knudson@crsinc.org
Operation hours

7:00 a.m. - 3:30 p.m.

Organization Purpose:

St. Joseph's Rehabilitation Center provides skilled nursing for short term rehabilitation and long term care. We deliver the most comprehensive care available by providing for the physical, emotional, spiritual, and social needs of our patients.

Volunteer Opportunity 1

Assist with large and small group programs. We also go on community outings and one-to-one visits with residents who prefer staying in their room. We like to have volunteers in the afternoon and weekends are needed.

Teen Services

Contact Name	Title	Address
Tracie Stinson	Teen Services Coordinator	3219 Commerce St.

City	State	Phone	FAX
La Crosse	WI	(608) 781-2783 ext. 231	(608) 781-2906

Email

tstinson@ywcalax.org

Organization Purpose:

YWCA Teen Services: There are two programs currently making up Teen Services. The first is Bridges, a mentor program for at-risk teen girls. There is an open group that meets once a week, there is always a "life skills" topic presented, but most importantly the group gives the girls a chance to be themselves and have fun. Each young teen is also matched with a positive role model adult and meets with them a minimum of four hours a month. Volunteer mentors must be female and be able to make at least a 9 month commitment. Teen L.E.A.D is the second program in Teen Services. Local junior girls meet three times a month, hearing from top area woman leaders on various topics that provide them with the tools to become empowered women leaders. The program is eight months in duration with the program ending with the distribution of a college scholarship for each of the participants.

WAFER

Contact Name	Title	Address
Susan Clements	Assistant Executive Director	403 Causeway Blvd.

City	State	Phone	FAX
La Crosse	WI	(608) 782-6003	(608) 782-6006

Email	Operation hours
wafersue@centurytel.net	Monday – Friday 10:00 a.m. – 12:45 p.m., Monday, Tuesday and Thursday 4:00 p.m. - 7:45 p.m.

Website
waferlacrosse.org

Organization Purpose:

WAFER Food Pantry provides emergency groceries and works to eliminate hunger.

Volunteer Opportunity 1

Pantry volunteers-sort, stock, and distribute food packages (during open hours)

Volunteer Opportunity 2

Drivers-pick up donated food from a variety of locations (hours vary)

Volunteer Opportunity 3

Senior Share-pack and distribute food packages to senior meal sites (hours vary)

Volunteer Opportunity 4

Food Drives-help with collecting or distributing food (times & locations vary)

The Willows Assisted Living

Contact Name	Title	Address
Barb Chase	Life Enrichment Coordinator	2555 South 7th Street

City	State	Phone	FAX
La Crosse	WI	(608) 775-8280	(608) 775-8279

Operation hours

8:00 a.m. - 5:00 p.m., some evening and weekend activities

Organization Purpose:

This is an assisted living facility.

Volunteer Opportunity 1

Manicures, hand/arm massages

Volunteer Opportunity 2

Help with resident outings

Volunteer Opportunity 3

Call bingo for residents (once per week)

Volunteer Opportunity 4

Help to set up and oversee a "Casino Night," talent show or other various activities

Volunteer Opportunity 5

Share a collection with residents or give a presentation on an educational trip, etc.

Volunteer Opportunity 6

Help teach a craft

Western Technical College, Volunteer Coordinator

Contact Name	Title	Address		
Tina Kjornes	Volunteer	400 7th St. North, Room 100 (ARC)		
Website	City	State	Phone	FAX
www.westerntc.edu	La Crosse	WI	(608) 785-9474	(608) 789-6206
Email	Operation hours			
kjornest@westerntc.edu	8:00 a.m. - 8:00 p.m. (M-TH) , 8:00 a.m. - 4:00 p.m. (Fri)			

Organization Purpose:

Help students to gain GED and HSED diplomas, brush up for college or technical school, learn the English language, and earn high school credit.

Special Events

- Enrollment in GOAL program is ongoing. Volunteers may start anytime during the school year.

Volunteer Opportunity 1

Adult Volunteer: Work one-on-one with a student in a variety of subject areas including math, reading, science, history, and English. 1-2 hours per week with a one-semester commitment.

Volunteer Opportunity 2

Conversation Partner: Speak with non-English speaking person to improve conversation skills. Students needing assistance will be from Southeast Asia, Europe, Central, or South America. 1-2 hours per week with a one-semester commitment

Workforce Connections, Inc.

Contact Name	Title	Address
Lisa Zanon	Community Resource Coordinator	402 North 8th St.

Website	City	State	Phone	FAX
www.workforceconnections.org	La Crosse	WI	(608) 789-5620	(608) 785-9939

Email	Operation hours
zanonl@wwtc.edu	8:00 a.m. - 4:30 p.m.

Organization Purpose:

To provide opportunities for individuals who have experienced barriers to obtaining and maintaining meaningful employment.

Volunteer Opportunity 1

We are seeking individuals from a variety of backgrounds to work with individuals aged 16-21. Many of these individuals have had a previous encounter with the criminal justice system and are turning their lives around. They need someone to assist them in making wise life and career choices. A variety of volunteer opportunities exist with this population.

YWCA of the Coulee Region

Contact Name	Title	Address		
Molly Hilligoss	Volunteer Coordinator	3219 Commerce St.		
Website	City	State	Phone	FAX
www.ywcalax.org	La Crosse	WI	(608) 781-2738 ext. 228	(608) 781-2906

Email
mhilligoss@ywcalax.org

Organization Purpose:

The YWCA of the Coulee Region is dedicated to eliminating racism and empowering women and promoting peace, justice, freedom, and dignity for all people.

The nine current YWCA programs are listed below. There are a number of volunteer opportunities to get involved with the women, children, and families served through the YWCA programs. Volunteering with the YWCA will provide you with practical experiences to share in the classroom and will also help prepare you for diversity in any future career. Work directly with clients or help out behind the scenes (i.e. mentoring, helping move furniture, creating marketing material, public relations, business, athletics, childcare, etc.).

Special Events:

- Polar Express – December 2011
- Taste of the Coulee Region – May 2012
- Garden Fest – June 2012
- Walk a Mile in Her Shoes – July 2012
- Flamingo Fly-in - August 2012
- Celebrity Pie Auction – August 2012

Volunteer Opportunity 1

YWCA A-PRO (Adaptive Physical Recreation Opportunities) provides opportunities for individuals of all ages with varying physical disabilities. Adaptive swimming on Wednesdays at Logan High School. Adaptive skiing.

Volunteer Opportunity 2

YWCA CASA for Kids (Court Appointed Special Advocate) serves children who have been determined by court to be in need of protection or services. This program trains volunteers to advocate for the best interests of the child and monitor the child's progress toward a safe, stable, and permanent home. Volunteers serve as observers for the judges who appoint them, meeting weekly with the child and consulting regularly with the child's support team.

Volunteer Opportunity 3

YWCA Coulee Region Rapids Swim Club is a program which provides youth 5-18 years of age an opportunity to practice and compete in a team swimming atmosphere, resulting in increased personal growth and team camaraderie. Practice is held at Logan High School in the evenings Monday – Thursday.

Volunteer Opportunity 4

YWCA Teen Services has two categories of the YWCA Teen Services. One category is *Teen Empowered*, a YWCA teen service which offers three weekly group sessions focusing on identifying issues and problem solving through them. The second category of YWCA teen services is a program called *Bridges* which is a program designed to provide one on one mentoring, as well as group situations, that will connect at-risk teenage women to resources, teach basic life skills, and concentrate on building a bridge of success after graduation from high school.

Volunteer Opportunity 5

YWCA Mediation and Restorative Services is a program that provides victims of crimes the opportunity to ask “Why me?” along with other questions they may have. Besides holding the offender accountable for the act, this program also gives the offender the opportunity to apologize to all those who have been harmed by the crime. Together the victim and the offender come up with concrete ways for the offender to repair the harm that has been done. (see pg. 65-66)

Volunteer Opportunity 6

YWCA Ruth House The YWCA Ruth House is a home for women who are homeless and single and also transitioning from substance abuse treatment facilities. The Ruth House has a strength based philosophy and is a healing home that supports women through this transitional time. This safe environment is dedicated to restoring hope through goal directed living and learning.

Volunteer Opportunity 7

YWCA Transitional Housing provides up to six women who are homeless and single with children the opportunity to live in their own apartment for up to two years. This program also requires women to work with a case manager on a weekly basis; attend weekly support group with other women and children in the program; and be matched up with a mentor from the community, someone to walk beside them during this tough transitional period. The YWCA Transitional Housing Program empowers women to obtain and remain in permanent housing, increase their job training skills and/or income, and achieve greater self-determination and self-sufficiency.

Volunteer Opportunity 8

Women’s Community Based Program is a jail alternative for women who would otherwise be serving a sentence at the La Crosse county Jail. This program is designed to keep women out of jail by enhancing their self-sufficiency and educational/work skills. The YWCA collaborates with La Crosse County to provide wrap around services addressing the unique needs of the women. We also hope to find positive females in the community to stop by the home and connect with the women through various interests, skills, and experiences.

YWCA of La Crosse Transitional Housing Program

Contact Name	Title	Address	
Molly Hilligross	Volunteer Coordinator	3219 Commerce St.	
Website	City	State	Phone
www.ywcalax.org	La Crosse	WI	(608) 781-2738 ext. 228
			FAX
			(608) 781-2906

Email

mhilligross@ywcalax.org

Organization Purpose:

The Transitional Housing Program provides supportive services to single, homeless women and their children. This may include (but are not limited to) financial counseling, support groups, case management, and community resource connection. We seek to empower women and eliminate racism.

Volunteer Opportunity 1

Child Care: Provide the women with child care while they attend the Tuesday evening support group sessions (includes free meal). Tuesday support groups carry on throughout the 2008-2009 year.

Volunteer Opportunity 2

Office Assistant: Assist with various office tasks.

Volunteer Opportunity 3

Mentor: Provide support and friendship to one of the women in the program.

Volunteer Opportunity 4

Educational Presentations: Provide the support groups with educational presentations based on your major and the needs of the women.

Volunteer Opportunity 5

Meal Preparation: Provide the women and their children with a healthy, balanced meal for Tuesday evening support group sessions.

Volunteer Opportunity 6

Volunteer/Mentor Coordinator: Recruit and train volunteers and mentors.

Volunteer Opportunity 7

Donation Coordinator: Advertise, locate, and pick up/drop off donations.

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