

## **Pre-Health Volunteer Opportunities**

### **Wednesday Friends (on campus)**

Applications due: Thursday, Sept. 13, 2012

Wednesday Friends strives to foster meaningful relationships with adults who have special psychiatric needs to promote the continued development of fundamental social skills through creative and intentional programming.

### **Power-Up Clubhouse: Mondays from 4-5:15pm**

The Power-Up Clubhouse is a community center for independent adults with mild mental illnesses and disabilities. Volunteers build relationships with constituents and help them strengthen social skills in a familiar and fun environment.

### **Forensic Nursing Home: Wednesdays for 4-5:15pm**

Volunteers travel to the St. Peter Regional Treatment center. Residents have significant mental illnesses and disabilities. Volunteers provide engaging activities for the residents while strengthening social skills and building relationships.

Coordinators 2012-13

Marley Clark

[mclark3@gac.edu](mailto:mclark3@gac.edu)

Kiki Engen

[kengen@gac.edu](mailto:kengen@gac.edu)

### **Hoffmann Center (on campus)**

Applications due: Wednesday, Sept. 12, 2012

The Hoffmann Center is a student volunteer group that facilitates spiritual growth and encourages healthy relationships and boundaries for the boys of the Hoffmann Center, a residential treatment facility for juvenile sex offenders. The boys, age 11 to 19, are away from their homes, participating in treatment and school at this facility. Several of the boys have developmental delays and/or mental illnesses. *This program, known as People of God (POG) to the boys, offers them the opportunity to build relationships with positive role models, have fun, grow spiritually and work towards establishing appropriate social boundaries.*

### **Hoffmann Center Volunteers: Wednesday nights from 7-8:30pm**

Coordinators 2012-13

Mariel Aamot

[maamot@gustavus.edu](mailto:maamot@gustavus.edu)

Katelyn Warburton

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### **Elders Program (on campus)**

Applications due: Wednesday, Sept. 12, 2012

The mission of the Elders Program is to build mutually beneficial relationships between committed and enthusiastic Gusties and residents of elderly care

facilities. Elder's fosters companionship and happiness by working with residents to enrich their quality of life through weekly activities and one on one relationships.

*Activity Night:* Weekly commitment of about one hour during the evenings to visit and play games in a group setting. You will build relationships with elderly residents of St. Peter and fellow Gusties. Activity nights take place in more of a group setting in which volunteers and residents interact while incorporating some sort of activity, such as bingo or arts and crafts into the experience.

**Monday: 6-7pm (The Wilds or Benedictine)**

**Tuesday: 7-8pm (Grandview Good Samaritan)**

*Adopt-A-Grandparent:* One-on-one volunteer time with a local nursing home or assisted living center resident. This is a great option for volunteers with a difficult schedule who would like to work independently and build a deeper relationship with an elderly individual in need of companionship. Best to have own transportation for this one-on-one volunteer opportunity.

**Work independently as schedule allows**

Coordinators 2012-113

Eli Benz

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Laura Schnell

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**Gustie Buddies (on campus)**

Applications due: Friday, Sept. 21, 2012

Gustie Buddies is a mentoring program where Gusties are paired with developmentally disabled youth. You are expected to meet four times a month with your buddy. Two of the Tuesday times will be group activities planned by the coordinators for you and your buddy. Last year, these activities included a trip to a bowling alley, drum circles, group service projects, a Minnesota Twins game, tubing at Mount Kato and many other fun activities. It is an easy and rewarding way to establish a friendship and be a role model for the best kids that you will ever meet!

**Gustie Buddies Volunteers: Tuesdays from 6:30-8pm**

Coordinators 2012-13

Lauren Schluez

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Jordan Noble

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Jess Weber

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**Benedictine Living Community of St. Peter (St. Peter Community)**

If you are interested in volunteering at Benedictine Living Community of St. Peter, please contact the Volunteer Coordinator, Rosemary Bjorklund at (507) 934-8280 or email her at: [Rosemary.bjorklund@bhshealth.org](mailto:Rosemary.bjorklund@bhshealth.org)

Typical opportunity would include one on one visit with a senior resident. You could also request to work with an Alzheimer's senior resident if you have an interest in that area.

### **Open Door Health Center (Mankato)**

Application deadline: contact one semester prior to interest, limited opportunities

Volunteer opportunities are welcomed and opportunities vary each year. A one-year minimum commitment is expected and volunteer hours can vary between two hours per week to six+ hours per week, flexible with schedules. Volunteer opportunities vary with Center needs and individual interest.

Open Door is a non-profit organization providing affordable health care to people with insurance and a sliding-fee discount scale to low-income, uninsured and under-insured people in southern Minnesota.

See website for additional information: <http://www.odhc.org/>

To find out more about the above opportunities contact: Iris Clark, Administrative Assistant Phone: 507-388-2120 ext. 328 [clark.iris@odhc.org](mailto:clark.iris@odhc.org)

### **Mayo Clinic Health System Mankato (Mankato)**

#### *Emergency Department Volunteer Program*

Application Deadline: Summer (April) Academic Year (April)

Six students selected for a summer or one academic year commitment; junior or senior standing to apply.

Shifts:

Friday, Saturday, Sunday evenings (4-8pm and 8-midnight)

Email [hbanks@gustavus.edu](mailto:hbanks@gustavus.edu) for additional information.

#### *Other Mayo Clinic Volunteer Opportunities*

Application deadline: Fall (May), Spring (September), Summer (February)

Go to website below to learn about volunteer opportunities and fill out electronic application.

<http://mayoclinichealthsystem.org/locations/mankato/volunteer>

### **Planned Parenthood (Mankato)**

Application deadline: flexible

Qualifications: Interested in health, professional, willing to help in a team environment, quick learner and ability to work in a confidential environment.

Volunteer opportunities available:

Fall, spring and summer semester

\*New Refill Center\* Volunteer opportunities for pre-pharmacy students

To find out about current opportunities email:

Laura Brink, Clinic Manager

lbrink@ppmns.org

Website: <http://www.plannedparenthood.org/health-center/centerDetails.asp?f=2797&a=90720&v=details>

We are a trusted health care provider, an informed educator, a passionate advocate and a global partner helping similar organizations around the world. Planned Parenthood delivers vital reproductive health care, sex education and information to millions of women, men and young people worldwide. For more than 90 years, Planned Parenthood has promoted a commonsense approach to women's health and well-being, based on respect for each individual's right to make informed, independent decisions about health, sex, and family planning.