

Davis County Volunteer Opportunities

Contact information (unless otherwise indicated in listing)

DCSS - Ages 18 to 100

Davis County Senior Services

(801) 525-5087

www.daviscountyutah.gov/health

RSVP – Individuals 55+

Retired and Senior Volunteer Program

(801) 525-5094

www.daviscountyutah.gov/rsvp

- **Reading Encouragement** Volunteers listen to children read at Elementary Schools in Davis County by serving 1 to 2 hours per week under the direction of the classroom teacher. Help a child to succeed by becoming a Reading Volunteer. Days and times are flexible. Volunteers are needed from August through June. Call today. **(RSVP)**
- **Meals on Wheels** Happy Server Volunteers deliver meals and smiles to home-bound individuals. You will be assisting MOW participants meet 1/3 of their daily nutritional needs, provide a safety check on their wellbeing, and helping them remain living independently in their home. Meals are served Monday through Friday. You may sign up for as many or as few days and times as you like. Opportunities are available in Clearfield, Kaysville and Bountiful, training is provided. Position requires successful completion of Davis County Food Handlers course, criminal background check and drug screening. **(DCSS) (RSVP)**
- Local **Businesses or Groups** to donate weekly or monthly time to deliver Meals on Wheels in Davis County. **(DCSS)**
- Dish It Up **Congregate Meal** Volunteers at Davis Co. Senior Activity Centers are needed to assist with serving the lunch meal provided to senior citizens. Each meal meets 1/3 of the daily nutritional needs for each participant. Attendance at the meal sites provides social interaction and enhancing individual wellbeing. Meals are provided Monday through Friday. You may sign up for as many or as few days and times as you like. There are opportunities to choose from throughout Davis County. Successful volunteer candidates must acquire a food handler's permit and pass a drug and background screening. **(DCSS) (RSVP)**
- **Senior Medicare Patrol (SMP)** Volunteers help Medicare and Medicaid beneficiaries prevent, detect, and report health care fraud, plus they help preserve the integrity of the Medicare / Medicaid Program. Training provided, flexible hours and the program is offered throughout Davis County. **(DCSS) (RSVP)**
- **State Health Insurance Information Program (SHIP)** Volunteers help others learn about Medicare, the enrollment process, guidelines, assist with understanding claims/denials and Medigap Insurances. Volunteer receive training, service hours are flexible throughout Davis County. **(DCSS) (RSVP)**
- **Yard Care Maintenance** Volunteer. This can include things such as mowing, pulling weeds, and/or trimming bushes/rose bushes, shoveling snow, etc. **(DCSS)**

- **Davis County Medical Reserve Corps (MRC)** is a group of pre-trained medical professionals and non-medical volunteers who can supplement local public health, hospitals and other emergency medical systems when they are overwhelmed. To register as a volunteer, go to www.utahresponds.org and set up a profile. You will be contacted for a volunteer orientation once your profile is complete. For more information about Davis County MRC, please contact coordinator, Amy, at (801) 525-5075 or amikkelsen@co.davis.ut.us. **(DCSS) (RSVP)**
- **Environmental Health** Volunteers – Have you ever wondered what it takes to keep our water and air clean or restaurants safe to eat in? Join us as General Environmental Health Volunteer to help on various projects and duties within our different bureaus. Help safeguard the air and water quality for all generations and promote clean eating environments. Please contact Rachelle if you are interested at 801-525-5128 or rblackham@co.davis.ut.us.
- **Circles Out of Poverty** Community Volunteers provide simple actions such as showing up to a weekly meeting for dinner with the Circles member; or a quick phone call answering questions, giving support, advice or encouragement; or befriending a person living in poverty during tough times. Given the right support families are empowered, educated, and equipped to move up and out of poverty successfully. The basic role of a volunteer is to serve as a Circles Ally, a community member who wants to be in a supportive, intentional, befriending relationship with an individual or family enrolled in the program. Imagine the feeling of knowing you aided a family's transition from living in poverty to becoming economically stable and self sufficient. Training is provided & required. **(RSVP)**
- **Friendly Visitors** help seniors at their home for an hour or two by running errands or going grocery shopping with them, participating in different hobbies such as reading books, watching movies, going to lunch, working crosswords, going for a walk, etc. If you have a certain skill or profession, such as hair stylist, or handyman, we have opportunities where these services could be donated to help a low-income, homebound senior in need. **(DCSS)**
- **Friendly Caller** Volunteers place weekly phone calls to homebound or isolated seniors for a positive interaction, reassurance and wellness check. Volunteers are asked to contact two participants one time per week. Orientation on policies and procedures is provided. Ideal opportunity to volunteer without leaving home. **(RSVP)**
- **Breakfast for Your Brain** trained Volunteer Leaders provide an instructional workshop in partnership with the Alzheimer's Association in Davis County. The "**Breakfast for Your Brain**" program is an interactive brain wellness workshop for active adults. During this eight week program, participants will be guided through fun, hands-on, interactive exercises that stimulate brain functioning. A brief training is needed to instruct this 8 week course. This is a weekly volunteer opportunity as this program is ongoing. **(DCSS) (RSVP)**
- **Gratitude Letter Writing Campaign** to deployed and injured military personnel. Volunteers will write one or more letters monthly and submit them to RSVP for mailing. Paper, pen, topic idea, and guidelines provided. **(DCSS) (RSVP)**
- **Safe Harbor Crisis Center** Volunteers provide assistance with telephone calls, intake of clients, residency assistance, provide encouragement, and familiarize clients with the facility. Training is provided and hours are flexible. **(RSVP)**

- **Long-term Care Ombudsman Program** Volunteers help advocate for residents 60 and older who live in local long-term care facilities (Assisted Living and Skilled Nursing Facilities) by monitoring their care and treatment. Ombudsman volunteers conduct routine facility visits to interview residents about their care and to receive resident complaints. Volunteers also educate facility staff and residents about Resident Rights and the Ombudsman Program. Training is provided and flexible service hours are involved. **(DCSS) (RSVP)**
- **HAFB Pharmacy** Volunteers provide customer service at the Pharmacy window by assisting clients check in and out for services. Military clearance is required. Training provided. **(RSVP)**
- **HAFB Thrift Shop** Volunteers help with sorting, pricing, customer service, etc. at the shop. The Shop's operating hours are Weds. & Thurs. 10AM-5PM and Fri. 11AM-4PM. Military clearance is required. Training provided. **(RSVP)**
- **Children's English as a Second Language (ESL)** tutor students through Davis Community Learning Center. Volunteers assist and motivate students as they work on a computer program helping them learn and understand English better. Bilingual not required. Monday through Thursday 3:45 -4:15 p.m. **(RSVP)**
- **After School** Volunteers at Davis Community Learning Center assist with play activities, teach crafts, share a hobby, or share an interest with children. Children love to learn new things or have guest presenters. Have fun while keeping children out of trouble from neighborhood influences. **(RSVP)**
- **Food Handler Reading Workshop and Translators** Volunteers engage in food safety education for those working in the food industry across the county by assisting in the education of individuals needing further support in the comprehension of testing materials by reading, explaining, and/or translating the provided information. Please contact Rachelle if you are interested at 801-525-5128 or rblackham@co.davis.ut.us.
- **Living Well with Chronic Conditions and Living Well with Diabetes** Peer Leaders needed to co-facilitate the evidenced based programs Chronic Disease Self Management and Diabetes Self Management. The programs are 6-week workshops that take place once a week for 2 hours, in groups of 5-15 individuals. They are facilitated by two trained Peer Leaders. These workshop help participants develop the skills needed to manage chronic conditions or diabetes specifically and help increase life satisfaction for those living with chronic conditions. The subjects covered include: behavior change, strategies to enable participants to manage their medications, ways to increase physical activity levels, effective communication skills, nutrition, decision making, and techniques to deal with problems such as frustration, fatigue, pain, and isolation. The Peer Leader needs to plan time for transportation, arriving early to set up, and class time of 2 hours once a week leading a class for six consecutive weeks. An additional 1 hour preparation a week is necessary to set-up and clean up the workshop site. **(DCSS) (RSVP)**
- **Davis County Animal Services** Volunteers provide socialization and exercise to shelter animal. An important element of Animal Services Volunteer program is educating people about animal welfare and responsible pet ownership. Interacting safely with the animals is encouraged when appropriate. Shelter hours Mon.-Fri., 8AM to 5PM. Saturday pet adoptions at PetsMart. **(RSVP)**

- **Stepping On – Fall Prevention Program** Peer Leaders needed to co-facilitate the evidenced based program. Stepping On is a self-confidence building , behavior changing program that is aimed at helping people sixty and over with fall prevention. The workshop is presented in a group setting for two hours, once a week, for seven weeks. They are facilitated by two trained Peer Leaders. The subjects covered include: Falls and risk, strength and balance exercises, home hazards, safe footwear, vision and falls, safety in public places, community mobility, coping after a fall, and understanding how to initiate a medication review. The Peer Leader needs to plan time for transportation, arriving early to set up, and class time of 2 hours once a week leading a class for seven consecutive weeks. An additional 1 hour preparation a week is necessary to set-up and clean up the workshop site. **(DCSS) (RSVP)**
- **Davis County Libraries** offer volunteer opportunities in most areas of the county. Volunteers may assist with book check out & returns, activities, filing, assisting patrons, etc. Training provided and hours are flexible. **(RSVP)**
- **Bountiful Community Food Pantry** Volunteers help collect, sort, catalog, package, and distribute food to clients. Intake volunteers collect and enter information on new clients, provide instruction on how pantry assistance is received, and help answer phones. Collection volunteers gather and sort donations for distribution. Days and hours of commitment vary. **(RSVP)**
- Serve on the **Senior Services Advisory Council** meets quarterly to advise and make recommendations to the Commission on DCSS matters affecting adults who are 60 years and older. **(DCSS)**
- **Antelope State Island Park** places volunteers at the Visitor Center Gift Shop, Garr Fielding Ranch, as Volunteer Curator, Volunteer Naturalists, and trail patrol (limited availability.) Hours vary from 4 + hours per month up. The Park is open year-round. Training is provided. **(RSVP)**
- **Volunteer Income Tax Assistance (VITA) Volunteers** assist low income families and individuals with annual tax filing. Training is provided in January and a 4-hour per week commitment from February through April 15 is asked. Locations and hours vary by tax preparation site. Tax preparation is costly, even if an individual is living in poverty. VITA Volunteer aide those on limited income file annual taxes for free. **(RSVP)**
- **Hostess/Host** at Davis County Senior Activity Centers assist with checking folks in at the centers for lunch, activities, events, etc., answer telephones, provide information, and take reservations. Centers are open in Bountiful, Kaysville, and Clearfield, Monday through Friday, 8 a.m. to 5 p.m. Training is provided, hours are flexible. **(DCSS) (RSVP)**
- **Citizenship Class** through Davis Community Learning Center. DCLC is seeking volunteers familiar with the process of receiving citizenship. The volunteer will encourage participants through the process of applying, studying for and receiving citizenship. Help make someone’s dream come true. Feel good about helping those in search for citizenship attain their goal. **(RSVP)**
- **Chess Cub** Volunteer Coach to help start up and run a chess club at Wasatch Elementary School in Clearfield as an after school program. Weekdays but you select the day and frequency. **(RSVP)**

- **Class Instructors** are needed at the Senior Activity Centers for various classes such as computer, exercise, crafts, stained glass, etc. Hours are very flexible throughout Davis County area. **(DCSS) (RSVP)**
- **Internship** opportunities are available with Davis County Health Department. Do you have a love for the environment or public health? A plethora of internship opportunities will immerse you in the world of environmental health science. Interns will be able to work across a variety of programs including food safety, air quality, water quality, environmental response, and waste management. Please contact Rachelle if you are interested at 801-525-5128 or rblackham@co.davis.ut.us.
- If you have something specific in mind that doesn't match these listings, please contact us! We may be able to develop a volunteer opportunity around your interests. **(DCSS) (RSVP)**