

The Wellness Community (TWC) July, August, September 2009
VOLUNTEER SIGN UP

TWC Volunteers are needed!

Whether you volunteer once a week, once a month, or once a year, your volunteer time will help make a difference in the lives of people living with cancer who come to The Wellness Community for emotional support, education and hope. All of our services are offered free of charge so each time a volunteer donates his or her time, it helps the organization save money and supports our small staff.

Tell a friend who'd like to help out!

Please note: A one hour training session required for new volunteers.

Please call Linda Novak at 314-238-2000

or email me at lnovak@wellnesscommunitystl.org with the shifts you'd like to volunteer for and your preferred method of contact if interested. Thank you!

Volunteer Shifts available:

WEDNESDAY JULY 8 YOGA AND BREAST CANCER GROUP GREETER 5:00-6:30 PM _____

THURSDAY JULY 23RD JERRY PASS Cooking for Wellness GREETER 5:30-6:00 PM _____

WEDNESDAY JULY 29TH Greeter for evening programs 5:00pm-6:30 PM--- (covered) **SUE HARRISON**

WEDNESDAY AUGUST 5th Yoga greeter 5:00-5:45 PM _____

WEDNESDAY AUGUST 12TH Yoga and Nutrition greeter 5:00-6:30 PM _____

WEDNESDAY AUGUST 12TH Kitchen volunteer for Nutrition with a Culinary Flair 6:00-8:30 PM (covered)

SUE HARRISON

(Assist our Chef Robin McClanathan with the cooking demo, make copies, clean dishes as she cooks and enjoy samples of delicious food!)

WEDNESDAY AUGUST 19TH Greeter for evening programs 5:00pm-6:30 PM _____

WEDNESDAY AUGUST 26TH Greeter for evening programs 5:00pm-6:30 PM _____

WEDNESDAY SEPTEMBER 2nd Yoga greeter 5:00-5:45 PM _____

TUESDAY SEPTEMBER 8TH Need 2 more baking volunteers for Leukemia and Lymphoma group dessert party

SUE HARRISON

The Wellness Community is looking for baking volunteers who would like to bake and bring dessert (enough for 10 people) for our Leukemia and Lymphoma Networking Group dessert party. The dessert would need to be delivered to our front desk before 5pm on Tuesday, September 8th.

WEDNESDAY SEPTEMBER 9TH Yoga greeter 5:00-5:45 PM _____

WEDNESDAY SEPTEMBER 16TH Yoga greeter 5:00-5:45 PM _____

MONDAY SEPTEMBER 21ST Need 2 more baking volunteers for Gynecological desert party

SUE HARRISON

The Wellness Community is looking for baking volunteers who would like to bake and bring dessert (enough for 10 people) for our Gynecological Networking Group dessert party. The dessert would need to be delivered to our front desk before 5pm on Tuesday, September 21st.

WEDNESDAY SEPTEMBER 23RD Yoga greeter 5:00-5:45 PM _____

WEDNESDAY SEPTEMBER 30TH Yoga greeter 5:00-5:45 PM _____

Regular Volunteer Opportunities:

Wednesday Evening Greeter needed: _____

5:00pm- 6:30pm (times may vary slightly depending on program start time)

Thursday Evening Greeter: filled -- Alli Krebsbach/Amy Hoover July 9th and every other week
Shirley Hershberger July 16 and every other week

Greeter Job Description: The Wellness Community is looking for friendly volunteers to be our facility greeters for Wednesdays and Thursdays. I've included some individual signups above in case we don't find someone who can commit to each week right away. The job involves greeting participants arriving for evening programs and providing a friendly smile and a warm welcome to people with cancer and their loved ones when they come to The Wellness Community. If you would like to be our regular Wednesday or Thursday evening greeter, please call Linda Novak at 314-238-2000 or email me at lnovak@wellnesscommunitystl.org. Thank you!!!

Educational Program Registration Greeter Needed: (covered) **SUE HARRISON**

The Wellness Community would like to train a volunteer to handle registration at our educational events such as the Frankly Speaking Series. The job would entail setting up a Wellness Community table with our newsletters and program sign in sheet, greeting participants, making sure they sign in for the educational program and helping facilitators with setup. After the program, the volunteer would be responsible for returning the sign in sheet and newsletters to one of the TWC facilitators at the event so we can track attendance.

Additional WELLNESS COMMUNITY AMBASSADORS NEEDED

The Wellness Community's **Ambassador Volunteers** are individuals who will commit to spreading the word to the medical community about our free cancer services by delivering our calendar/newsletter to medical offices on a monthly basis. Ambassadors help us reduce postage costs and increase awareness in the medical community about our free services for those affected by cancer. This results in more referrals and allows more people in the St. Louis area to benefit from our services. A one hour training session and tour of TWC is required. Please call Linda Novak at 314-238-2000 or email me at lnovak@wellnesscommunitystl.org. Thank you!!!

