Y.O.O. Rock Columbia County II
Youth Outreach Opportunities for Families, Children, and Youth©

Mary Katherine Duncan
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**Y.O.O. Rock Columbia County II**

**Y.O.O. Rock Columbia County II** will let you know about the many different ways that you can help others in our community.

**Y.O.O. Rock Columbia County II** has four sections.

- The first section includes information about volunteering at different local organizations and agencies.
- The second section includes ideas for your own service projects. It also includes lists of local schools, faith-based organizations, fire departments, and parks that might benefit from your good work.
- The third section includes an alphabetical list and page numbers of the organizations and agencies in this guide.
- The fourth section includes a request for your feedback about **Y.O.O. Rock Columbia County II**.

We mailed, emailed, or faxed surveys to many organizations and agencies in order to gather information about their volunteer and outreach opportunities for families, children, and youth. In the end, we included only those organizations or agencies that responded to our survey. If you know of an organization or agency that is not included in **Y.O.O. Rock Columbia County II** but would like to be included in the next edition, please let us know. Dr. Mary Katherine Duncan may be reached at 389-4469 or mduncan@bloomu.edu.
Youth Volunteerism matters. The majority of America's 60 million young people believe they can make a difference in their communities (Do Something Young People's Involvement Survey/Princeton Survey Research, 1998).

Youth volunteerism is cool. Young people rank volunteering as one of the top three 'coolest' activities (Teenage Marketing and Lifestyle Study, 1998).

Youth volunteerism is growing. Young people's volunteering efforts have increased 12% over the past 10 years (UCLA/Higher Education Research Institute Annual Freshmen Survey, 1999).

Youth volunteerism is patriotic. Helping others is what we do as Americans. Young people's service amounts to an estimated 2.4 billion hours of volunteering annually (Independent Sector/Gallup, 1996) and approximately $34.3 billion to the U.S. economy (Independent Sector/Gallup, 1999).

Youth volunteerism is character building. Young people report that volunteering teaches them how to empathize with and respect others as well as to develop leadership skills (Independent Sector/Gallup, 1996).

Youth volunteerism is forever. Young people who volunteer are three times more likely to volunteer as adults (Independent Sector/Gallup, 1996).
THE AUTHORS

Mary Katherine Duncan earned a B.A. in Experimental Psychology from Bryn Mawr College (1994) as well as a M.S. and Ph.D. in Psychology from Vanderbilt University (1997 and 1999, respectively). She is a Professor of Psychology in the College of Liberal Arts at Bloomsburg University and the Founder of the BU Toy Library (www.bloomu.edu/toy_library.com).

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THE ILLUSTRATORS

Middle school students enrolled at St. Columba School in Bloomsburg, PA created the original artwork for Y.O.O. Rock Columbia County II with the guidance of their art teacher, Mrs. Jean DiDomenico. The Sisters of Saints Cyril and Methodius from nearby Danville founded St. Columba School in 1954. The Catholic School offers a complete curriculum with state certified teachers in Preschool through Grade 8. St. Columba School proudly celebrated its 50th anniversary in 2004 and looks forward to continuing its academic excellence and strong spiritual influence in the community into the next fifty years. St. Columba School is an accredited member of the Middle States Association of Colleges and Schools Commission on Elementary Schools.
Bloomsburg University of Pennsylvania, a member of Pennsylvania’s State System of Higher Education, is a four-year public university. The university has many strengths including its students, faculty, technology leadership, athletic programs, and campus safety. All courses are taught by members of the faculty, with 90% of faculty holding terminal degrees in their specialty areas. The campus is networked (including residence halls) and offers four computer-related academic programs, many email stations around campus and eight strategically-located computer labs with 800 machines for students’ use. The university has athletic programs in 18 sports (nine for men, nine for women), participates in NCAA Division II, except for wrestling (Division I), and is a member of the Pennsylvania State Athletic Conference. Our team nickname is Huskies and our school colors are maroon and gold. The campus is continuously patrolled by university police, is well-lighted and features emergency call boxes. Medical care services are available within minutes of any location on campus.

The Berwick Health and Wellness Fund (BHWF) is the original and largest component fund of the Central Susquehanna Community Foundation. The fund was created through the sale of Berwick Hospital in 1999. The Foundation seeks to enrich the lives of the residents of the hospital’s service area by using the investments from the BHWF to promote individual and community health and well-being. The mission of the Fund is to select, identify, and invest in programs and projects that improve the health and welfare of the community. The geographic boundaries of the BHWF encompass 8 boroughs and 15 townships in eastern Columbia County and lower/western Luzerne County in northeastern Pennsylvania.
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CHILDREN & YOUTH
Berwick Area YMCA
231 West Third Street, Berwick, PA 18603

What does the Berwick Area YMCA do?
The Berwick Area YMCA puts Christian principles into practice through programs that build healthy spirits, minds, and bodies for all.

Whom should I contact to learn more about volunteering?
Contact the Youth Director at 752-5981 or youth@berwicky.org.

How old do I have to be to volunteer?
Students in Grades K through 12 are welcome to volunteer.

How can I help?
Younger children perform for the elderly and others in the community. Middle school students assist with sports, programs, and camps. High school students perform all tasks listed above plus organize their own community events (e.g., dances, food drives, etc.)

What will I need to do before I can start volunteering?
You may receive training, an interview, a background check, fingerprinting, CPR/First Aid certification, or be asked to provide references.

May I volunteer one time, afterschool, or on the weekends?
Yes. You may volunteer one time, after school, or on the weekends.

For more information, visit www.berwickymca.org
Big Brothers Big Sisters

37 W Main Street, P.O. Box 126, Bloomsburg, PA 17815

What does Big Brother Big Sisters (BBBS) do?

BBBS helps children reach their potential by building relationships with mentors in the community.

Whom should I contact to learn more about volunteering?

Contact Ms. Diane Macri at 784-0791 or bbbscolumbia@verizon.net.

How old do I have to be to volunteer?

Students in Grades 5 through 12 are welcome to volunteer for BBBS.

How can I help?

Volunteers help to raise awareness of BBBS, participate in Bowl for Kids, and even serve as mentors.

What will I need to do before I can start volunteering?

You may be asked to complete an application, interview, or to provide references. In addition, mentors undergo a home assessment, background check, and must provide a copy of their driver’s license and proof of insurance.

May I volunteer one time, afterschool, or on the weekends?

Yes. You may volunteer one time, after school, or on the weekends.
What does the Bloomsburg Public Library do?

The Bloomsburg Public Library provides services to the community.

Whom should I contact to learn more about volunteering?

Contact Ms. Karen Roszel at 784-0883 or bloompl@epix.net.

How old do I have to be to volunteer?

Students in Grades K through 12 are welcome to volunteer.

How can I help?

Volunteers are Story Time readers and participate in Readers Theatre.

What will I need to do before I can start volunteering?

You will receive instruction by a staff member. Volunteer readers will observe a Story Time before they become a Story Time reader.

May I volunteer one time, afterschool, or on the weekends?

Yes. You may volunteer after school or on the weekends.

For more information, visit www.bloomsburgpl.org.
What does the Children’s Museum do?

The children’s museum enriches children’s lives by fostering a lifelong love of learning with interactive programs and exhibits

Whom should I contact to learn more about volunteering?

Contact Sue Ann Williams at 389-9206 or chmuseum@ptd.net.

How old do I have to be to volunteer?

Students in Grades 5 through 12 are welcome to volunteer.

How can I help?

You can assist with cleaning tasks and help to prepare craft and science projects. Older student can serve as tour guides and exhibit presenters.

May I volunteer one time, after school, or on the weekends?

Yes. You may volunteer one time, afterschool, or on the weekends.

For more information, visit www.the-childrens-museum.org.
Ronald McDonald House of Danville
100 North Academy & Care Lane, Danville, PA 17821

What does the Ronald McDonald House of Danville do?
The Danville Ronald McDonald House provides temporary housing, help and programs for children who are seriously ill and their families.

Whom should I contact to learn more about volunteering?
Contact Joan Williams at 214-1792 or jwilliams@ptd.net.

How old do I have to be to volunteer?
Students in Grades 5 through 12 are welcome to volunteer. We are also seeking volunteers who speak Spanish.

How can I help?
You can help with house cleaning or gardening, fundraising projects, making meals, baking cookies, or assembling care packages for guests.

What do I need to do before I begin volunteering?
You may be required to complete a background check and clearances.

May I volunteer one time, after school, or on the weekends?
Yes. You may volunteer one time, after school, or on the weekends.

For more information, visit www.rmhdanville.org/.
ELDERLY
What does Balanced Care Bloomsburg do?

Balanced Care Bloomsburg enriches residents’ lives by responding to their unique needs and universal desires for dignity and respect.

Whom should I contact to learn more about volunteering?

Contact Ms. Suzanne Hontz at 784-6688 or shontz@seniorcare-corp.com.

How old do I have to be to volunteer?

Students in Grades K through 12 are welcome to volunteer.

How can I help?

You can socialize with residents. You can also participate in arts and crafts activities.

What will I need to do before I start volunteering?

You will receive an orientation and complete a background check.

May I volunteer one time, after school, or on the weekends?

Yes. You may volunteer one time, after school, or on the weekends.
Berwick Senior Citizens Center
1401 Orange Street, Berwick, PA 18603

What does the Berwick Senior Citizens Center do?
The Berwick Senior Citizens Center enhances residents’ quality of life through education, information, and other services.

Whom should I contact to learn more about volunteering?
Contact Ms. Deborah Morris at 759-8529 or bcenter@ptd.net.

How old do I have to be to volunteer?
Students in Grades K through 4 are welcome to volunteer.

How can I help?
You can put on musical performances, skits, or showcase your other talents.

May I volunteer one time, afterschool, or on the weekends?
Yes. You may volunteer one time, after school, or on the weekends.
What does the Bloomsburg Health Care Center do?

The Bloomsburg Health Care Center involves the community in the lives of residents.

Whom should I contact to learn more about volunteering?

Contact Ms. Sandra Bowes at 784-5930 or BHCCact@ptd.net.

How old do I have to be to volunteer?

Students in Grades K through 12 are welcome to volunteer.

How can I help?

You can play games, and socialize with residents. You can sing or play musical instruments to entertain the residents. You can read or write to the residents. You can join the “Adopt-a-Grandchild” program

What will I need to do before I begin volunteering?

You will complete an application and interview, receive a background check and be asked to provide reference letters.

May I volunteer one time, after school, or on the weekends?

Yes. You may volunteer one time, after school, or on the weekends.

For more information, visit www.bloomhealth.net.
What does the Catawissa Senior Center do?

The Catawissa Senior Center increases the self-esteem of consumers through their involvement in various community activities and projects which will result in increased visibility of Senior Social Centers.

Whom should I contact to learn more about volunteering?

Contact Ms. Debbie Dombroski at 356-2219 or ccenter@ptd.net.

How old do I have to be to volunteer?

Students in Grades K through 12 are welcome to volunteer.

How can I help?

You can entertain seniors with creative performances or assist with minor maintenance projects. High school students may volunteer for Meals on Wheels. We are also seeking volunteers with computer skills to teach seniors.

What will I need to do before I begin volunteering?

You will receive training by the manager or a volunteer/staff member.

May I volunteer one time, after school, or on the weekends?

Yes. You may volunteer one time, after school, or on the weekends.
What does the Columbia Montour Aging Office do?
The Columbia Montour Aging Office works hard to keep older adults in their own homes.

Whom should I contact to learn more about volunteering?
Contact Ms. Kathi Lynn at 784-9272 or klynn@cmaaa15.org

How old do I have to be to volunteer?
Students in Grades 5 through 12 are welcome to volunteer.

How can I help?
You can assist senior center managers, socialize with older adults, and provide administrative assistance.

What will I need to do before I begin volunteering?
You will complete an interview and be asked to provide reference letters.

May I volunteer one time, after school, or on the weekends?
Yes. You may volunteer one time, after school, or on the weekends.

For more information, visit www.cmaaa15.org.
What does the Millville Health Center do?

The Millville Health Center provides quality care for people in need of a skilled nursing facility.

Whom should I contact to learn more about volunteering?

Contact Ms. Cynthia Kobilinski at 458-5566 or mhc_marketing@pennmed.com

How old do I have to be to volunteer?

Students in Grades 9 through 12 may volunteer.

How can I help?

You can work with residents through the Activity Department. We are also sometimes in need of an interpreter.

What will I need to do before I begin volunteering?

You will complete a background check and pass a Tuberculosis Skin Test.

May I volunteer one time, after school, or on the weekends?

Yes. You may volunteer after school or on the weekends.

For more information, visit http://www.pennmed.com/shared/selected_facility.asp?FacilityID=10&Field=VirtualTour
Orangeville Nursing and Rehabilitation Center
200 Berwick Road, Orangeville, PA 17859

What does the Orangeville Nursing and Rehabilitation Center do?
The Center cares for its residents’ physical, cognitive, and psychosocial needs.

Whom should I contact to learn more about volunteering?
Contact Ms. Darlia Sponenberg at 683-5036.

How old do I have to be to volunteer?
Students in Grades 5 through 12 are welcome to volunteer.

How can I help?
You can assist residents with activities or escort residents around the Center. You can also socialize with residents.

What will I need to do before I begin volunteering?
You will need to pass a Tuberculosis Skin Test (PPD test).

May I volunteer one time, after school, or on the weekends?
Yes. You may volunteer one time, after school, or on the weekends.
ANIMAL WELFARE
What does the Animal Resource Center do?
The Animal Resource Center provides a “no kill” shelter for lost or abused animals.

Whom should I contact to learn more about volunteering?
Contact Ms. Linda Bird at 784-3669 or 490-6319

How old do I have to be to volunteer?
You must be at least 18 years old to volunteer at the shelter. However, there are many opportunities for children and youth to help us.

How can I help?
You can collect dog and cat toys, food, and shelter supplies.
You can fundraise.
If you are at least 18 years old, you can volunteer at the shelter.

For more information, visit www.nokillarc.org/.
SPECIAL NEEDS
What does the Eos Therapeutic Riding Center do?

We provide therapeutic horseback riding to people with special needs.

Whom should I contact to learn more about volunteering?

Contact Ms. Debbie Smith at 784-5445 or eostrc@hughes.net.

How old do I have to be to volunteer?

You must be at least 14 years old; however, younger children may assist with games and activities guided by an older sibling or adult.

How can I help?

You may walk alongside the riders to assist with games and activities. You may help with the outside Trail (e.g., planting flowers).

What will I need to do before I start volunteering?

You will receive a one-day training.

What times are available to volunteer at the Eos Riding Center?

The Center operates on Tuesdays, Wednesdays, and Thursdays from 12:00—8:30 p.m. with scheduled breaks from 3:30—4:30 p.m. and 6:00—6:30 p.m. The riders change every 45 minutes. You may come for a session or for a few hours. The program involves a lot of walking and no cell phone use is permitted while volunteering.

For more information, visit www.eostrc.org.
What does Special Olympics PA do?

Special Olympics PA provides sports and training for people with intellectual disabilities.

Whom should I contact to learn more about volunteering?

Contact Ms. Laura Davis at 387-1978 or col_monsopa@yahoo.com.

How old do I have to be to volunteer?

Students in Grades K through 12 are welcome to volunteer.

How can I help?

You can keep time/measurements at events, participate as ‘unified partners,’ assist and encourage athletes, and serve as a coach at competitions. You can also help with fundraising and advertising our activities.

May I volunteer one time, after school, or on the weekends?

Yes. You may volunteer one time, after school, or on the weekend.

For more information, visit

www.specialolympicspa.org/involved/volunteers.php.
Suncom Industries, Inc.
164 W. 9th Street, Bloomsburg, PA 17815

*What does Suncom Industries, Inc. do?*

Suncom Industries, Inc. promotes socialization and provides vocational assessment, training, and employment opportunities to enable persons with disabilities to fulfill their potential within the community.

*Whom should I contact to learn more about volunteering?*

Contact Ms. Carrie Charles at 387-0830 or Ccharles@suncom.org.

*How old do I have to be to volunteer?*

Students in Grades 9 through 12 are welcome to volunteer.

*How can I help?*

You can participate in bi-monthly dances, assist with picnics and fundraisers, read to and socialize with clients. We are seeking volunteers with music, dance, poetry, or artistic talents.

*What will I need to do before I begin volunteering?*

You will receive an orientation.

*May I volunteer one time, after school, or on the weekends?*

Yes. You may volunteer one time, after school, or on the weekends.

For more information, visit www.suncom.org.
**The Nicholas Wolff Foundation (Camp Victory)**

P.O. Box 810, Millville, PA  17846

*What does Camp Victory do?*

Camp Victory provides a camp experience to children with chronic illnesses and physical or mental challenges.

*Whom should I contact to learn more about volunteering?*

Contact Ms. Jamie Huntley at 458-6530 or fun@campvictory.org.

*How old do I have to be to volunteer?*

There are limited volunteer opportunities for children in Grades K through 12.

*How can I help?*

If you are under 18 years old, you can help fundraise or participate in clean-up activities. If you are 18 years old or older, you can serve as a counselor.

*What will I need to do before volunteering?*

You will receive training and orientation as well as background checks.

*May I volunteer one-time, after school, or on the weekends?*

Yes. You may volunteer one time, after school, or on the weekends.

For more information, visit www.campvictory.org/index.html.
HUNGER
What does the Bloomsburg Food Cupboard do?

The Bloomsburg Food Cupboard provides food assistance to those in need within our service area.

Whom should I contact to learn more about volunteering?

Contact Martha Sheehe at 784-0801 or bfcwinona@aol.com

How old do I have to be to volunteer?

Students in Grades K through 12 are welcome to volunteer.

How can I help?

You can conduct food drives and sort food at school. You can help to plant, weed, and harvest the potato patch. High school students can help with food distribution. We are also seeking volunteers with computer skills, knowledge of sign language, and muscle power!

What will I need to do before I begin volunteering?

You will receive a brief orientation.

May I volunteer one time, afterschool, or on the weekends?

Occasionally, there are one day activities. You may volunteer on Sunday mornings.
Columbia County Food Pantry
P.O. Box 380, Bloomsburg, PA 17815

What does the Columbia County Food Pantry do?
The Columbia County Food Pantry feeds those who are hungry in Columbia County.

Whom should I contact to learn more about volunteering?
Contact Ms. Jill Schoepflin at 387-6501 or jschoepflin@columbiapa.org.

How old do I have to be to volunteer?
Students in Grades 5 through 12 may volunteer.

How can I help?
You may pack and move boxes of food.
You may help with the cleaning.
You may help to distribute food on “give away” days.

May I volunteer one time, after school, or on the weekends?
Yes. You may volunteer one time, after school, or on the weekends.
HEALTH
What does the American Cancer Society do?

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, and diminishing suffering from cancer, through research, education, advocacy, and service.

Whom should I contact to learn more about volunteering?

Contact Ms. Erin Louis at 814-234-1023 or erin.louis@cancer.org.

How old do I have to be to volunteer?

Students in Grades K through 12 may volunteer.

How can I help?

You can form a Relay For Life team and participate in a Relay for Life. You can host a Relay Recess or Relay Field Day at your school. You can host a Coaches vs. Cancer School Initiatives Program. We are also seeking volunteers with computer skills, phone skills, and help with mailers.

What will I need to do before I begin volunteering?

High school students will receive training for certain positions.

May I volunteer one time, after school, or on the weekends?

Yes. You may volunteer one time, after school, or on the weekends.

For more information, visit www.cancer.org.
What does the American Heart Association do?
The American Heart Association reduces disability and death due to cardiovascular diseases and stroke.

Whom should I contact to learn more about volunteering?
Contact Ms. Stacey Bolesta at 570-822-9438 (ext. 3464) or stacey.bolesta@heart.org.

How old do I have to be to volunteer?
Students in Grades K through 12 may volunteer.

How can I help?
You may participate in Jump Rope for Heart, Hoops for Heart, or Heart Walk. You also may provide assistance on event day.

What will I need to do before I start volunteering?
You will receive training provided by other volunteers and staff.

May I volunteer one time, after school, or on the weekends?
Yes. You may volunteer on a one time basis.

For more information, visit www.heart.org.
Columbia County
Volunteers in Medicine Clinic
P.O. Box 416, 310 East Third Street, Mifflinville, PA 18631

What does the Columbia County Volunteers in Medicine Clinic do?
We assist those working uninsured in need of available medical services.

Whom should I contact to learn more about volunteering?
Contact Ms. Bette Grey at 752-1780 or colctyvim@yahoo.com.

How old do I have to be to volunteer?
Student in Grades K through 12 may volunteer.

How can I help?
You can assist with fundraising (food and penny drives) or assemble gift bags. You can greet patients or offer clerical assistance. We are also seeking volunteers with foreign language, computer, and clerical skills.

What will I need to do before I begin volunteering?
You will receive training by a staff member. You also must complete an application and receive board approval.

May I volunteer one time, after school, or on the weekends?
Yes. You may volunteer one time, after school, or on the weekends.

For more information, visit www.ccvim.org.
Columbia/Montour County Alzheimer’s Association Memory Walk

*What does the Columbia/Montour County Alzheimer’s Association Memory Walk do?*

The Columbia/Montour County Alzheimer’s Association Memory Walk raises funds and awareness for Alzheimer’s disease.

*Whom should I contact to learn more about volunteering?*

Contact Ms. Lisa Makara at 387-2099 or lmakara@bloomhealth.net.

*How old do I have to be to volunteer?*

Students in Grades K through 12 may volunteer.

*How can I help?*

You can fundraise and advertise (hang posters). You can participate in Memory Walk. You can set up for the Walk, hand out programs and water, or take pictures. You can assist with Health Fairs.

*May I volunteer one time, after school, or on the weekends?*

Yes. You may volunteer one time, after school, or on the weekends.

**Note**

We are seeking volunteers to form Memory Walk teams!

For more information, visit www.alzheimers.org.
Columbia Montour Family Health
2201 5th Street Hollow Road, Bloomsburg, PA 17815

What does Columbia Montour Family Health do?
Columbia Montour Family Health provides family planning and offers a STD clinic.

Whom should I contact to learn more about volunteering?
Contact Ms. Cindy Rupp at 387-0236 or cindycmfh@yahoo.com.

How old do I have to be to volunteer?
Students in Grades 9 through 12 may volunteer.

How can I help?
You can participate on Teen Pregnancy Prevention Action Coalition. You can assist with the Healthy Relationships conference or our newsletter. We are also seeking volunteers with communication, organization, and computer skills.

May I volunteer one time, after school, or on the weekends?
Yes. You may volunteer after school.

For more information, visit www.bloomsburgfamilyplanning.com
What does Your Loving Choices, Inc. do?

Your Loving Choices, Inc. is a Christian ministry promoting life as given from God, offering loving support to those facing unplanned pregnancies, providing education about the life-giving options of adoption and parenting, conveying God’s healing to those traumatized by abortion, and advocating abstinence.

Whom should I contact to learn more about volunteering?

Contact Mrs. Ruth Joy Capozzi at ruthjoy@yourlovingchoices.org or 784-6124.

How old do I have to be to volunteer?

Students in Grades K through 12 may volunteer.

How can I help?

You can help raise funds through the Baby Bottle project. High school students can help with indoor cleaning or outdoor yard work.

May I volunteer one time, after school, or on the weekends?

Yes. You may volunteer after school and on the weekends.

For more information, visit http://www.yourlovingchoices.org/friends
SHELTERS
Beyond Violence, Inc.
1612 Walnut Street, Berwick, PA  18603

What does Beyond Violence do?
Beyond Violence provides free, confidential services to victims of domestic violence as well as to significant others

Whom should I contact to learn more about volunteering?
Contact Ms. Cheryl Cerasoli at  759-0298 or beyondviolence@verizon.net.

How old do I have to be to volunteer?
Students in Grades 9 through 12 may volunteer.

How can I help?
You can fundraise, provide child care with groups, or perform household chores.

What will I need to do before I volunteer?
You will receive an interview, background check, staff training, and Red Cross babysitting training.

May I volunteer one time, after school, and on the weekends?
Yes. You may volunteer one time, after school, or on the weekends.
What does The Women’s Center, Inc. do?

The Women’s Center, Inc. counsels and advocates for adult and child victims of domestic and sexual violence.

Whom should I contact to learn more about volunteering?

Contact Ms. Keara Derr at 784-6632 or twcvolunteer@yahoo.com.

How old do I have to be to volunteer?

Students in Grades K through 12 may volunteer.

How can I help?

You can fundraise. You can also read to children and supervise arts and crafts activities. In addition, we are seeking volunteers with foreign language skills to translate materials.

What will I have to do before I begin volunteering?

You will have parental permission, receive training, complete an interview, provide references, and receive a background check and clearances.

May I volunteer one time, after school, or on the weekends?

Yes. You may volunteer one time, after school, or on the weekends.

For more information, visit www.thewomenscenterinc.org/.
COMMUNITY
What does the American Red Cross (Berwick) do?
The American Red Cross (Berwick) provides relief to victims of disaster and help people prevent, prepare & respond to emergencies.

Whom should I contact to learn more about volunteering?
Contact Ms. Diane DeLuca at 752-7221 or dianeredcross@yahoo.com.

How old do I have to be to volunteer?
Students in Grades 9 through 12 may volunteer.

How can I help?
You can serve on the Red Cross Youth Council, assist at bloodmobiles and fundraisers, or make favors for Meals on Wheels. We are also seeking volunteers who speak Spanish, know sign language, or have computer skills.

What will I have to do before I begin volunteering?
You will receive a background check and have parental permission.

May I volunteer one time, after school, or on the weekends?
Yes. You may volunteer one time, after school, or on the weekends.
What does the American Red Cross (Bloomsburg) do?
The American Red Cross (Bloomsburg) provides relief to victims of disaster and help people prevent, prepare & respond to emergencies.

Whom should I contact to learn more about volunteering?
Contact Ms. Miranda Church at miranda_church@yahoo.com and 784-1395.

How old do I have to be to volunteer?
Students in Grades 9 through 12 may volunteer.

How can I help?
You can set up for blood drives, help to register and escort blood donors, or oversee the canteen at blood drives. We are also seeking interpreters.

May I volunteer one time, after school, or on the weekends?
Yes. You may volunteer one time, after school, or on the weekends.

For more information, visit www.bloomsburgredcross.org.
What does the Bloomsburg Theatre Ensemble do?

The Bloomsburg Theatre Ensemble provides live theatrical performance and is a dynamic educational presence in the community.

Whom should I contact to learn more about volunteering?

Contact Ms. Abby Wagner at 784-5530 or awagner@bte.org.

How old do I have to be to volunteer?

Students in Grades 5 through 12 may volunteer.

How can I help?

You can hand out programs and take tickets at performances. High school students can assist with seating patrons.

What will I need to do before I begin volunteering?

Volunteers receive on-site orientation the night of volunteer work.

May I volunteer one time, after school, or on the weekends?

Yes. You may volunteer on the weekends.

For more information, visit www.bte.org/.
What does Habitat for Humanity do?

We eliminate poverty housing in Columbia and Montour counties and make safe, affordable homes a matter of conscience and action.

Whom should I contact to learn more about volunteering?

Contact Mr. George Hughes at 356-7645 or ghughey1@verizon.net.

How old do I have to be to start volunteering?

Students in Grades K through 12 may volunteer.

How can I help?

You can fundraise. If you are 16 years old or older, you can build homes. We are seeking volunteers with skills in painting, carpentry, and general labor.

What will I have to do before I become a volunteer?

You must have parental consent.

May I volunteer one time, after school, or on the weekends?

Yes. You may volunteer one time, after school, or on the weekends.

For more information, visit www.habitat.org.
What does the McBride Memorial Library do?

The McBride Memorial Library provides library services through print, online, and audio-visual collections and programs.

Whom should I contact to learn more about volunteering?

Contact Ms. Alice Zaikoski at 752-2241 or dsc@mcbridelibrary.org.

How old do I have to be to volunteer?

To be a scheduled volunteer, you must be at least 16 years old. Students in Grades 5 through 12 may volunteer for special projects, but adult supervision is required. We are also seeking youth volunteers with good computer and communication skills.

How can I help?

You can help with data entry, sorting donated materials, cleaning, re-shelving books, and providing computer help to adults.

May I volunteer one time, after school, or on the weekends?

Yes. You may volunteer one time, after school, or on the weekends.

For more information, visit www.mcbridelibrary.org/.
What does the Orangeville Public Library do?

The Orangeville Public Library provides books, movies, internet access, and other library services to the residents of Orangeville and the surrounding communities.

Whom should I contact to learn more about volunteering?

Contact Pam Simpson at orangevillelibrary@pa.metrocast.net or 683-5354.

How old do I have to be to volunteer?

Students in Grades 9 through 12 may volunteer.

How can I help?

You can shelve books, help with book sales and other fundraisers, and assist with children’s programs.

What will I have to do before I begin volunteering?

Volunteers will receive an interview and parental approval.

May I volunteer one time, after school, or on the weekends?

Yes. You may volunteer after school or on the weekends.

For more information, visit http://orangevillelibrary.org/
The Salvation Army (Berwick)
320 West 2nd Street, Berwick, PA 18603

What does the Salvation Army (Berwick) do?
The Salvation Army (Berwick) addresses the needs of the elderly, homeless, hungry, and victims of natural disaster as well as to meet other community needs.

Whom should I contact to learn more about volunteering?
Contact Lt. Kevin and Kelley Polito at 759-1214 or kevin.polito@use.salvationarmy.org.

How old do I have to be to volunteer?
Students in Grades 5 through 12 may volunteer.

How can I help?
You can pack food baskets or serve meals.

What will I have to do before I start volunteering?
You will complete an interview, receive a background check, and provide references.

May I volunteer one time, after school, or on the weekends?
Yes. You may volunteer onetime, after school, or on the weekends.

For more information, visit www.salvationarmy.org.
The Salvation Army (Bloomsburg)
345 Market Street, Bloomsburg, PA 17815

What does the Salvation Army (Bloomsburg) do?
The Salvation Army (Bloomsburg) meets human needs without discrimination.

Whom should I contact to learn more about volunteering?
Contact Salvation Army Service Unit at 387-4112.

How old do I have to be to volunteer?
Students in Grades 5 through 12 may volunteer.

How can I help?
You can ring the bell at Red Kettle sites. You can distribute Thanksgiving and Christmas baskets. You can fundraise.

May I volunteer one time, after school or on the weekends?
Yes. You may volunteer one time, after school, or on the weekends.

For more information, visit www.salvationarmy.org.
This section includes some ideas to get you, your family, friends, classmates, and teammates started on your own service project. In part, ideas in this section were drawn from websites such as www.volunteer guide.org.

At the end of this section, you will find lists of schools, faith-based organizations, fire departments, and parks that may benefit from your good work. Whether you choose to fundraise, collect and donate, or show that you care in some other way, thank you for your service.
Ideas for helping CHILDREN

if you have a few minutes

**Donate Your Ponytail.** Locks of Love gives hairpieces to children who suffer from hair loss due to chemotherapy, radiation, and other medical issues. Visit [www.locksoflove.org](http://www.locksoflove.org) to review their hair donation guidelines and to download a hair donation form.

**Promote Reading.** Read repetition and rhyming books to babies, toddlers, and younger children. Give books as holiday, birthday, and graduation gifts. Donate books to classroom libraries. Contact a local school and ask how you can help. Write a letter to or make a book for a child you know.

**Organize a Car Seat Safety Event.** Visit [www.seatcheck.org/](http://www.seatcheck.org/) to find a certified car seat inspector and to learn how to organize a car seat inspection event.

**Build A Child’s Self Esteem.** Strive for five—give a child positive feedback five times today. For example, you can distribute badges to acknowledge a child’s good behavior. The badges should include space to record who the card was Given By, Given To, Reason, and Date.

if you have a few hours

**Plan a Service or Outreach Activity for Your Birthday.** Choose from among the many activities listed in this guide. Collect toys, food, or clothes for charity rather than receiving gifts. Give guests donation gift cards ([http://www.tisbest.org/](http://www.tisbest.org/)) instead of goodie bags.

**Donate School Supplies to a Classroom in Need.**

**Collect (and Fill) Suitcases for Foster Care Children.** If funding permits, consider filling the suitcases with school supplies; new clothes, pajamas, shoes, and coats; new toys or stuffed animals; new or excellent condition books; new blankets, sheets, and pillows; a journal, stationery, and photo album; as well as soap, shampoo, comb, tooth brush, toothpaste, mirror.
Ideas for BUILDING THE COMMUNITY

if you have a few minutes

**Write a Letter to the Editor.** Choose an issue and an outlet for your editorial. Write and proofread your signed letter along with your contact information. Send your letter to the editor.

**Reduce the Spread of Germs.** Cough or sneeze into your elbow. Wash your hands frequently with warm water and soap for at least 20 seconds. Use hand sanitizer that contains at least 60% alcohol.

**Support Our Troops with Messages from Home.** All messages from home must be addressed to a specific soldier. Visit [http://anysoldier.com/WhereToSend/](http://anysoldier.com/WhereToSend/) to find a recipient of your message from home.

if you have a few hours


**Connect With the Elderly.** Record the life stories of elderly persons. With permission, share their life stories with a local newspaper, historical society, or library.

**Donate Care Packages to Domestic Violence Shelters.** Fill suitcases with school supplies; new clothes, underclothes, pajamas, shoes, and coats; new toys, stuffed animal, or books; new blankets, sheets, and pillows; journal, stationery, and photo album; prepared snacks and drinks; as well as soap, shampoo, comb, tooth brush, tooth paste, mirror.

**Host a Used Bicycle Drive for Individuals who are Homeless.** Contact local bike shops or biking clubs to sponsor or donate to the event. Find used bikes by asking friends, neighbors, apartment complex managers; checking the curb on trash days, contacting bicycle shops or local bicycle clubs, and visiting the local police department. Don't forget helmets, bicycle repair kits, and accessories (locks, tire repair kits, reflectors)!

**Host a Food Drive.** Choose a food bank or organization that accepts donations. Ask for a list of needed items. Decide where to hold your food drive and don’t forget to advertise! Collect food and donate the food to the shelter.
Ideas for

PROTECTING THE ENVIRONMENT

if you have a few minutes

Avoid Plastic Bags. Use canvas and cloth tote bags instead. If your grocery store offers cents back for each canvas bag used, donate your savings!

Give “Green” Holiday Gifts. Give gift cards, tickets, a membership, the gift of time, or a homemade gift. Give living gifts: a potted plant or bird seed and a bird feeder. Make a donation to the recipient's favorite charity.

Conserve Water. Don't let the water run needlessly when washing dishes or brushing your teeth. Take shorter showers and plug the bathtub before turning the water on.

Collect and Donate Hand-Me-Down Clothing. Gently used clothing is accepted by Goodwill and Salvation Army.

Re-Use, Refill, Recharge. Bring reusable food and drink containers to school or sports events. Reuse paper to make scratch pads. Shred used paper to use as packing or as bedding for animals in local animal shelters. Use rechargeable batteries whenever possible. Visit http://www.epa.gov/osw/wycd/catbook/ for more reuse and reduce tips.

if you have a few hours

Recycle Plastics. Help an elderly neighbor or friend to recycle. Recycle plastic grocery, bread, and produce bags at your grocery store.

Reciculate Old Books. Donate books to your local library. Contact local hospitals, homeless shelters, adult literary programs, and nursing homes. Contact local day care centers and schools that may be happy to have your old books.
Ideas for PROMOTING HEALTH

if you have a few minutes

**Reduce the Spread of Germs.** Cough or sneeze into their elbow. Wash your hands frequently with warm water and soap for at least 20 seconds. Use hand sanitizer that contains at least 60% alcohol.

**Organize a Car Seat Safety Event.** Visit www.seatcheck.org/ to find a certified car seat inspector and to learn how to organize a car seat inspection event.

**Learn How to Help a Choking Victim.** Visit http://www.redcross.org/flash/brr/English-html/action-steps.asp to learn how to recognize signs of obstruction in the throat or windpipe and how to respond. Instructions on how to perform abdominal thrusts on an adult, a child, or an infant. Visit http://www.health.harvard.edu/fhg/.

**Prevent Bullying.** Visit http://stopbullying.gov/topics/ warning_signs/index.html. Tell an adult if you witness or experience bullying. Contact law enforcement. Police can respond if the aggressive behavior is criminal.

**Send a Card to a Hospitalized Child.** Find a recipient by contacting local schools, churches, hospitals, shelters, etc. Make a Card: Keep your message light and cheerful. Avoid confetti. Stickers, coloring sheets, postcards, or bookmarks are better.

if you have a few hours

**Get CPR Training.** Visit http://www.redcross.org/flash/brr/English-html/action-steps.asp to learn how to recognize the warning signs of a heart attack and how to respond. Attend a CPR class. Watch the American Heart Association's video: CPR Anytime.

**Practice Fire Safety.** Visit the U.S. Fire Administration for Kids’ website at http://www.usfa.fema.gov/kids/flash.shtm to learn about fire safety and to how to create and practice a fire escape plan.


**Organize an Eyeglasses Collection Drive.** Drop off the eyeglasses at a nearby LensCrafters, Pearle Vision, Sears Optical, Target Optical, etc.
Ideas for PROTECTING ANIMALS

if you have a few minutes

**Promote the Use of Pet ID Tags.** Make sure that all of your pets have adequate identification. Give pet ID tags as gifts.

**Clean-Up Your Trash.** Rinse and recycle. Avoid plastic grocery bags. Cut and crush plastic and aluminum containers. Close and cover your garbage in a trash can with a secure lid. Put trash out in the morning rather than overnight.

**Avoid Plastic Bags.** Keep canvas bags in your book bag or in the car. If your grocery store offers cents back for each canvas bag used, donate your savings!

if you have a few hours

**Help Lost Dogs and Lost Cats Get Back Home.**

Learn what to do if you find a lost dog or cat.

Read the Humane Society’s guidelines to learn what to do when you find a lost dog/cat. Assemble an emergency animal kit including treats and a veterinarian’s phone number.

Notify the authorities.

See if the animal has any identifying tags. Ask around the neighborhood to see if anyone knows the owner. Notify the authorities. Check with a vet to see if the lost pet has been implanted with an identifying microchip.

Try to find the owner.

Post flyers around your neighborhood and run a "found pet" notice in the newspaper.

Find a safe home for the animal.

Ask your local animal shelter if you can be a "foster parent.” If you must leave the lost pet in an animal shelter, try to find a no-kill shelter.
<table>
<thead>
<tr>
<th>Area Schools</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Benton Area School District</td>
<td>600 Green Acres Road, Benton</td>
</tr>
<tr>
<td><a href="http://www.bentonsd.k12.pa.us">www.bentonsd.k12.pa.us</a></td>
<td></td>
</tr>
<tr>
<td>Berwick Area School District</td>
<td>500 Line Street, Berwick</td>
</tr>
<tr>
<td><a href="http://www.berwicksd.org">www.berwicksd.org</a></td>
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<tr>
<td>Bloomsburg Area School District</td>
<td>728 E 5th Street, Bloomsburg</td>
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<tr>
<td><a href="http://bloomsburgasd.schoolwires.com">http://bloomsburgasd.schoolwires.com</a></td>
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<tr>
<td>Bloomsburg Christian School</td>
<td>3300 Ridge Road, Bloomsburg</td>
</tr>
<tr>
<td><a href="http://bloomsburgknights.com">http://bloomsburgknights.com</a></td>
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<tr>
<td>Central Columbia Area School</td>
<td>4777 Old Berwick Road</td>
</tr>
<tr>
<td><a href="http://www.ccsd.cc">www.ccsd.cc</a></td>
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<tr>
<td>Columbia County Christian School</td>
<td>123 Schoolhouse Road</td>
</tr>
<tr>
<td><a href="http://www.ccchristianschool.com">www.ccchristianschool.com</a></td>
<td></td>
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<tr>
<td>Columbia-Montour Area Vo-Tech</td>
<td>5050 Sweppenheiser Drive</td>
</tr>
<tr>
<td><a href="http://www.cmvt.us">www.cmvt.us</a></td>
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<tr>
<td>Greenwood Friends School</td>
<td>PO Box 438, Millville</td>
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<tr>
<td><a href="http://www.greenwood-friends.org">www.greenwood-friends.org</a></td>
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<tr>
<td>Heritage Christian School</td>
<td>1112 Butternut Street</td>
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<tr>
<td><a href="http://heritagebaptist.info/index_files/Page779.htm">http://heritagebaptist.info/index_files/Page779.htm</a></td>
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<tr>
<td>Holy Family Consolidated School</td>
<td>728 Washington Street</td>
</tr>
<tr>
<td><a href="http://holyfamilieschoolberwick.org">http://holyfamilieschoolberwick.org</a></td>
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<tr>
<td>Millville Area School District</td>
<td>330 E Main Street, Millville</td>
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<tr>
<td><a href="http://www.millville.k12.pa.us">www.millville.k12.pa.us</a></td>
<td></td>
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<tr>
<td>Saint Columba Catholic School</td>
<td>40 E 3rd Street, Bloomsburg</td>
</tr>
<tr>
<td><a href="http://www.saintcolumbaschool.org">www.saintcolumbaschool.org</a></td>
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<tr>
<td>Southern Columbia Area School District</td>
<td>800 Southern Drive, Catawissa</td>
</tr>
<tr>
<td><a href="http://www.scolumbiasd.k12.pa.us">www.scolumbiasd.k12.pa.us</a></td>
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<tr>
<td>Susq-Cyber Charter School</td>
<td>240 Market Street, Bloomsburg</td>
</tr>
<tr>
<td><a href="http://www.susqcyber.org">www.susqcyber.org</a></td>
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</tbody>
</table>
AREA FAITH-BASED ORGANIZATIONS

Almedia Bible Church 784-7651
Benton United Methodist Church 925-6858
Beth Israel Congregation 784-1110
Bloomsburg Christian Church 784-3740
Calvary Baptist Church 387-0655
Christ Lutheran Church 784-1277
Christ the King Church 925-6969
Church of Jesus Christ of Latter-day Saints 759-1637
Community Alliance Church 784-6161
Emmanuel Baptist Church 458-5870
Emanuel Dutch Hill Bible Church 784-1680
Family of Christ Lutheran Church 784-2900
First English Baptist Church 784-1241
First Presbyterian Church 784-2322
First United Methodist Church 356-2152
Glad Tidings Assembly of God 784-0808
Grace Bible Church 356-2644
Good Shepherd United Methodist 784-7430
Jackson Baptist Church 458-6685
Kingdom Hall-Jehovah's Witness 437-3855
Millville Christian Church 458-6323
Millville Friends Church 458-6667
Millville United Methodist Church 458-4349
New Testament Assembly of God 458-4043
Orangeville Charge United Church 683-5104
Orangeville United Methodist 683-5876
Ridge Street United Methodist 784-4755
Rohrsburg Christian Church 458-6616
Saint Columba Catholic Church 784-0801
Saint John's Lutheran Church 784-7342
Saint Matthew Lutheran Church 784-4515
Saint Paul's Episcopal Church 784-3316
Stillwater Christian Church 925-2356
Summerhill Evangelical United 752-4112
Trinity Reformed United Church 784-6723
Victory Baptist Church 784-4440
Wesley United Methodist Church 784-1407
## AREA FIRE DEPARTMENTS

<table>
<thead>
<tr>
<th>Fire Department</th>
<th>Phone Number</th>
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</thead>
<tbody>
<tr>
<td>Aristes Fire Company</td>
<td>875-0777</td>
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<tr>
<td>Beaver Township Fire Company</td>
<td>784-4852</td>
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<tr>
<td>Benton Fire Department</td>
<td>925-2020</td>
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<tr>
<td>Bloomsburg Fire Department</td>
<td>784-1951</td>
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<tr>
<td>Catawissa Fire Company</td>
<td>356-2514</td>
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<tr>
<td>Centralia Fire Company</td>
<td>875-0687</td>
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<tr>
<td>Defender Fire Company #3</td>
<td>752-4411</td>
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<tr>
<td>Espy Fire Company</td>
<td>784-1357</td>
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<tr>
<td>Lightstreet Fire Company</td>
<td>784-7909</td>
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<tr>
<td>Lime Ridge Fire Company</td>
<td>784-5935</td>
</tr>
<tr>
<td>Main Township Fire Company</td>
<td>784-9888</td>
</tr>
<tr>
<td>Mifflin Rangers</td>
<td>759-2148</td>
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<tr>
<td>Millville Fire Company</td>
<td>458-5783</td>
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<tr>
<td>Montour Township Fire Company</td>
<td>387-8989</td>
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<tr>
<td>North Mountain Fire Company</td>
<td>925-6900</td>
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<td>Orangeville Fire Company</td>
<td>683-5914</td>
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<td>Summerhill Fire Company</td>
<td>752-5390</td>
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<tr>
<td>Unityville Fire Company</td>
<td>458-4437</td>
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<tr>
<td>Wilburton Fire Company</td>
<td>339-2430</td>
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## Area Parks

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<thead>
<tr>
<th>Park</th>
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<tr>
<td>Ber-Vaughn Park</td>
<td>752-2723</td>
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<tr>
<td>Bloomsburg Town Park</td>
<td>(717) 329-8039</td>
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<tr>
<td>Briar Creek Lake Park</td>
<td>784-1992</td>
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<tr>
<td>Catawissa Town Park</td>
<td>356-2561</td>
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<tr>
<td>Espy Park</td>
<td>784-9114</td>
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<tr>
<td>Loyalsock State Forest</td>
<td>924-3501</td>
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<tr>
<td>Millville Community Park</td>
<td>458-5082</td>
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<tr>
<td>Ricketts Glen State Park</td>
<td>477-5675</td>
</tr>
<tr>
<td>Susquehanna Riverlands</td>
<td>(866) 832-3312</td>
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# Alphabetical List of Organizations

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<th>Organization</th>
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<td>American Cancer Society</td>
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<td>American Heart Association</td>
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<td>American Red Cross (Berwick)</td>
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<td>American Red Cross (Bloomsburg)</td>
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<td>Animal Resource Center</td>
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<td>Balanced Care Bloomsburg</td>
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<td>Berwick Area YMCA</td>
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<td>Berwick Senior Citizens Center</td>
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<td>Beyond Violence</td>
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<td>Big Brothers Big Sisters</td>
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<td>Bloomsburg Food Cupboard</td>
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<td>Bloomsburg Health Care Center</td>
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<td>Bloomsburg Public Library</td>
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<tr>
<td>Bloomsburg Theatre Ensemble</td>
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<td>Catawissa Senior Center</td>
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<td>Children’s Museum</td>
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<td>Columbia County Food Pantry</td>
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<td>Columbia County Volunteers in Medicine Clinic</td>
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<td>Columbia Montour Aging Office, Inc.</td>
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<td>Columbia Montour Co. Alzheimer’s Assoc. Memory Walk</td>
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<td>Columbia Montour Family Health</td>
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<td>Eos Therapeutic Riding Center</td>
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<td>Habitat for Humanity</td>
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<td>McBride Memorial Library</td>
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<td>Millville Health Center</td>
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<td>Nicholas Wolff Foundation (Camp Victory)</td>
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<tr>
<td>Orangeville Nursing and Rehabilitation Center</td>
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<tr>
<td>Orangeville Public Library</td>
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<tr>
<td>Ronald McDonald House of Danville</td>
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<td>Salvation Army, The (Berwick)</td>
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<tr>
<td>Salvation Army, The (Bloomsburg)</td>
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<tr>
<td>Special Olympics PA, Columbia/Montour Counties</td>
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<td>Suncom Industries, Inc.</td>
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<td>Women’s Center, Inc., The</td>
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<tr>
<td>Your Loving Choices, Inc.</td>
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WE WOULD LOVE TO HEAR FROM YOU

Please send us your suggestions and feedback for the next edition. We look forward to receiving

- comments about Y.O.O. Rock Columbia County II
- suggestions for improving Y.O.O. Rock Columbia County
- information about your volunteer and community outreach experiences
- descriptions of your own efforts to help others in Columbia County
- names and contact information of other organizations that would like to be added to the next edition of Y.O.O. Rock Columbia County

WRITE TO Dr. Mary Katherine Duncan
2111 MCHS, Department of Psychology
Bloomsburg University
400 East Second Street
Bloomsburg, PA 17815

EMAIL mduncan@bloomu.edu

PHONE (570) 389-4469

FAX (570) 389-2019